

# The Hearty Digest

**SUNWAY**  
MEDICAL CENTRE®  
Sunway City

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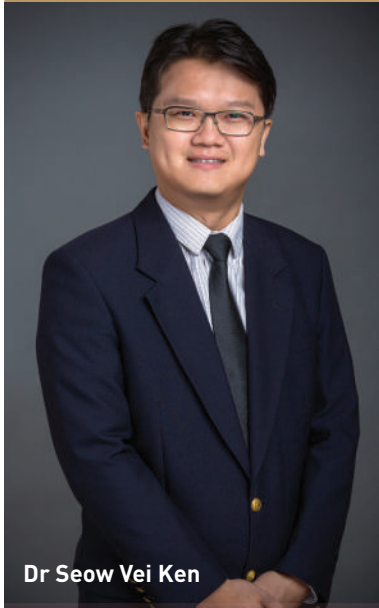
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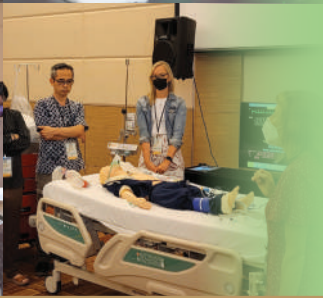
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FROM THE EDITOR

# Bigger Things To Come

Hello everyone! It is with great pleasure to introduce myself as the new Editor of our The Hearty Digest magazine. As I step into this role, I would like to express my deepest gratitude to our loyal readers, who have been a constant source of motivation to our team.

With your support, we have managed to once again come back with more health knowledge and stories on medical advancements through the pages of our esteemed publication. For this second quarter, our gynaecologist and gastroenterologist share about cervical health and digestive health. We also have a light-hearted piece to celebrate the women in healthcare where they shared heart-warming life stories outside of their profession.

There is also a cause for celebration in this edition as the hospital unveils two new towers: Tower D and E, which houses a dedicated Children's Emergency, Children Development Centre as well as the Children and Women Health Centres. We are delighted to share with you a glimpse of what these towers have to offer and do check out our centrespread for a bird's eye view of the new developments.



“ Before I take my leave, I would just like to express my appreciation for your continued support in our magazine and do take care of your health, especially during this unfathomably hot weather. Do flip to our Wellness page to find some tips on how to manage the heat and until the next quarter, stay safe everyone! ”

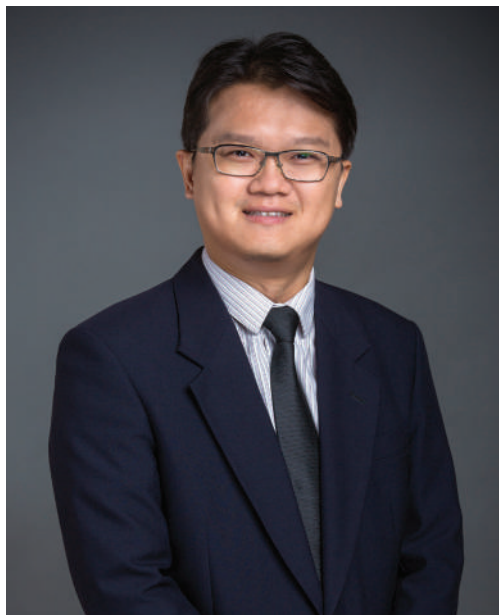


*Sulyn Chong*  
Editor, The Hearty Digest

**The Editorial Team**  
Corporate Communication  
Sunway Medical Centre, Sunway City

## A MESSAGE FROM THE CEO

# Growing From Strength To Strength



With the many celebrations and festivities from Chinese New Year to Hari Raya that had went by, we now find ourselves arriving at the second half of 2023. It has been an exciting and momentous journey thus far as Sunway Medical Centre (SMC), Sunway City sees a slew of new upgrades and industrial achievements.

The most significant of all is the opening of our new Tower D and E which house the first dedicated Children's Emergency in a private hospital that will help improve our clinical excellence, operational efficiency and quality of services. With the comprehensive paediatric facilities that we have at our new towers, we now provide a one-stop centre for our young patients, as they are now accessible to an extensive network of services within one area.

Our hospital, too, has a new Children Development Centre and the most paediatric subspecialties among private hospitals in Malaysia with 22 paediatric subspecialties. This demonstrates that we are steadfast to taking a holistic and evidence-based approach to children's healthcare and development.

As the largest private quaternary hospital in the country, we are always looking for ground-breaking initiatives to improve our patient's experience hence we invest in the expansion of our hospitals. Currently, we have more than 3,300 workforce, 724 licensed beds which will increase to over 1,000 beds and our clinical services will be expanded further as well.

“

We are humbled by our recent achievements, with the biggest one being the Hospital of the Year 2023 conferred by the Healthcare Asia Awards 2023. Besides that, in June, we clinched top rank for Paediatrics in Malaysia and is listed as one of the top 75 hospitals in Neurology, Cardiology as well as Oncology in the Best Specialised Hospital ranking for Asia Pacific Newsweek 2023. Along with our partner, University of Cambridge, we won second runner-up placement for the UK-Malaysia Partnership of the Year Award at the 4th British Malaysia Chamber of Commerce Business Excellence Awards 2023.

”

With the developments and accomplishments, it has definitely been a meaningful six months for us and we are looking forward to bringing you more in the next half of 2023.

*Dr Seow Vei Ken*

Chief Executive Officer  
Sunway Medical Centre, Sunway City



## DO YOU KNOW?

# Preventing Vision Loss Due To Diabetes

When diabetes is mentioned, health problems like heart disease, kidney disease and amputation(s) come to mind. However, diabetes also causes vision loss, and is the commonest cause of blindness in working-age adults. Yet, 64% of Malaysians are not aware that diabetes causes eye disease.

“One in five Malaysians are diabetic, which equals to an estimated 4.6 million Malaysians, and diabetic eye disease affects one in three diabetics. From this figure, a third will experience vision threatening eye disease, suggesting that 500,000 Malaysians have vision threatening diabetic eye disease,” shared Dr Peh Khaik Kee, Consultant Ophthalmologist and Vitreoretinal Surgeon at Sunway Medical Centre, Sunway City.



**Dr Peh Khaik Kee**  
Consultant Ophthalmologist and  
Vitreoretinal Surgeon



## SCREENING IS SEEING

- Previously, a standard eye exam for diabetic retinopathy involved a slit-lamp microscope where a light is focused into the retina and each segment of the retina and macula are examined.
- This means staring at a bright light for up to 5 minutes per eye, which can be very uncomfortable, especially if the person is naturally light sensitive.
- Dilating drops are instilled to enlarge the pupils and the drops take time to effectively enlarge the pupil to have adequate visualisation of the retina. Patients will experience vision blurring for up to 4 hours after the examination.
- These days there are ultra-widefield fundus cameras that can capture a single, 150-degree field view of the retina; three times more field view than a standard camera.
- The camera captures the images in less than a minute and studies have shown up to 98% accuracy in detecting and grading diabetic retina disease when combined with targeted slit-lamp examination

## DO YOU KNOW?

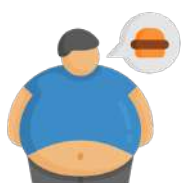
# Recognising Obesity As A Disease

There are many definitions of what the word 'disease' means, but generally, it is agreeable that disease causes harm. Disease is a deviation from the normal structure or function of the body, disease has associated signs or symptoms, and disease is not due to physical injury.

Obesity fulfils all of the above-mentioned, yet it is still not recognised as a disease in some parts of the world. Dr Alexander Tan, Consultant Endocrinologist at Sunway Medical Centre, Sunway City urges everyone to play a role in putting a stop to obesity.



**Dr Alexander Tan**  
Consultant Endocrinologist



### How is obesity defined?

Obesity is defined as abnormal or excessive fat accumulation that may impair health. According to the World Health Organisation (WHO), a BMI over 30 is obese however the indication for Asians is lower at 25. BMI is most commonly used but other forms of measurement include waist circumference, skin fold thickness and bioelectrical impedance.



