

The Hearty Digest

25 Years
REVOLUTIONISING
HEALTHCARE

SUNWAY
MEDICAL CENTRE®
Sunway City Kuala Lumpur

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FROM THE EDITOR

Healthy Insights for All

Hello everyone!

Welcome back to the 2nd edition in 2024 of The Hearty Digest. A huge thanks to all our readers for their continued support.

This quarter's edition brings more health awareness articles and celebrates significant milestones at Sunway Medical Centre, Sunway City (SMC).

Our experts have shared insights on various topics, including third-hand smoking, adult immunisation, and maintaining a healthy diet during the festive season.

“ Building on the momentum from the first quarter, we have received more accolades and accreditations. Notably, we have been awarded the Joint Commission International's Gold Seal of Approval[®] for Hospital Accreditation, making us the first in Malaysia to achieve three major hospital-wide accreditations! ”



Our orthopaedic surgeons have provided a glimpse into the future of robotic surgeries, featuring live demonstrations of the Mako SmartRobotics and Rosa Knee System.

We also shine a spotlight on our longest-serving staff members, who have been with us since day one, 25 years ago.

There is much in store for our esteemed readers in this edition.

Happy reading!



Mohamed Basyir
Editor, The Hearty Digest

The Editorial Team
Corporate Communication
Sunway Medical Centre, Sunway City

A MESSAGE FROM THE CEO

Marking New Milestones



The second quarter of 2024 further reaffirms our commitment to excellence in healthcare with the recognitions we received, the highlight being the prestigious and globally recognised **Joint Commission International's (JCI) Gold Seal of Approval®** for Hospital Accreditation.

JCI Accreditation is a globally recognised symbol of quality that reflects an organisation's commitment to meeting rigorous performance standards.

The accreditation marks Sunway Medical Centre (SMC) as the first hospital in Malaysia to obtain three major hospital-wide accreditations, including the Australian Council on Healthcare Standards (ACHS) and the Malaysian Society for Quality in Health (MSQH).

I take this opportunity to extend my gratitude to the people of SMC to achieve this feat, reflecting our unwavering dedication to maintaining highest standards of patient care and safety.

“

Earlier in Q2 2024, we received excellent news as we maintained the top position for Paediatrics in Malaysia for two consecutive years and ranked 26th within the Asia Pacific region in the **Best Specialized Hospitals Asia Pacific Newsweek 2024** rankings. Additionally, we secured Top 75 spots in the Neurology, Neurosurgery, Cardiac Surgery, Cardiology, and Oncology categories.

”

We were also honoured with Frost & Sullivan's 2024 Best Practices Market Leadership Award in the Malaysian hospital industry, and won Gold for Reader's Digest Trusted Brand 2024.

These accolades have set the tone and momentum for us to enter the second half of the year. They further inspire us to enhance and innovate our services to meet our patients' diverse needs, and among others, the integration of Artificial Intelligence (AI), including our radiology reporting.

As we approach our 25th year, we grow stronger with the support of our multidisciplinary team and the trust of our patients. Hence, we look forward to achieving new milestones with your continued support, all of which will ensure the most efficient patient care possible.

Thank you, and I hope you enjoy this issue of Hearty Digest.

Dr Seow Vei Ken

Chief Executive Officer
Sunway Medical Centre, Sunway City

DO YOU KNOW?

Impact of Second and Thirdhand Smoking

According to the World Health Organization (WHO), there is no safe level for exposure to second-hand-smoke (SHS) and those exposed can contract various lung-related diseases including serious cardiovascular and respiratory diseases, prematurely killing over 1.3 million people every year. In addition, there is also a lesser-known facet of smoking – third-hand smoking (THS).



Dr. Anand Sachithanandan
Consultant Cardiothoracic Surgeon

THS refers to tobacco contamination residue left on the surfaces of objects and its surroundings after a cigarette has been extinguished, most notably in indoor settings such as offices, homes and confined spaces.

Diseases induced from SHS and THS

Long term cumulative exposure to cigarette smoke, be it smoke exhaled by a smoker or the unfiltered sidestream smoke from a lit cigarette, is a significant risk factor for developing lung cancer in genetically susceptible individuals, said Consultant Cardiothoracic Surgeon, Dr. Anand Sachithanandan.

Apart from lung cancer, SHS and THS contribute towards other respiratory conditions including exacerbation of asthma, bronchitis and chronic obstructive pulmonary disease (COPD) as it damages the elasticity of the lung tissue and can irritate the airways causing inflammation.