### What causes obesity?

This is complex, but in general terms, it is caused by long term overeating where calorie intake exceeds calorie output. Besides biological issues, there are genetic, psychological, social, cultural, financial and even subconscious factors involved when it comes to the cause of overeating.



### How does an endocrinologist manage obesity?

We do several tests to rule out other diseases that may contribute to obesity such as hypothyroidism or Cushing's syndrome. We also test to see if there are other diseases caused by obesity such as high blood pressure and diabetes.

We then advise dietary changes, with the help of dietitians. We also encourage exercise and if these fail, we may move on to medical treatments.



### What are the treatments available?

Medical treatment of obesity includes medications or bariatric surgery. But the patient must always try to make lifestyle changes. In fact, even after medical treatment is given, we still emphasise a need for lifestyle change. If lifestyle changes are unsuccessful we will offer medical treatment.



### What diseases does obesity lead to?

Obesity is linked to over 50 disorders, which include diabetes, high blood pressure, high cholesterol, heart disease, stroke, fatty liver, sleep apnoea, osteoarthritis, cancer, depression, infertility, erectile dysfunction and gallstones, to name a few.

IN THE SPOTLIGHT

# Sunway Medical Centre, Sunway City's Dedicated Women: A Glimpse Into Their Lives Beyond Medicine

It is never too late to celebrate the women in our lives who play multiple roles in shaping the person that we are today. Our grandmothers and mothers who nurture us with their love and dedication, our daughters who made us parents and taught us compassion, and our friends who support and guide us to achieve greater heights. Likewise, our healthcare professionals also play a part in our lives to care for our health and wellbeing.

During this year's International Women's Day, Sunway Medical Centre, Sunway City celebrates the dedicated women in healthcare who tirelessly give themselves to their patients, who then go home and give another 100% to their families. In this tribute, get a glimpse into the lives of Consultant Paediatrician and Paediatric Haematology and Oncology Physician Dr Yap Tsiao Yi, Consultant Radiologist Dr Shalini Seeritharan and Consultant Emergency Physician, Dr Elayni Borhan beyond their passion for medicine.

## Contributions Beyond Medicine

For Sunway Medical Centre, Sunway City Consultant Paediatrician and Paediatric Haematology and Oncology Physician Dr Yap Tsiao Yi, the responsibility to help the needy is not limited to the medical field but can be channelled through various activities and charity programmes.

Besides being a medical specialist who treats children and adolescents with solid and haematological malignancies and blood disorders, Dr Yap is also an advisor for a social enterprise that focuses on helping farmers increase their produce. Having been actively a part of this social enterprise for the past three years, her main purpose is to ensure that farmers become more independent in generating income.

“I mainly give suggestions for improvements in terms of organisational operations, on top of contributing seeds to the farmers and joining them in the field to carry out planting activities. It is not an easy task and can be quite challenging, especially in making them understand the role and function of the assistance provided. But, this is not an obstacle. In fact, it encourages me to help these farmers so they can improve their quality of life as well as other communities.”

“There are still many who are less fortunate and their fate is affected when faced with various unexpected incidents such as flash floods and the COVID-19 pandemic. If we provide assistance without education, that only helps them in short-term. When farmers are equipped with the relevant knowledge, they are able to generate income without having to rely on assistance all the time,” she shared.



**Dr Yap Tsiao Yi**  
Consultant Paediatrician and Paediatric  
Haematology and Oncology Physician



Dr Yap feels content whenever she gets the opportunity to enjoy the produce she has planted with the farmers.

Over the years, Dr Yap has been actively involved with non-governmental organisations (NGOs) to raise funds to help children from poor families who suffer from cancer so they can undergo surgery. She was also a part of a COVID-19 special action team that was involved in several charity programmes and aid missions abroad to help the less fortunate.

“In 2014, I participated in a relief mission to Ladakh, India and the following year, I went to Nepal after the earthquake. I have come across many issues on these missions such as environmental impact and malnutrition in children. These experiences opened my eyes and made me realise how fortunate we are. This encourages me to continue helping those in need despite my hectic schedule as a doctor,” she expressed.

### Indulging in Fitness

Being a radiologist is never an easy job. As a specialist doctor who deals with diagnostic medical imaging devices such as x-ray, ultrasound, computerized tomography (CT scan) and magnetic resonance imaging (MRI), Dr Shalini Seeritharan usually spends long hours in aiding with patient diagnosis.

After a busy and stressful day, the Consultant Radiologist at Sunway Medical Centre, Sunway City chooses to distress herself by indulging and immersing herself in fitness. Dr Shalini, who personally prefers indoor exercise, would diligently make time after work to go to the gym at least three to four times a week, spending at least an hour per session.

The mother to a 15-year-old daughter enjoys cross fit as this type of functional workout programme enables her to build strength through high intensity training. She has made some good gym friends along her fitness journey and is excited to see them whenever they have sessions together.

“Some people like to exercise in groups as it keeps them motivated, and it is fun to see familiar faces. But sometimes, we need that time for ourselves so we have the space to clear our minds and it gives us the freedom to be away after a stressful day,” she shared.

Dr Shalini admits that she always looks forward to working out at the end of the day, and can sometimes get cranky if she is not able to do so. Apart from cross fit, she also enjoys the calmness swimming in an open pool over the weekends when the weather permits.

Embodying the pink of health at its best, Dr Shalini believes the key to maintaining our health is to be fit, and one way to stay fit is to watch what we put into our system. “Prevention is better than cure. Being mindful of what we eat is equally important to an active lifestyle. I try to integrate healthy meals on a daily basis and keep the sugar levels down as I am living with older folks,” she said.

She encourages healthier snack options like mixed nuts or fresh fruits. “The goal is not just about keeping fit, but to maintain strength, stamina and mobility in years to come. Particularly for women who wear multiple hats every day, we need to take care of our own wellbeing, to be able to care for others,” she stressed.

Despite her busy schedule, Dr Shalini treasures her family and enjoys spending time with her loved ones.



**Dr Shalini Seeritharan**  
Consultant Radiologist

## An Appetite For Adrenaline

Self-professed adrenaline junkie, Consultant Emergency Physician Dr Elayni Borhan loves diving, hiking, water rafting, skydiving and has conquered Mount Kinabalu three times! This year, she aimed to conquer Everest Base Camp but was thwarted by an injury while hiking in Japan last year. Yet, she continued working on the day she landed in Malaysia and only went for a scan later where she found out that she had sustained some tore ligaments.

Growing up in a military family where her father was a military general and commando, there was no room for Dr Elayni to be weak. “I was raised in a strict family where we were not allowed to be lembik (soft). We were often told off for slacking!” exclaimed the youngest of four siblings.

Dr Elayni recognises that her role in the emergency department can be hectic. “I work relentlessly and then take a day or a few days off to travel. We need to know how to prioritise the things in our life. My daughters acknowledge that I have a demanding job, but they are used to it. I reward them with my days off and pamper them in other ways,” she shared.

A strong advocate for community CPR (cardiopulmonary resuscitation), Dr Elayni will always grab opportunities to educate the public on how to perform this life saving procedure. She fully support schools to teach CPR.

“ I also enjoy doing medical standbys for sporting events and concerts. I was involved in the 2022 SUKMA Games where I was the medical standby for the Muay Thai event. These kinds of events keep me on my toes as we don't know what is going to happen and when it happens, we rush to the scene,” Dr Elayni shared.

Constantly craving adventure, Dr Elayni plans to climb Mount Kinabalu again in July, and this time, with her 10-year-old daughter. Her secret to staying fit and preparing for such hikes is running a minimum of three times a week. She also goes hiking with friends on weekends when she is free.