Dr. Anand states that children and adolescents are more susceptible to the perils of SHS and THS, due to their less robust, developing immune system. Exposure at home, in common spaces such as eateries or the workplace, and especially in vehicles can further heighten the likelihood of contracting respiratory-diseases in the long run.



According to the Global Adult Tobacco Survey (GATS), 77.6% of the Malaysians surveyed reported exposure to SHS in eateries. Although the sample size only covered a total of 5,780 households, more than half of them still experienced the unpleasant odour while dining in, signifying that the issue of SHS and THS are still prevalent.

For vehicles in particular, a study by Tobacco Induced Diseases states that there is a higher concentration of SHS and by extension THS in confined spaces like cars, suggesting that even for a short period of time, smoking in the car still produces a high concentration of respirable particles that is possibly detrimental to children.

Early detection is the best form of medicine

Dr. Anand says that the gold standard for screening is with a low dose CT scan of the thorax (LDCT) which is widely available throughout Malaysia, but presently, screening targets mainly current or former smokers of a certain age. This is a single- breath high resolution non-contrasted chest scan that requires no insertion of needles, blood test or prior fasting.

People with a family history of lung cancer or a personal history of other cancers should also consider screening even if they don't smoke.

The public can also play their part by being considerate smokers including smoking only at Designated Smoking Areas (DSAs) in the future, avoiding smoky environments and to actively discourage their peers and family members from smoking.



DO YOU KNOW?

Exploring Adult Immunisation in Malaysia

In Malaysia, adult immunisation, especially among older people and those with chronic conditions, remain notably low.



Dr. Edward Chong Kah Chun
 Consultant Geriatrician

The Underappreciated Necessity of Adult Immunisation

Despite evidence of adult immunisation being compelling, the coverage is still low in Malaysia, compared to childhood vaccination, where childhood immunisation is covered by over 95% under the National Immunisation Programme (NIP) in Malaysia.

“Immunisation efforts traditionally concentrate on children, overlooking the vital need for continued protection throughout adulthood. This is especially concerning as vaccine-preventable diseases typically can impact vulnerable populations such as the elderly, people with multiple chronic illnesses, and immunocompromised individuals,” explains Consultant Geriatrician, Dr. Edward Chong Kah Chun.

The most crucial vaccines that adults in Malaysia should seriously consider getting, especially if they're approaching their 60s or have been immunocompromised and have undergone cancer treatment or chemotherapy:

Influenza (Flu) vaccine	Recommended annually and is important to protect the elderly and immunocompromised against the flu virus, which can lead to severe respiratory complications among those who are older or have a history of chronic lung disease, diabetes, cancer treatment or heart disease.
Pneumococcal vaccines	Essential in preventing pneumococcal pneumonia, which is considered one of the major causes of death among the elderly.
COVID-19 vaccine	An essential vaccine for everyone, especially the elderly and those with weakened immune systems, to protect against COVID-19 and its complications.

Varicella (chickenpox) vaccine	For women planning for pregnancy and individuals who haven't had chickenpox in households with newborn babies, the vaccine can help protect the newborns from complications such as encephalitis (inflammation of the brain), pneumonia or hemorrhagic complications.
Tetanus, Diphtheria, and Pertussis (Tdap) vaccine	For all adults who have completed their base vaccines more than ten years ago. Once they have received their Tdap shot, a tetanus and diphtheria (Td) booster should be administered every ten years.
Hepatitis B vaccine	Recommended for adults who have not been previously immunised.
Meningococcal vaccines	Immunocompromised individuals with a history of chronic lung disease, diabetes or heart disease as well as the elderly may also be recommended to receive meningococcal vaccines.



Myths and Misconceptions in Adult Immunisation

- ☐ Myth 1: Vaccines are only necessary for children.
- ☐ Myth 2: Adult vaccines are not safe.
- ☐ Myth 3: Healthy adults do not need vaccinations.
- ☐ Myth 4: Vaccines can cause the diseases they're meant to prevent.

IN THE SPOTLIGHT

Managing CKD in Malaysia

Chronic Kidney Disease (CKD) is a long-term condition characterised by the gradual loss of kidney function over time. In Malaysia, CKD is a growing epidemic, with cases escalating from 9.07% in 2011 to 15.48% in 2018. Major risk factors of CKD include hypertension, diabetes mellitus, obesity and advancing age.

This disease can be classified into 5 stages, with Stage 1 being the mildest and Stage 5 being kidney failure, where kidney function drops below 15%, and treatment requires dialysis or kidney transplantation.

Consultant Nephrologist and Kidney Transplantation, Dr. Rosnawati Yahya said some diets, such as Dietary Approaches to Stop Hypertension (DASH) and a Mediterranean diet have been shown to be helpful in managing CKD.



Dr. Rosnawati Yahya
 Consultant Nephrologist and
 Kidney Transplantation

What is DASH?

- Healthy eating plan designed to help prevent or treat high blood pressure (hypertension)
- Helps lower cholesterol levels, which is often associated with heart disease
- Emphasises vegetables, fruits, whole grains, fat-free or low-fat dairy products, fish, poultry, beans, and nuts
- Rich in minerals such as potassium, calcium and magnesium
- Encourages limiting foods that are high in salt (sodium), additional sugar and saturated fat, such as fatty meats and full-fat dairy products

Dr. Rosnawati said CKD is usually asymptomatic in its early stages, therefore, most patients remain unaware of any kidney-related problems. Hence, early detection is key and is the best way to fight against CKD.

“Early diagnosis can be done through indicators such as proteinuria (high levels of protein in the patient’s urine) or a reduced estimated glomerular filtration rate (eGFR). This enables experts to implement strategies that decrease the risks associated with cardiovascular issues, kidney failure, and mortality,” she said.

CKD is a rising concern in Malaysia, with early detection and dietary management crucial for prevention.

IN THE SPOTLIGHT

Understanding Trigeminal Neuralgia

Trigeminal Neuralgia, also known as tic douloureux disease and 'suicide disease' for its agonising pain, is a debilitating neurological condition that can severely disrupt one's life if untreated.

It is characterised as sudden, intense, stabbing, or electric shock like pain located in the jaw or face that is recurrent or brief, lasting from a few seconds to several minutes and could occur from a few to hundreds of attacks a day.

Consultant Neurosurgeon, Dr. Syed Abdullah Al-Haddad, emphasised that the pain of Trigeminal Neuralgia could last anywhere from mere seconds to several minutes, and could occur from just a few to hundreds of attacks per day. It is also more prevalent among women, and the intense, shooting pain on one side of the face characteristic of this condition often leads to misinterpretation and misdiagnosis.



Dr. Syed Abdullah Al-Haddad
Consultant Neurosurgeon



“Patients endure years of debilitating pain with one patient even describing it as worse than labour pain. Sometimes, patients are bounced from pillar to post, seeking a solution,” he said.

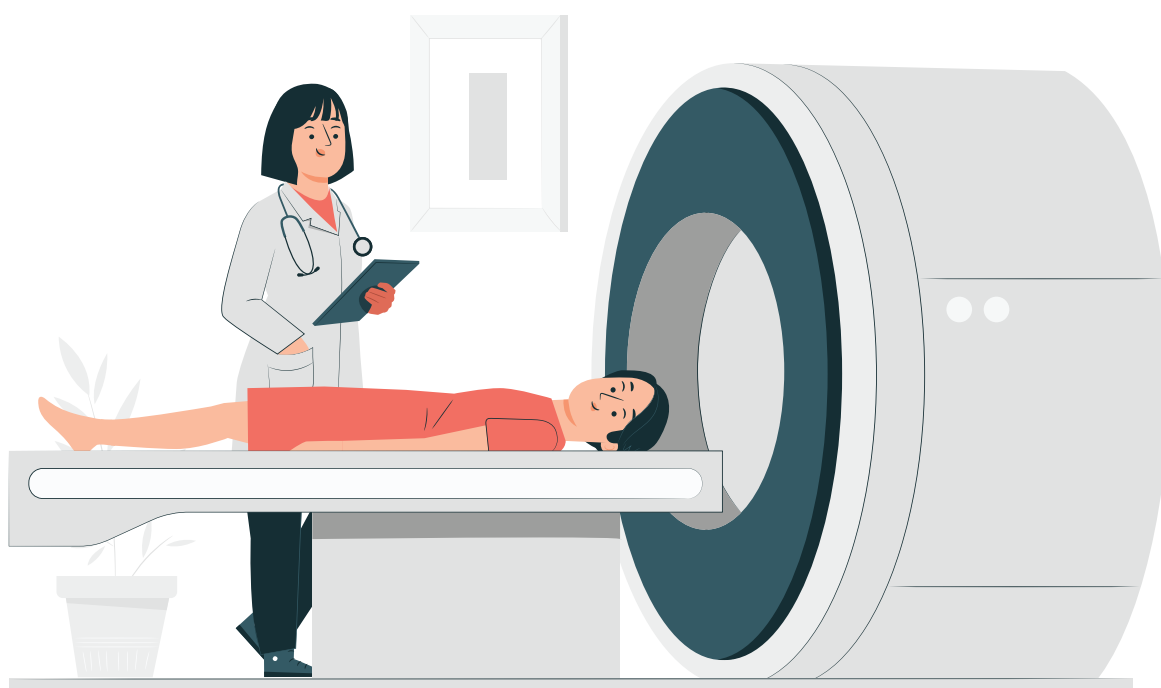
Though Trigeminal Neuralgia is easily diagnosed with patient-reported symptoms and MRI scans, it often faces misdiagnosis, mistaken for dental or ENT issues.