**Dr Elayni Borhan**  
Consultant Emergency Physician



IN THE SPOTLIGHT

# The Risks of Cervical Cancer

Cervical cancer is the third most common and fourth most deadly cancer among women in Malaysia, accounting for 6.2% of new cancer cases from 2011 to 2016. However, cervical cancer can be prevented, and it happens to be one of the most preventable cancers.

Continuing education on the importance of cervical screening and the availability of self-test kits can help overcome possible hesitation and embarrassment of a pap smear test, said Sunway Medical Centre, Sunway City Consultant Obstetrician and Gynaecologist Dr Syeda Nureena Zaidi.



**Dr Syeda Nureena Zaidi**  
Consultant Obstetrician and  
Gynaecologist

“There is growing acceptance of self-test kits in Malaysia. This is evidenced by a recent Malaysian study, which found more than 80% of the participants perceived the self-sampling method as easy, convenient, not embarrassing and they were confident in performing the test,” she added.

Dr Syeda noted that the self-test kits, which test for human papillomavirus (HPV), were as effective as conventional pap smears and physician-sampling HPV tests with the advantage that it can be done by the women themselves.

## Get Vaccinated

Women can reduce their risk of cervical cancer through HPV vaccination and regular screenings with pap smear where the cervix is examined and samples are sent to be checked for the presence of any cancerous cells.

“A pap smear is able to detect precancerous cells (cells that are abnormal but have not become cancerous yet) allowing women to get early treatment where the cells are removed before the cancer develops,” Dr Syeda said.

She advised that women should do a pap smear once every three years, following two consecutive years of normal pap smears.

“As the vaccine is most effective if given before HPV exposure, Malaysia’s national school-based HPV immunisation programme targets 13-year-old female school children. However, it still provides benefits after HPV exposure and can be taken up to the age of 45 years old,” Dr Syeda says.

She added that married women could still get the benefit of protection against certain types of HPV by taking the vaccine to reduce the risk of cervical cancer.



### Increasing Awareness

Dr Syeda emphasised that it is important to recognise that women do not attend regular screenings even when resources are readily available due to many reasons including fear, embarrassment, inconvenience and lack of awareness. Hence education targeting on increasing awareness on the importance of prevention versus treatment is important.

She also pointed out that the incidence of cervical cancer increases at 35 years and peaks between 50 and 74 years old, adding that multiple factors contribute towards the increasing cases of cervical cancer including emergence of more diseases that weakens the immune response.

This in turn affects persistence of HPV infection, which is closely linked with cervical cancer, while poor uptake of cervical cancer screening affects the detection and treatment of precancerous lesions that causes the increasing number of cervical cancer cases.

Other initiatives such as Program ROSE, a primary HPV-based cervical screening programme that integrates self-sampling and digital technology, which organises community health campaigns in rural areas was a tremendous step towards increasing access in these areas.

“ There is a definite discrepancy in the cases of cervical cancer between rural and urban areas. Those in urban areas have better access to regular screening and adequate treatment, while those in rural areas have limited access to preventive measures. Hence cervical cancer is often not identified until it has further advanced and symptoms have developed,” Dr Syeda noted.

The most common symptom of cervical cancer is bleeding after intercourse, while other symptoms include bleeding in between menstrual cycles, vaginal bleeding after menopause, blood stained vaginal discharge and pelvic pain.



## IN THE SPOTLIGHT

# Eat Like A Rabbit for a Healthy New You!

There are many ways to improve our health and well-being and one way we can look towards doing so is by taking a page out of the rabbit's diet and incorporating more veggies and vegan foods into our lives.

"People have become more receptive to plant-based diets in recent years, as they are packed with healthy fiber, vitamins and minerals, free of cholesterol, and are much lower in calories and saturated fats. They are also rich in antioxidants which can help protect against heart disease, certain types of cancer and diabetes," says Dr Jasminde Kaur, Consultant Gastroenterologist and Hepatologist at Sunway Medical Centre, Sunway City.



**Dr Jasminde Kaur**  
Consultant Gastroenterologist and  
Hepatologist

**“ Besides that, they also help to keep people feeling fuller for longer periods of time and increase energy use when resting, which helps with weight management and combatting obesity. ”**

However, Dr Jasminde acknowledges that doing a complete overhaul on one's diet can be intimidating and requires a lot of hard work and discipline. Luckily, there is a wide variety of plant-based diets to try out if you feel like the standard practice of cutting out meat products is not appealing.

### Don't put all your veggies in one basket

While adopting a plant-based diet is a great step to take if you are looking to improve your health and well-being, it is also important to remember that simply becoming vegetarian will not cure ailments or make a person healthy overnight.

**“ To see proper improvements, it is essential to plan well, ideally with a nutritionist that understands your current bill of health. A healthy approach to plant-based dieting means including a variety of nutrient-rich ingredients and protein substitutes, since meat products are not being consumed. Additionally, plant-based dieting needs to be part of an overall healthful lifestyle, so we need to remember to stay active and get enough rest,” Dr Jasminde shares.**

She concludes that for people who are just starting along this journey, a gradual or partial cutting of meat products may be a more suitable option. "Don't be swayed by the latest 'trending' diets you may see on social media as 'quick fixes' to your health. Incorporating plant-based foods as a main component of your daily diet should be something you invest in for your own good, therefore you should make sure to go at a pace that is beneficial to you and your lifestyle to reap the best results."



### **Lacto-vegetarian**

This diet excludes meat, fish, poultry and eggs, as well as foods that contain them. However, dairy products, such as milk, cheese, yogurt and butter, are still consumed.



### **Ovo-vegetarian**

This type of plant-based diet excludes meat, poultry, seafood and dairy products, but allows the consumption of eggs.



### **Lacto-ovo vegetarian**

Excludes meat, fish and poultry, but includes dairy products and eggs in their diets.



### **Pescatarian**

This diet gets their main source of protein from fish, but does not consume meat and poultry, dairy, and eggs.



### **Vegan**

This is the strictest type of plant-based diet – excluding meat, poultry, fish, eggs and dairy products along with any foods that contain these products.

## **Types of Plant-Based Diets**



IN THE SPOTLIGHT

# International Nurses Day: Commending Their Dedication



As one of the most trusted and respected professions, nurses play a pivotal role in addressing multiple health challenges, and are essential in transforming health care and health systems. During this year's International Nurses Day celebration, Sunway Medical Centre, Sunway City commends its more than 2,000 dedicated nurses who devote their lives to the health needs of individuals and communities.

International Nurses Day is celebrated on 12 May, the anniversary of the founder of modern nursing, Florence Nightingale's birth. This year, the theme "Our Nurses. Our Future." aims to address global health challenges and improve global health for all. Nurses are the future of healthcare and are to be protected, respected and valued.

**“As the largest private quaternary hospital in Malaysia, we strive to provide unparalleled standard of care that is delivered with compassion and a sense of service, and we are able to achieve this thanks to our team of trained and passionate nursing staff. With their professional clinical expertise combined with vast experience, we are certain to transform the healthcare landscape,” shared Dr Seow Vei Ken, Chief Executive Officer at Sunway Medical Centre, Sunway City.**

As Sunway Medical Centre rapidly expands its hospital to cater to local and international markets, healthcare professionals including nurses have further opportunities to grow their careers. With this significant growth, the hospital realises the need for qualified nurses, and hence offers full scholarships for degree and diploma in nursing for those interested to pursue a nursing career. The hospital provides 100% coverage on tuition fees and living expenses until graduation, while equipping these future nurses with hands-on experience that they need to begin a rewarding career in the healthcare industry.



“Clinical care is becoming more complex and specialised, propelling healthcare professionals to undertake complicated health services and quickly learn new methods. Our goal is to challenge, influence and inspire our nurses to reach their goals. Nursing is never just a profession; it is a passion. When you love what you do intensely, and the outcome will show,” expressed Chan Lai Hong, Group Director of Nursing at Sunway Medical Centre, Sunway City.

In an effort to provide aspiring individuals a chance to experience themselves what it is like to be a nurse, the nursing team organised ‘A Day as a Nurse’ event. The event gave the future nurses the opportunity to explore the world of nursing through sharing sessions by Sunway Medical Centre nurses and a tour through the hospital’s various departments.

As healthcare continues to evolve, healthcare providers need to drive transformation in order to forge ahead. With their core role as a patient advocate, their scientific reasoning skills and extensive spectrum of care, nurses are the forces in driving growth and innovation.







# We Have Expanded - Opening of SMC New Towers

**Sunway Medical Centre, Sunway City  
– Malaysia's First Private Hospital to  
Open a Dedicated Children's  
Emergency Department**

The Children's Emergency Department at Sunway Medical Centre, Sunway City's Tower D has started its operations, making it the first private hospital in Malaysia to offer such dedicated services. Located in the newly opened Tower D, it is a one-stop centre that caters to the healthcare needs of infants, children and adolescents.



“

*We are proud to have served our first patient in May. With a dedicated emergency department for children, we are able to improve our clinical excellence and operational efficiency that will enhance our service quality,” shared Dr Lee Soon Han, Head of the Accident and Emergency Department at Sunway Medical Centre, Sunway City.*

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“There are three zones at the Children Emergency – green, yellow and red that provide specialised care and treatment. For example, there are two bays specifically for children with asthma who require nebulisation so they can be monitored closely. The red zone is equipped with the latest advanced medical equipment for resuscitation and close monitoring,” he added.



In addition, Dr Tan Teong Yong, the Head of the Paediatrics Division of Sunway Medical Centre, Sunway City, shared, "We have a team of paediatric-trained doctors and nurses with extensive experience in various sub-specialties to care for our young patients efficiently and effectively. The Children's Emergency Department is designed to cater to the needs of our paediatric patients."

Patients will now have easy access to an extensive range of services within one vicinity, as Tower D is equipped with comprehensive facilities. The Radiology Department is located next to the Children's Emergency Department and houses the latest Computerised Tomography (CT) scanner, general x-ray and ultrasound services while the latest advanced 3 Tesla MRI (Magnetic Resonance Imaging) service is located on Level 1.

The paediatrician's clinics are also located in Tower D along with the Children Development Centre that offers holistic services for our young patients, which have started their operations at the new tower. With these across-the-board facilities and 22 paediatrics subspecialties, the most among private hospitals in Malaysia, Sunway Medical Centre, Sunway City's Tower D is a one-stop centre for integrated paediatric healthcare

dedicated for children. In addition, the paediatric wards, Paediatrics Intensive Care Unit (ICU) and Paediatrics High Dependency Unit (HDU) are located at the new Tower E.

“

*As the largest private quaternary hospital in Malaysia, we are constantly looking for innovative ways to enhance our patients' experience while keeping their comfort and wellbeing at top of mind. The dedicated Children's Emergency Department is part of our efforts to provide specialised treatment to our paediatric patients who need more attentive care," said Dr Seow Vei Ken, Chief Executive Officer of Sunway Medical Centre, Sunway City.*

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We are poised to set new standards of service with this exciting growth, as we aim to transform the Malaysian healthcare landscape. With the impending growth, Sunway Medical Centre, Sunway City will increase its total number of beds from the current 724 to more than 1,000 while expanding the breadth and depth of its clinical services.

### **Welcoming our little patients and their family!**

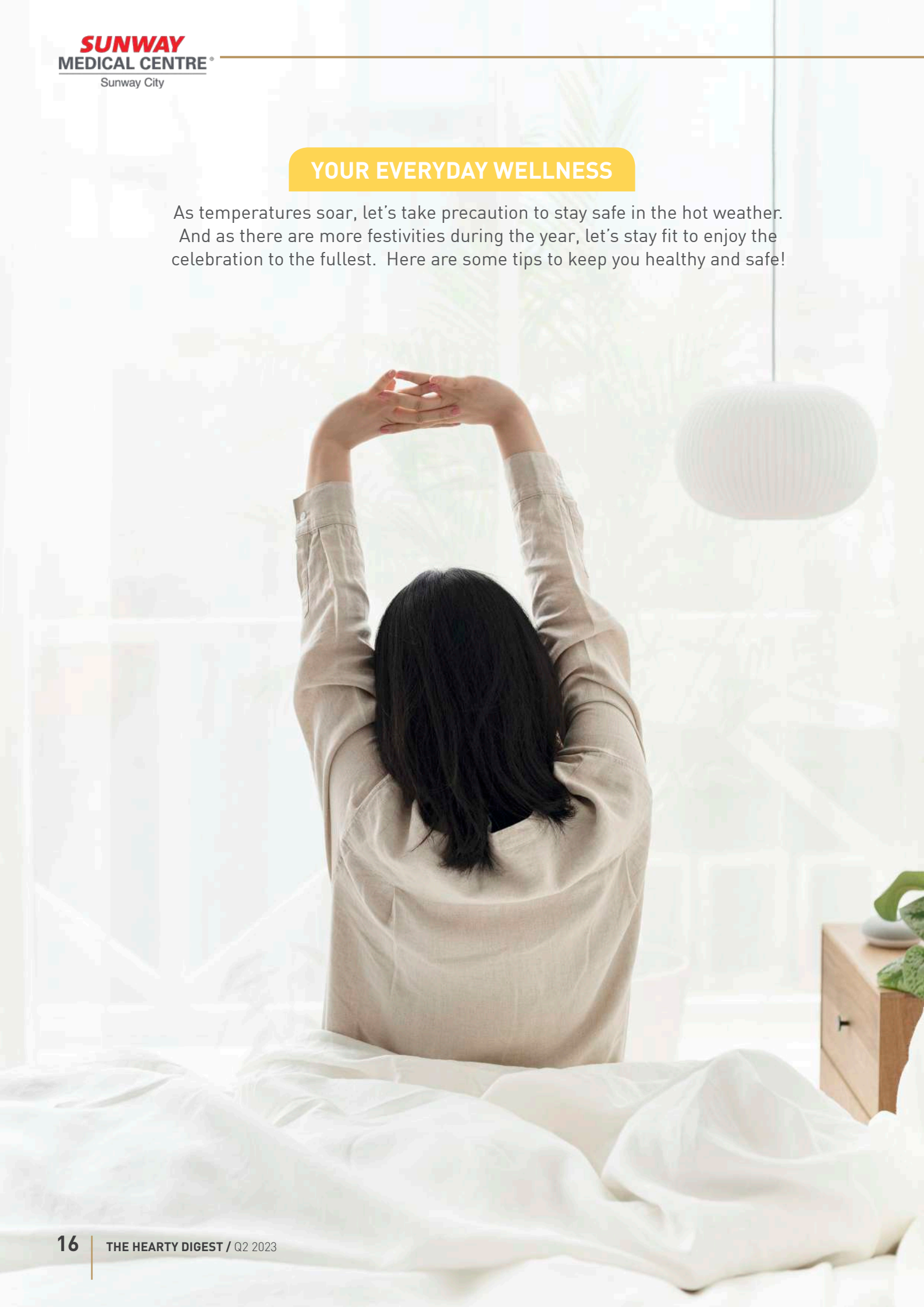
To commemorate the special occasion – the opening of our paediatrics facilities - we presented fruit baskets to our first group of little patients.

Smiles were in full bloom when Elfy, our hospital mascot delighted our little patients with balloons and their moms with beautiful flowers at the opening of more paediatric clinics and wards in our new towers.



## YOUR EVERYDAY WELLNESS

As temperatures soar, let's take precaution to stay safe in the hot weather. And as there are more festivities during the year, let's stay fit to enjoy the celebration to the fullest. Here are some tips to keep you healthy and safe!



## YOUR EVERYDAY WELLNESS: HEALTHY EATS

### Eat Healthy During Festive Season: 7 Nutritious Options For Everyone!



Many traditional dishes are usually prepared and consumed as part of the festivities, making it easy to overindulge, hence it is important to prioritise your health and wellbeing during any festivities.