This disease knows no bounds when it strikes individuals. While it tends to afflict those aged 40 to 50, it not only affects physical well-being but also takes a toll on the patients’ mental health and quality of life.

Some patients decide to stop talking or even living a normal life as it interferes with their ability to work, impact relationships as some believe that sufferers are ‘mad’ or exaggerating their pain, and lead to depression and sleep problems.

There are many treatment options that range from oral or injectable medications to more invasive procedures such as Gamma Knife Surgery depending on the patients’ needs and limitations as well as the doctor’s recommendation which can bring immense relief to the patient.

“Early detection and effective treatment can offer life-changing solutions for those afflicted,” he said.



IN THE SPOTLIGHT

Breaking Taboos & Navigating Menopause

As women go through life's phases, menopause is often clouded in misunderstanding. It signifies the cessation of menstruation for over a year, and warrants empathy as well as support.

To unravel the intricacies of menopause and its impact on women's health, SMC's Consultant Obstetrician and Gynaecologist, Dr. Syeda Nureena Zaidi, shares about this often-misapprehended stage in a woman's life and how women can navigate this change smoothly.

Menopause is a transition occurring typically in a woman who is in her 50s, marked by hormonal shifts and various symptoms like hot flashes, fatigue, vaginal dryness, insomnia and more.



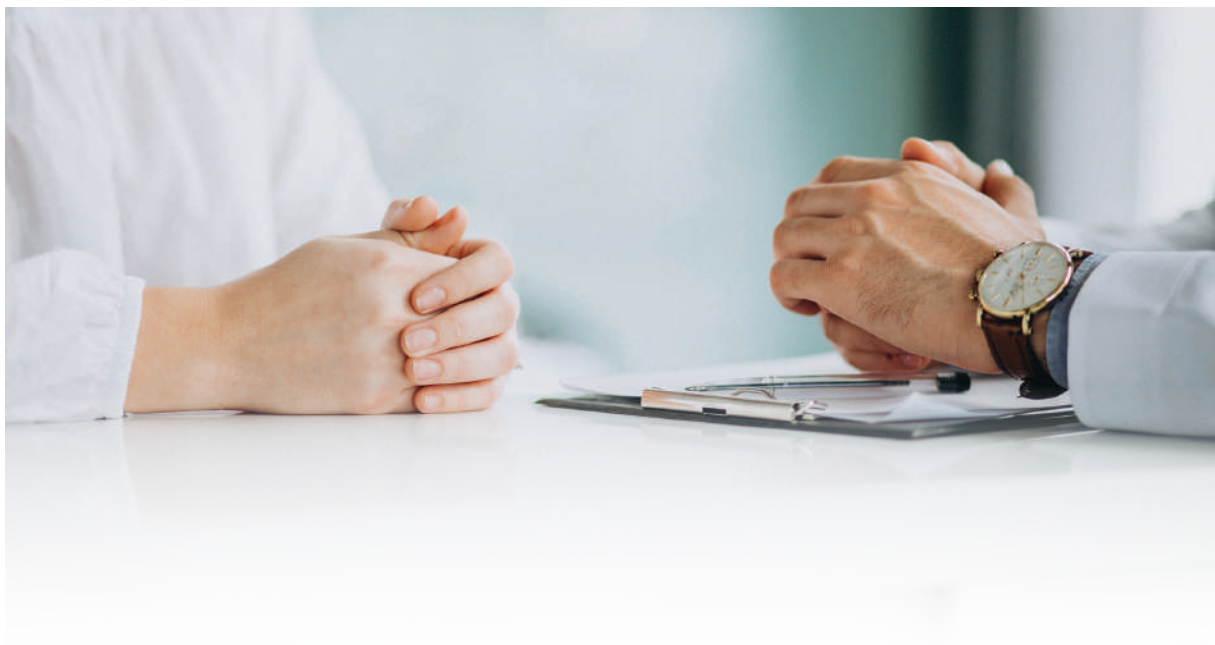
Dr. Syeda Nureena Zaidi
Consultant Obstetrician and
Gynaecologist