Overeating during festivities can lead to weight gain, especially when consuming more calories than we are burning off. This can have long-term health consequences such as an increased risk of obesity and related health conditions like diabetes and heart disease. Eating too much or consuming high-fat, high-sugar dishes can also lead to digestive problems like indigestion, bloating and constipation.

Dr Lim Sim Yee, Consultant Gastroenterologist and Hepatologist at Sunway Medical Centre, Sunway City, advises to look for healthier options such as grilled or baked dishes in place of fried or high-fat dishes. Opt for dishes with lean protein, whole grains and plenty of vegetables. Controlling your portion sizes by using a smaller plate or taking smaller portions of each dish, and eating slowly can help you feel more satisfied with your food and prevent overeating.

Managing sugar intake can be challenging during festive season, as many traditional dishes, drinks and desserts are high in sugar. Opt for water or unsweetened drinks. You can also try to make your own drinks by infusing water with fruits and herbs. Fresh fruits can satisfy your sweet cravings without the added sugar.

“ You can also try making healthier versions of traditional desserts using natural sweeteners like dates, honey, and maple syrup instead of white sugar. Reduce the amount of sugar in the recipe and add more fibre-rich ingredients like whole grains or fruits,” Dr Lim said.



Children are also prone to eating too many festive cookies and snacks, and drinking syrup-based and carbonated drinks as we go house to house visiting our family and friends. Setting a good example for our children and becoming a role model for healthy eating by making healthy choices can help them make informed choices about their food intake.

“Set limits on how much sweet or high-calorie food your child can eat each day during the festive period. Encourage them to share their treats with family and friends, rather than eating them all by themselves, and encourage them to participate in physical activities such as going for a walk or bike ride. This can help burn off excess calories and energy, and promote a healthy lifestyle,” Dr Lim said.

Dr Lim also shared some tips to prepare healthier traditional dishes and make healthier food choices.



**Dr Lim Sim Yee**  
Consultant Gastroenterologist and  
Hepatologist

### Rendang

Use leaner cuts of meat such as chicken breast or lean beef, and reduce the amount of coconut milk used. You can also incorporate more vegetables such as bell peppers and broccoli to increase its nutrient density.

### Kuah Kacang

Use natural peanut butter instead of processed peanut butter, which may contain added salt and sugar. Reduce the amount of sugar and incorporate other nutrient-rich ingredients such as ginger and garlic to boost its health benefits.

### Sayur Lodeh

This vegetable curry is often made with a variety of vegetables including beans, eggplant and cabbage. It is a low-calorie, nutrient-dense dish that is high in fibre and antioxidants. To make it even healthier, reduce the amount of coconut milk or opt for a lower-fat version.

### Lemang

Opt for a version that is made with brown rice instead of white rice, which will provide more fibre and nutrients. You can also reduce the amount of coconut milk or opt for a lower-fat option.

### Acar

A type of pickled vegetable dish often served as a side dish, acar is a low-calorie, high-fibre dish that is rich in vitamins and minerals. To make it healthier, reduce the amount of salt and sugar.

### Ayam Masak Merah

Use skinless chicken breasts instead of chicken thighs, which are higher in fat, and reduce the amount of oil. Incorporate more vegetables such as carrots and spinach to increase its nutrient density, and opt of healthier substitutes to salt and sugar with herbs and spices to flavour the dish.

### Ketupat

Made from compressed rice wrapped in coconut leaves, ketupat provides a good source of energy for the body. It is also low in fat and contains no cholesterol. While it is already a healthy option, you can make it healthier by pairing it with vegetable-based dishes.



## YOUR EVERYDAY WELLNESS: WELLNESS

# Keeping Safe During Heatwave

It was reported recently that there are cases of heat-related illnesses in the country, which sadly included death among children. This is in view of the rising temperatures and warmer weather where the condition could lead to heat stroke and severe dehydration.

“There are individuals who are at a higher risk when they are exposed to hot weather and among the factors include their age, health, physical condition and the environment that they are in. However, everyone should take extra precaution and measures to reduce their exposure to the current hot weather as being exposed to it could affect their health and well-being,” said Dr Ch’ng Tong Wooi, Consultant Paediatric Endocrinologist at Sunway Medical Centre, Sunway City.



**Dr Ch’ng Tong Wooi**  
 Consultant Paediatric Endocrinologist

### Factors that contribute to the risk of having heat stroke include:

#### Health or physical condition

Chronic diseases patients, for example individuals with diabetes, respiratory conditions and heart diseases, or individuals who are taking medications that may be affected by extreme heat. Expectant and nursing mothers are at a risk too as they are more likely to become dehydrated.

#### Age

Individuals aged 65 years old and above, and young children aged 5 and below because it is harder for them to regulate their body temperature.

#### Surroundings

Working individuals who are exposed to the hot weather, for example farmers, construction workers.

### Recognising the symptoms

As many parts of the country is currently facing hot weather, and there are already cases affecting young children, it is important for individuals, especially parents, to be able to recognise the symptoms of heat stroke early. Among the symptoms are high body temperature (40°C or higher); lethargic, headache, nausea and dizziness; having trouble breathing; confusion or disorientation; and loss of consciousness.

### Managing the heat

Dr. Ch’ng advised that if one is exposed to the heat, they will need to focus on releasing the heat from their body. “Drink enough fluid as this will quickly rehydrate our body. We can also drink fruit juice with added water or sport drinks to replenish the electrolytes,” said Dr. Ch’ng.

### Precaution for children

As for being in the hot surrounding, especially for children in schools, Dr Ch’ng points out that everyone need to be cautious once the temperature reaches 33°C or higher.

“In schools, teachers can monitor the students’ condition and to act quickly when they see symptoms of heat stroke. Schools are also encouraged to take preventive measures to avoid heat stroke. “It is also advised to use sunscreen when they are outdoor and to minimize outdoor activities as much as possible,” said Dr. Ch’ng.

## TIPS FROM SUNMED HEALTHCARE PROFESSIONALS

# Advocating Kidney Health For All

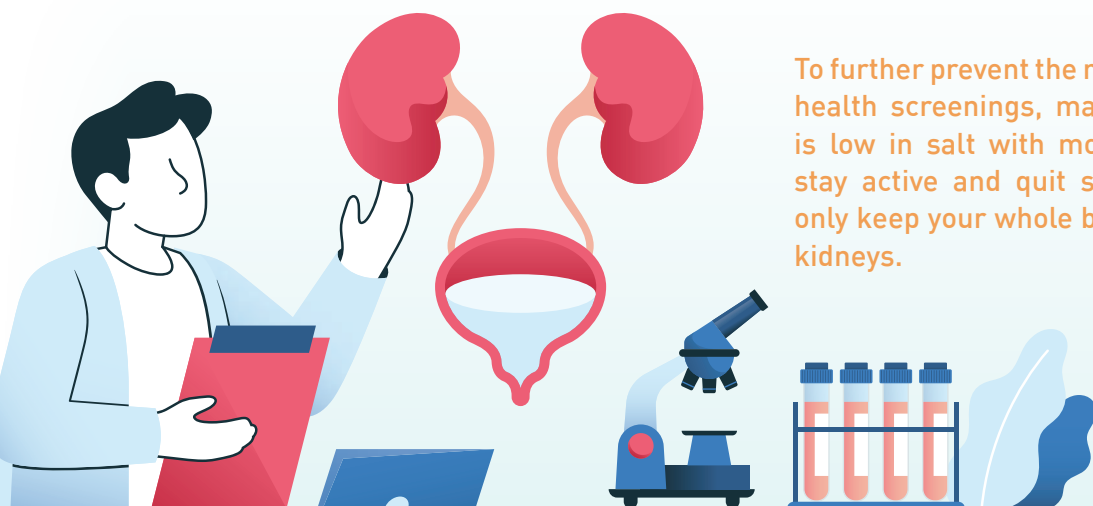
It is projected that the number of end stage kidney disease (ESKD) patients on dialysis in Malaysia will hit 106,000 in 2040. Yet, the prevalence of chronic kidney disease among Malaysians have increased from 9.07% in 2011 to 15.48% in 2018, a 70% increase in just a span of seven years.