Dr. Syeda emphasises the importance of understanding menopause's full impact, including its health implications such as increased cardiovascular disease risk and the unique considerations for women with conditions like Polycystic Ovary Syndrome (PCOS).

There is a social stigma around menopause, therefore women should arm themselves with knowledge and talk about it with their family and friends to help maintain their overall well-being and manage symptoms.

Discuss your symptoms with your support network, menopause societies, friends, and even a gynaecologist when in menopause instead of just going for pap smears.



“ We can help monitor menopause symptoms for irregularities, ease their worries and provide the best solution to help alleviate it so women can be empowered to navigate this phase confidently, and with a positive mindset,” she said.

Hormone Replacement Therapy (HRT) is a viable option for severe menopausal symptoms. While it alleviates discomfort and enhances quality of life, informed decision-making is crucial. Dr. Syeda advises considering individual factors like family history and overall health, regular monitoring and open communication with health care providers mitigate potential risks, ensuring women can make choices aligned with their wellbeing.

In conclusion, menopause is a phase to be embraced with empowerment and confidence, acknowledging its transformative nature and seeking support for managing its challenges effectively.

YOUR EVERYDAY WELLNESS

Exploring the intricacies of thyroid health, navigating festive eating habits, and emphasising the importance of regular health screenings, the right lifestyle choices, and proactive measures will ensure we maintain a healthy life while promoting long-term well-being. The next flip of pages will offer comprehensive insights into proactive healthcare practices for a balanced and healthy lifestyle.



YOUR EVERYDAY WELLNESS

Navigating Thyroid Health

Thyroid health is a fundamental yet often overlooked aspect of our overall well-being. Thyroid gland plays a pivotal role in regulating body metabolism and produces hormones crucial for energy regulation, making it a key player in our overall well-being. Consultant Breast and Endocrine Surgeon, Dr. Wong Mei Wan shares some valuable insights into the functions of the thyroid, differences between hyperthyroidism and hypothyroidism, common myths, and misconceptions.



Dr. Wong Mei Wan
 Consultant Breast and
 Endocrine Surgeon

Identifying the difference of Hyperthyroidism and Hypothyroidism

Dr. Wong said that hyperthyroidism is characterised by excess hormone production. This condition manifests through symptoms such as restlessness, weight loss, heat intolerance, and excessive sweating.

On the other hand, hypothyroidism, resulting from insufficient hormone production, presents symptoms such as fatigue, weight gain, and persistent lethargy.

Symptoms and Misconceptions

Thyroid symptoms, whether hyper or hypo, are often nonspecific, leading to misinterpretations. If you have symptoms that are persistent over one-month period, see a healthcare professional and get a thyroid function test which is a blood test.

“Ultrasound may be recommended if nodules or abnormalities are suspected in your thyroid function. Like a lump in the breast, if you suspect that there is an abnormality in your neck due to your thyroid, early detection with regular check-ups and screening is encouraged,” she said.

Dr. Wong also shares that some of the misconceptions with thyroid nodules is that if you have a nodule, it requires medication or its cancer, she shares that as long as the patients' thyroid levels are normal, medication is not required even if they have a nodule.

Treating Thyroid Disease

Treatment varies based on the type and severity of thyroid disorders. Medications are often prescribed to regulate hormone levels. Dr. Wong emphasises the importance of monitoring through regular blood tests, especially for those undergoing treatment, to ensure stability in thyroid function.

Thyroid awareness is a critical component of maintaining overall health. With the complexities of thyroid disorders, it stands to reason that there is a need for regular check-ups, awareness of symptoms, and early intervention that can significantly contribute to optimal thyroid health, ensuring a balanced and vibrant well-being among Malaysians.

YOUR EVERYDAY WELLNESS

Oral Cancer among Malaysians

In Malaysia, oral cancer, a potentially deadly disease characterised by silent progression and often late-stage diagnosis, has emerged as a significant public health concern. However, studies reveal that the survival rate for oral cancer among Malaysians is nearly 50% after treatment with surgery and radiotherapy, which is much lower than in most developed countries.



Dr. Shailendra Sivalingam
Consultant Otorhinolaryngology (ENT),
Otology, Neurotology, Head & Neck,
and Skull Base Surgery



Unveiling the Causes and Lifestyle Factors of Oral Cancer

“Oral cancer, which often affects the gums, cheeks, tongue, and tonsils, can present as white patches or ulcers. Depending on the cancer’s location, it can quickly spread to the throat or lymph nodes due to the oral cavity’s rich lymphatic drainage system, enabling tumor cells to disseminate early,” said Dr. Shailendra Sivalingam, Consultant ENT.

He said that risks for oral cancer include HPV infection, excessive or prolonged smoking, excessive alcohol consumption, and poor dental hygiene, which introduce carcinogens to the oral cavity, causing genetic mutations that may lead to the development of cancerous cells.

Symptoms, Diagnosis, and the Journey to Treatment

Recognising oral abnormalities is key to aid early detection of oral cancer.

Amongst the symptoms to look for are long-lasting ulcers or unusual bleeding in the oral cavity, cheek, or throat that might be easy to overlook.

It’s often not until the symptoms become impossible to ignore, such as changes in voice, difficulty eating, or noticeable weight loss, that intervention occurs. By then, it might be stage three, a much more difficult situation to treat, he said.

Treatment and Impact of Oral Cancer

Treatment may range from surgery in early stages to a combination of surgery, chemotherapy, and radiation in more advanced cases.

The impact of treatment often involves significant surgical interventions, potentially affecting the patient's quality of life. This includes the possibility of disfigurement and difficulties in speaking and swallowing due to the tumour or cancer removal in the tongue, cheek, lip or even tonsil area.



Reducing Risk and Importance of Early Detection for Oral Cancer

Abstaining from tobacco and betel quid, maintaining oral hygiene, and regular dental check-ups can considerably lower the risk.

Human Papillomavirus (HPV) vaccines were also found to be effective protection against oral, head, neck, and cervical cancers. However, they do not work if you already have cancer or are already infected.

Therefore, the earlier the vaccine is administered, the better.

“ If you notice an area in your mouth that has not healed after one week, get it checked. Early diagnosis can make a significant difference in treatment outcome and post-treatment quality of life,” he added.

YOUR EVERYDAY WELLNESS

Understanding and Navigating Migraine

Migraine, often confused with a mere headache, is a condition frequently misunderstood as a mental illness. However, it is a chronic disease with no known cure, profoundly impacting the Malaysian population. Notably, migraines disproportionately affect women compared to men. Research indicates that approximately one in four women and one in twelve men will experience migraines at some point in their lives.



Dr. Hiew Fu Liong
 Consultant Neurologist

Understanding Migraine

“Migraine is not just headaches; it is frequently accompanied by other symptoms like dizziness, nausea, vomiting, tiredness, photophobic and phonophobia. In some cases, people may encounter some emotional aspects as well. As one of the common neurological problems, migraine is also known as a recurrent episode of severe headaches,” explains Dr. Hiew Fu Liong, Consultant Neurologist.

Types, Triggers and Risk Factors of Migraine	
Migraine without aura	Most common type, characterised by sudden and severe pain typically localized to one side of the head
Migraine with aura	Blurred vision or auditory hallucination often serving as warning signs preceding the onset of pain
Basilar migraine	Different from other types with symptoms primarily involving dizziness, vomiting, and auditory hallucinations, but without the typical head pain
Ocular migraine	Eye pain or temporary vision loss in one eye
Catamenial migraine	Affects women during their menstrual period, highlighting the influence of hormonal fluctuations on migraine onset
Hemiplegic migraine	One of the most severe forms of migraine, involving not only intense head pain but also paralysis on one side of the body

Treating and Managing Migraines

Patients can develop personalised strategies to either prevent migraines or better manage their symptoms when they arise by consulting a neurologist.

“ There are two treatment options that can be divided into two categories: treatment to stop the pain and treatment to prevent the migraine attacks. Pain relief treatment involves medications like painkillers while migraine prevention treatment includes anti-epileptic, anti-hypertensive, and antidepressant medications. There is also advanced treatment such as Calcitonin gene-related peptide (CGRP) receptor blocker that blocks CGRP receptors on trigeminal nerve responsible for communicating pain and sensitivities to touch and temperature, thus preventing migraine attacks” added Dr. Hiew.