In an effort to advocate kidney health for all, Sunway Medical Centre, Sunway City Consultant Nephrologist Dr Wong Hin Seng shares some insights into kidney transplant:



**Dr Wong Hin Seng**  
Consultant Nephrologist

- Kidney transplant provides a far superior outcome compared to dialysis. Patients with newly diagnosed ESKD should consider and explore the option of a kidney transplant before opting for long-term dialysis.
- The most obvious advantage of kidney transplantation to the patient and their families is that they no longer need to plan their lives around the patient's dialysis schedule.
- For those who have received a donated kidney, they would be able to resume their career, continue with their usual social life and even start a family if they wish, which would be very difficult while on dialysis.
- Kidneys from a living donor, on the average last between 15 and 20 years and the 5-year survival rate for those who undergo a kidney transplant is 90%. This is far better than dialysis where only about half are still alive after 5 years on dialysis.
- The most common cause of ESKD is diabetes mellitus, accounting for 53% of all new ESKD patients in 2021; followed by hypertension which accounted for another 33.9%.
- Individuals with diabetes mellitus and/or hypertension must ensure that their disease is optimally controlled. They should also monitor their kidney health regularly with blood and urine tests, and avoid medications, drugs or supplements that are known or suspected to be potentially toxic to the kidneys.



To further prevent the risk of ESKD, go for regular health screenings, maintain a healthy diet that is low in salt with more fruits and vegetables, stay active and quit smoking. These steps not only keep your whole body healthy, but also your kidneys.



## TIPS FROM SUNMED HEALTHCARE PROFESSIONALS

# Awareness on Blood Cancer

Blood cancer compromises the functions of normal blood cells, including the ability to fight off infection, prevent excessive bleeding and transport oxygen throughout the body.

According to the Malaysia National Cancer Registry Report 2012-2016, leukaemia and lymphoma are among Malaysia's most prevalent forms of blood cancer.

Both forms of cancer are caused by an abnormal white blood cell count either in the bone marrow (leukaemia) or lymphatic system (lymphoma). Leukaemia also affects the body's ability to form blood clots.



**Dr Ho Kim Wah**  
Consultant Haematologist and  
Transplant Physician

Dr Ho Kim Wah, Consultant Haematologist and Transplant Physician at Sunway Medical Centre, Sunway City highlights that acute leukaemia patients have:



Anaemic symptoms like breathlessness, reduced effort tolerance, tiredness, giddiness and palpitation.



Easy, spontaneous bruising and bleeding tendencies, owing to low and dysfunctional platelet.



Prone to infection, often present with recurrent fever, pneumonia, urinary tract infection, etc.

Patients with chronic leukaemia, however, are frequently asymptomatic at first and, more often than not, the disease is only identified when an abnormal number of blood cells is found during routine health check-ups.

A blood test can sometimes reveal an abnormally high or low white blood cell count, very low platelet and haemoglobin.

Diagnosis is verified upon bone marrow aspiration, cytogenetic and molecular study. These tests also aid in the subsequent therapy management and wellness plan for the patients.

Checking for swollen lymph nodes, including in the neck, groin, underarm, and swollen spleen or liver, is an important step in diagnosing lymphoma. Further testing including blood tests, bone marrow biopsy, lymph node biopsy and imaging tests may be performed to ensure an accurate diagnosis.



## SunMed CNY Celebration & Lion Dance

This year, SunMed welcomed the Year of the Rabbit with a spectacular acrobatic lion dance performance at our Tower B Lobby! Right after the performance, the two majestic lions and the God of Longevity went on to visit the different departments around the hospital, bringing joy and excitement to everyone who had the chance to encounter them. May this Year of the Rabbit be filled with joy, good health and prosperity!





## SUNMED HIGHLIGHTS

# SunMed Hari Raya Celebration

We had a wonderful SunMed Hari Raya Celebration this year. From the rousing Orkes Melayu and Malay traditional dance performances to the exciting ketupat-making competition, every moment was made truly special thanks to everyone at SunMed! Indeed, everyone added a unique sparkle to this celebration, making it a day to remember. Thank you for making our Hari Raya celebration memorable. Until our next gathering, stay safe and blessed!







## SUNMED HIGHLIGHTS

# Espousing a Better Future in Transplantation

In addressing the importance of organ transplantation, Sunway Medical Centre, Sunway City organised Transplant Symposium 2023 with the theme A Second Chance: Revolutionary Breakthrough in Transplantation to share new insights and knowledge about the latest trends and practices in transplantation medicine.

The hybrid event has garnered interest of over 1,000 participants (both virtually and physically) comprising healthcare professionals, as they gained new insights about transplantation in the field of Haematology (bone marrow and stem cell), Nephrology, Ear, Nose & Throat (ENT), Ophthalmology, and Hepatology through interesting lectures and panel discussions.





## SUNMED HIGHLIGHTS

# Hosting The First Paediatric Intensive Care Basic Course For Nurses in Malaysia



In an effort to uphold the highest form of clinical excellence, Sunway Medical Centre, Sunway City hosted the first Paediatric Intensive Care Basic Course For Nurses in Malaysia. A total of 48 nurses specialising in critical care joined the programme held from 22 to 24 February 2023 at SunMed Convention Centre.

“The programme aims to expand the role of nurses and to optimise care and management of children and families within their clinical field. They are then able to enhance their assessment, diagnosis and management of a critically ill child by developing their skills and knowledge in mechanical ventilation, cardiopulmonary resuscitation, fluids and electrolytes management as well as children with severe trauma,” shared Dr Anis Siham Zainal Abidin, Programme Director and Consultant Paediatric Intensivist at Sunway Medical Centre, Sunway City.

The programme featured renowned speakers from Malaysia and Australia, and was organised in

collaboration with Malaysian Society of Intensive Care (Paediatric Chapter) and Australian Paediatric Intensive Care Group.

“A platform such as this gives them the opportunity to reinforce, showcase and impart their skills and knowledge between the speakers and peers. There is always new evidence and techniques arising and a course like this benefits nurses from various fields,” said Deborah Pegg, a paediatric intensive care nurse and nurse educator from Australia, who was one of the speakers.

Tee May Fung, a Senior Staff Nurse in the Intensive Care Unit (ICU) at Sunway Medical Centre, Sunway City shared that her experience in paediatric critical care were mainly acquired through bedside training from senior nurses. “This course is great as we are able to understand the theory and have practical training from the highly skilled speakers. This gives me the confidence knowing that what I am doing is precise,” she said.





## SUNMED HIGHLIGHTS



**Dr Sharmina Kamal Shamsul Kamal**  
Consultant Obstetrician and  
Gynaecologist

# Preparing Expectant Parents Through The Parentcraft Workshop

From the moment a couple decides to have a child, until they welcome a new baby to their lives, the learning process is continuous. Hence why Sunway Medical Centre, Sunway City has its own Parentcraft Workshop to prepare couples for their new and exciting journey.

Previously held virtually due to the pandemic, the antenatal workshop is now organised physically. It delves into topics that range from prenatal to postnatal care, as well as vaccination and fitness.

“The Parentcraft Workshop provides a platform for parents-to-be to meet other expectant parents besides the healthcare professionals to share similar experience and build a support system as they go through this new journey,” said Dr Sharmina Kamal Shamsul Kamal, Consultant Obstetrician & Gynaecologist in Sunway Medical Centre, Sunway City.

The Parentcraft Workshop is facilitated by Sunway Medical Centre’s obstetricians and gynaecologists, paediatricians and healthcare professionals including the nursing team, dietitians, physiotherapists and speech therapists. The workshop hopes to empower parents-to-be with knowledge and skills that

they can utilise when the challenges arise.