TIPS FROM SUNMED DOCTORS

Eat Right During Festive Season

With the many festivities we enjoy, one should be wary of indulging in delicious cuisine as to not overeat because it will have harmful effects on the health and body.

Dietetics Senior Manager, Celeste Lau Wai Hong said overeating, especially after a month of fasting, could result in significant weight gain and increase risk of developing unwanted diseases.



Celeste Lau Wai Hong
Dietetics Senior Manager

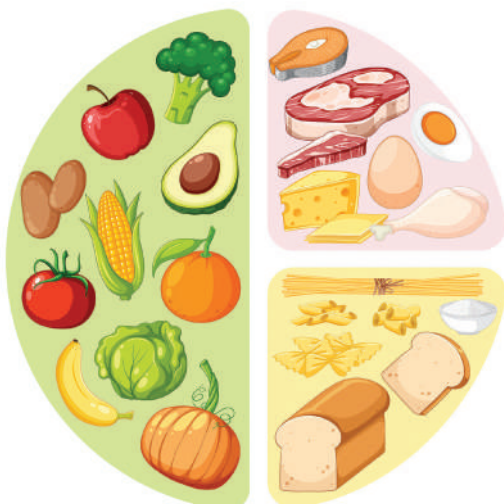
“It is not impossible for an individual's weight to increase by 3kg in a month if they attend many social activities such as open houses and consume many main dishes or heavy meals including various snacks and sweet drinks.

They would be exposed to the risk of heart disease or even sudden death if they eat and drink too much, eat uncontrollably, lack rest and sleep. Although the risk is low or rare, it may happen,” she said.

Important for individuals with chronic diseases such as hypertension, diabetes, high cholesterol and kidney disease to control their food intake and maintain their lifestyle during festive seasons as overeating it may interfere or waste the disease preventive efforts that were done before.

For those who are not sick, if they do not take care of their diet, and they lack rest, sleep and exercise, the common health problems experienced during festive season are weight gain, gastrointestinal problems such as flatulence, constipation, headaches, food poisoning, fever or bacterial infection.

Therefore, Celeste advised everyone to adopt a healthy lifestyle and diet as making such decisions and choices can guarantee the well-being and health of the body in the long run.



Adopt the ‘Quarter Quarter Half’ principle!

- Reduce foods such as cookies, cakes, chocolate, sweets and sugary drinks
- Increase the intake of fresh and natural foods and drink more plain water

“In addition to disciplining ourselves to adopt a healthy lifestyle and diet, we can also encourage and provide healthy or balanced food and drinks to visiting guests. Eat according to need and don't indulge your cravings, always remember that balanced, moderate and varied is the key to long-term health,” she added.

TIPS FROM SUNMED DOCTORS

Maintaining Healthy Liver

Early detection of liver diseases is among the challenges faced by doctors in diagnosing and treating liver diseases in Malaysia.

Consultant Gastroenterologist and Hepatologist, Dr. Chung Yun Chien said this was because many patients have few symptoms until the disease has progressed, when intervention may be ineffective.



Dr. Chung Yun Chien
Consultant Gastroenterologist
and Hepatologist

“In the early stages, fatty liver disease usually has no symptoms and is often first detected by blood tests for liver function. However, these tests cannot distinguish between mild fatty build-up and more severe damage. Some people with fatty liver disease can have normal blood tests,” he said.

Causes	Types
<ul style="list-style-type: none"> • Metabolic-associated fatty liver disease (MAFLD) • Viral Hepatitis B and C (HBV, HCV) • Specific activities such as tattooing, unprotected sexual activities, intravenous drug use (IVDU) & excessive alcohol consumption • Genetic factors for individuals with family history of liver diseases such as hemochromatosis, Wilson disease, alpha-1 antitrypsin deficiency 	<ul style="list-style-type: none"> • Hepatitis A & E viruses - Transmitted through contaminated food or water • Hepatitis B, C & D viruses - Often passed through a specific type of break in the skin barrier, either through injections or close contact with blood or other body fluids

In terms of treatment, mass vaccination for Hepatitis B has been introduced in many countries, including Malaysia. Under the National Immunisation Programme, all new-borns in the country have been vaccinated since 1989.

Antiviral treatments are also available and effectively reduce the viral load. The introduction of direct antiviral agents (DAAs) in 2011 has resulted in a sharp decline in chronic Hepatitis C cases in Malaysia.