Couples learn about the various aspects of becoming parents, such as care during pregnancy, preparing for a positive birth experience and initiating breastfeeding. They also learn about the nutritional needs during pregnancy and the nutrition for the infants, their child’s development as well as antenatal exercise.

A first-time parent who joined the session commented that the antenatal workshop gave them the stepping-stone to becoming parents. “We were quite nervous at first when facing pregnancy head-on. However, the informative sessions by the expert speakers gave me confidence and I felt relieved after knowing what to expect when labour starts and that my wife can count on the doctor, midwife and nurses to support her throughout the process,” said Harris Muzzammil who joined the class with his pregnant wife.

There will be upcoming Parentcraft Workshops in September and November 2023. Expectant parents are welcomed to join us!



Click [HERE](#) for more information on our Parentcraft Workshop.



## SUNMED HIGHLIGHTS

# Championing Preventive Care of Women-Related Diseases For Community Social Development

Empowering women is vital to community social development hence raising awareness on prevention is key to ensure women prioritise their health. Globally, 70% of the health and social care workforce are women however awareness on preventive care of diseases that affect them is still low.

Hence why Sunway Medical Centre actively organises programmes to increase public awareness on diseases that affect women. One of the events was **Fabulously Powerful Celebration** which was held in conjunction with International Women's Day.

Sunway Medical Centre has a wealth of female doctors, nurses and staff who have made a big impact in the medical field in Malaysia. One of them is Consultant Paediatric Intensivist, Dr Anis Siham Zainal Abidin who organised the first Basic Paediatric Intensive Care Basic Course for Nurses in Malaysia, which developed the role of nurses to optimise the care and management of children and their families.

The event, which was graced by the presence of Sunway Medical Centre's Chief Executive Officer, Dr Seow Vei Ken, and Puchong Member of Parliament, YB Yeo Bee Yin, had a sharing session entitled **Stay Ahead of the Game! The Importance of Regular**

**Check-ups** by Sunway Medical Centre Consultant Obstetrician, Gynaecologist and Fertility Specialist, Dr Syeda Nureena Zaidi. She explained the importance of undergoing regular health check-ups and shared about diseases involving women such as cancer.

Meanwhile, Sunway Medical Centre Senior Dietitian Manager, Celeste Lau shared about having a healthy and balanced diet during a session titled **Your Guide to Diet and Nutrition**. She advised that it is important to understand your body's needs according to your age and choose a balanced diet to ensure that your body remains healthy and fit.

There was also a discussion session on **You Are What You Eat: Impact of Food Choices on Your Health and Well-being** with Celeste Lau and Michelle Chai, Kintry Chief Executive Officer and Founder. They shared their knowledge on the management and selection of food that is suitable for each individual.

Taking into account that a healthy body leads to a healthy mind, the celebration had a yoga class led by Anytime Fitness and a mind therapy session through an art therapy workshop. Participants also received valuable healthcare information including opportunities to undergo basic health check-ups at the booths set up.



## SUNMED HIGHLIGHTS

# #SunMedCares: People of SunMed



### Congratulations Chen Ew-Jun!

We are delighted to celebrate the exceptional achievement of our Nuclear Radiographer Chen Ew-Jun, who has recently been awarded the Young Investigator Award by the Malaysian Society of Nuclear Medicine and Molecular Imaging.

This award recognises his outstanding work and accomplishments in nuclear medicine research and development. Congratulations once again on this well-deserved recognition!



### Pure Joy of Cooking!

“Most people think hospital food is plain, bland and unappetising. But that’s not the case here at Sunway Medical Centre.

As chefs, we take pride in cooking up delicious yet nutritious meals for our patients, while taking into account their specific dietary needs. We even plan special dishes for festive seasons!”

Meet our Sunway Medical Centre Sous Chef, Frankie Teo, whose passion for culinary arts was sparked at age 12 while observing his mother cook in the kitchen.

As the Sous Chef, he is responsible for our hospital’s kitchen operations, overseeing the team preparing the wide selection of healthy yet appetising meals that you can enjoy whether you’re admitted or at the hospital cafeteria.

He is also in charge of planning the menu. This is usually done 3 to 4 months in advance, as the list of ingredients must be submitted to Dietetics & Nutrition Services team for review to ensure its suitability for our patients’ specific dietary requirements.

Although the hours are long and the work can be challenging, the satisfaction of hearing customers express their love for the food makes it all worthwhile to him.

We are forever grateful for the tasty contributions that Chef Frankie and his team have brought to the table. Thank you!



### **Prevention is Better Than Cure**

“The pandemic was a challenging time, especially for us as Infection Control Nurses. We had to quickly adapt to constantly-changing practices as recommended by health organisations and conduct regular training to educate staff for the well-being and health of everyone at the hospital.

But through teamwork and strong support from top management, we overcame those obstacles and emerged stronger.”

Meet Caroline Edok, our Infection Control Nurse, one of our hidden heroes who works behind the scenes to protect our patients and staff against infectious diseases.

While all nurses are trained to prevent the spread of infectious diseases, Caroline’s role is so much more than that - she is involved in all aspects of prevention and control of infectious diseases within the healthcare setting.

Her responsibilities include monitoring the hospital and staff practices, investigating healthcare-associated infection cases to identify sources of infection, and collecting relevant data to inform hospital management about infection trends.

If you are identified as an infectious disease patient, she will ensure that the necessary measures are taken to isolate you from others and also explain to you on how to prevent further spread.

She and her team are also actively involved in training healthcare staff on proper infection prevention practices, such as hand hygiene, sanitation, and contamination minimisation procedures.

Once again, appreciating our infection prevention champions who keep us all safe here at Sunway Medical Centre!



# PARENTCRAFT WORKSHOPS 2023

**Take that first step towards being the best parent you can be with our antenatal workshop!**

## Schedule for 2023

- 15 Jul
- 09 Sep
- 18 Nov

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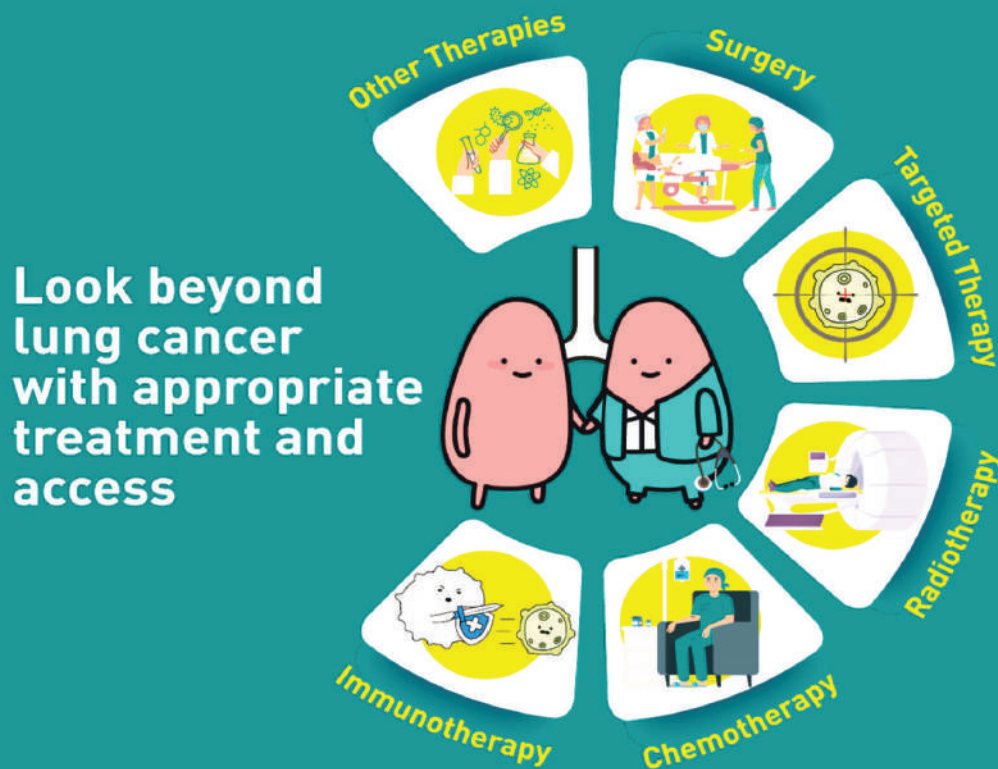


# Learn about Innovative Treatment Options in Lung Cancer

Lung cancer was the third most common cancer in Malaysia in 2020<sup>1</sup> with only a 6.3% to 7.5% 5-year survival rate for advanced lung cancer patients<sup>2</sup>

While the number may paint a bleak picture, ensuring that patients get the appropriate treatment and access at the right time can help them look beyond lung cancer and live more tomorrows.

Learn more about innovative treatment options here or speak to your doctor for more information.



## Immunotherapy<sup>3</sup>

Immunotherapy involves helping the immune system to recognize and destroy cancer cells more effectively. Immunotherapy helps to boost the immune response against cancer cells.

## Chemotherapy<sup>3</sup>

Chemotherapy employs the use of anti-cancer drugs to destroy cancer cells. Chemotherapy may be used before a surgery to shrink the tumor, destroy remaining cancer cells after surgery, or use along with radiation therapy for more advanced cancers.

## Radiotherapy<sup>3</sup>

Radiotherapy is the use of high-energy rays or particles to destroy cancer cells. Typically, radiotherapy is used to shrink tumors and help to relieve symptoms.

## Targeted therapy<sup>3</sup>

Targeted therapy works on the targeted molecules or proteins that help cancer cells grow and spread and is often used for patients with advanced non-small cell lung cancer (NSCLC), either along with chemotherapy or on its own.

## Surgery<sup>3</sup>

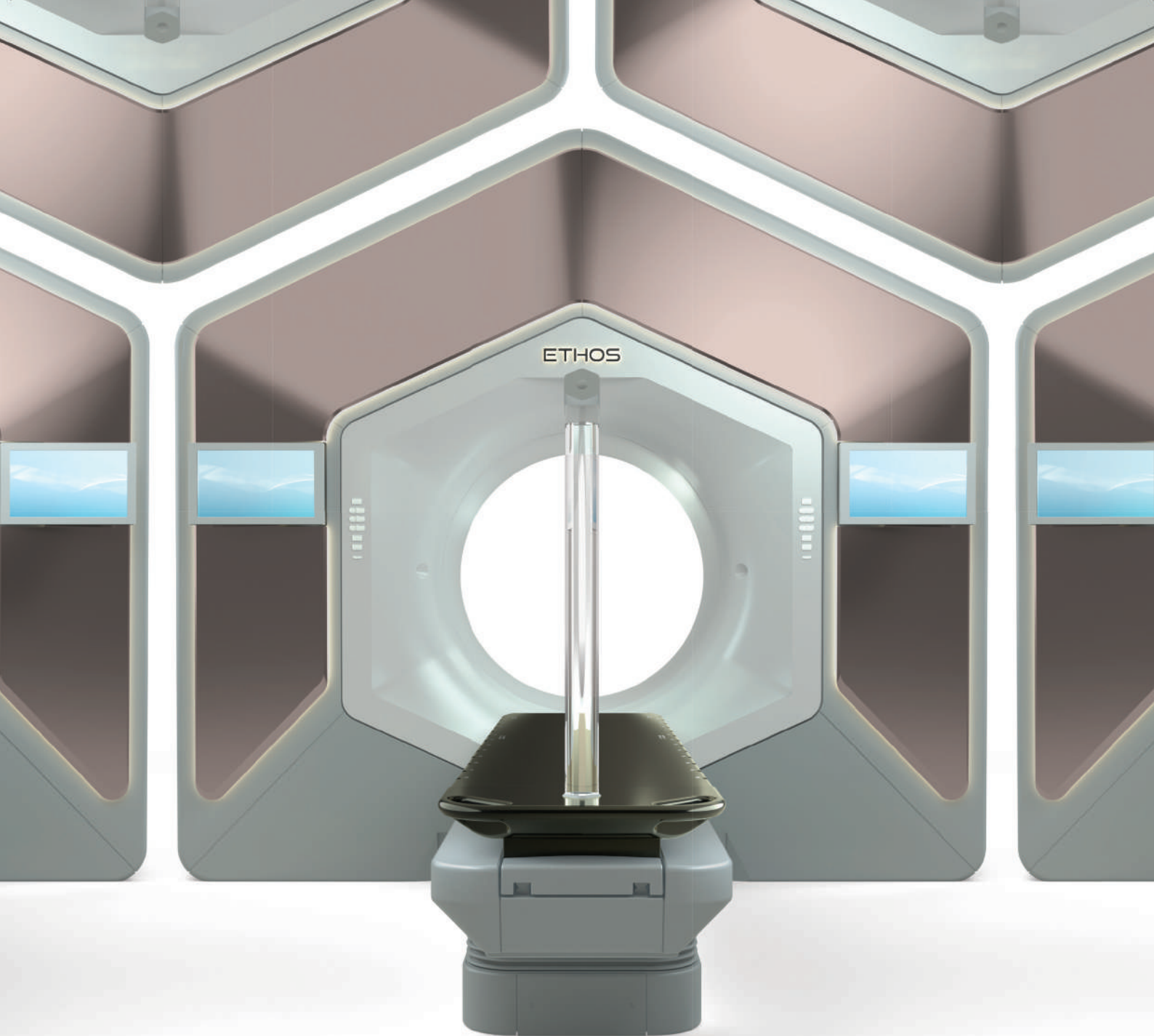
Surgery provides the best chance to cure the disease. The types of surgery depends on the size and location of the tumor as well as the patient's lung function.

## Other therapies<sup>4-6</sup>

Other therapies, such as photodynamic therapy (PDT), laser therapy, thermal ablation, are available for treatment of lung cancer or its symptoms and may be used in conjunction with chemotherapy and other standard therapies.

1. WHO. International Agency for Research on Cancer. Malaysia Factsheet. Available from <https://gco.iarc.fr/today/data/factsheets/populations/458-malaysia-factsheets.pdf>. Last accessed on 28th March 2023. 2. Ministry of Health Malaysia. National Cancer Registry. National Cancer Institute. Malaysian study on cancer survival (MySCan). Available from [https://www.moh.gov.my/moh/resources/Penerbitan/Laporan/Umum/Malaysian\\_Study\\_on\\_Cancer\\_Survival\\_MySCan\\_2018.pdf](https://www.moh.gov.my/moh/resources/Penerbitan/Laporan/Umum/Malaysian_Study_on_Cancer_Survival_MySCan_2018.pdf). Last accessed in June 2022. 3. American Cancer Society. Treating Non-Small Cell Lung Cancer. Available from <https://www.cancer.org/content/dam/CRC/PDF/Public/8706.00.pdf>. Last accessed in June 2023. 4. Cancer Research UK. Photodynamic Therapy for Lung Cancer. Available from [Photodynamic therapy \(PDT\) for lung cancer | Cancer Research UK](https://www.cancerresearchuk.org/health-professional/photodynamic-therapy-for-lung-cancer). Last accessed in June 2023. 5. American Cancer Society. How Lasers are Used to Treat Cancer. Available from [Laser Treatment for Cancer | American Cancer Society](https://www.cancer.org/health-professional/laser-treatment-for-cancer). Last accessed in June 2023. 6. Cancer Research UK. Treatment Using Heat to Destroy Lung Cancer. Available from [Treatment using heat to destroy lung cancer \(thermal ablation\) | Cancer Research UK](https://www.cancerresearchuk.org/health-professional/treatment-using-heat-to-destroy-lung-cancer). Last accessed in June 2023.





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