Tips to maintain a healthy liver

- ☐ Adopt an active lifestyle
- ☐ Maintain a healthy weight
- ☐ Limit alcohol consumption
- ☐ Avoid toxins & illicit drugs
- ☐ Avoid overconsumption of unregulated supplements & herbal products
- ☐ Avoid risky behaviours
- ☐ Get vaccinated! There are vaccines for Hepatitis A & B

TIPS FROM SUNMED DOCTORS

Prevention is Better than Cure

Regular health screenings are essential for everyone to understand their health condition, emphasizing the age-old wisdom that 'prevention is better than cure'.

Resident Medical Officer, Dr. Wee Hui Yin said that today's society often neglects their health due to work demands and pressing responsibilities in a fast-paced world. Some only seek medical treatment when they feel unwell, often forgetting that a disease may have progressed to a worse stage unnoticed. Diseases that are slow to be detected can become very serious, making treatment more complicated and reducing the chances of full recovery.



Dr. Wee Hui Yin
Resident Medical Officer



The National Health and Morbidity Survey 2019 states that only 49% of Malaysians underwent health screenings in the last 12 months. This alarming statistic underscores the urgent need for a shift in healthcare practices, emphasising the importance of regular health screenings as a fundamental aspect of maintaining one's well-being.

“Although health screenings should be tailored to each individual based on gender, age, and family health history, the general guideline is that comprehensive health screenings should be conducted annually, with more frequent screenings possibly required for individuals with specific risks,” said Dr. Wee.

The Consensus Guidelines for Adult Health Screening introduced by the Family Medicine Specialists Association of Malaysia recommend for individuals to undergo screenings for colon cancer, high blood pressure, Diabetes Mellitus, & Dyslipidemia every year while women to undergo screenings for scoliosis, cervical cancer, and breast cancer.

Dr. Wee stressed that preventive health screenings are crucial for identifying risk factors for chronic and non-communicable diseases (NCDs) such as heart disease, stroke and diabetes. Annual health screenings, including blood tests for cardiovascular health, blood sugar, and blood pressure tests, are essential.

“Blood tests help detect markers early, enabling individuals to know their health condition and prepare themselves, change their lifestyles including adopting balanced nutrition and regular exercise to reduce the risk of certain diseases, as well as allowing doctors to treat early signs before it’s too late,” she said.

What you should do during health screenings	Misconceptions of health screenings
<ul style="list-style-type: none"> ✓ Share personal & family health history ✓ Previous test results ✓ Current medication intake 	<ul style="list-style-type: none"> ✗ Screen only when there are symptoms ✗ Takes a long time ✗ Painful ✗ For older people



SUNMED HIGHLIGHTS

SMC Awarded Hospital Accreditation from JCI



SMC recently earned the prestigiously recognised **Joint Commission International's Gold Seal of Approval® for Hospital Accreditation**, demonstrating our ongoing compliance with its internationally recognised standards and benchmark in upholding effective patient care and safety.

SMC is the first hospital in the country to obtain **three major hospital-wide accreditations**, including the Australian Council on Healthcare Standards (ACHS) and the Malaysian Society for Quality in Health (MSQH), further bolstering its stature for healthcare excellence.

This significant achievement highlights SMC's commitment to providing world-class healthcare services and upholding the highest standards of patient care and safety.

SUNMED HIGHLIGHTS

Earning Global Recognition

Sunway Medical Centre, Sunway City (SMC) continues to garner international recognition, earning prestigious accolades and high rankings for its exceptional healthcare services. The consistent acknowledgment underscores its commitment to medical excellence and patient care on a global scale.



Reader's Digest Trusted Brand 2024

SMC brought home the Gold award under the Private Hospitals category at Reader's Digest's 26th annual Trusted Brands Award dinner.

Through extensive research by experts and consumer voting by the public, SMC came up as one of the top contestants recognised for this award, further cementing consumer's unwavering trust in its brand in providing healthcare excellence to the patients.

SMC's recognition underscores its esteemed reputation, assuring global consumers of its reliability and excellence.



Newsweek Best Specialized Hospitals Asia Pacific 2024

SMC has retained its top spot for Paediatrics in Malaysia in the Best Specialized Hospitals Asia Pacific Newsweek 2024 rankings.

SMC ranks 26 for Paediatrics within Asia Pacific. The hospital made its debut in the **Neurosurgery** and **Cardiac Surgery** categories – ranking in the top 75 hospitals in the APAC region, in addition to improving its rankings in **Oncology**, **Neurology** and **Cardiology** categories.



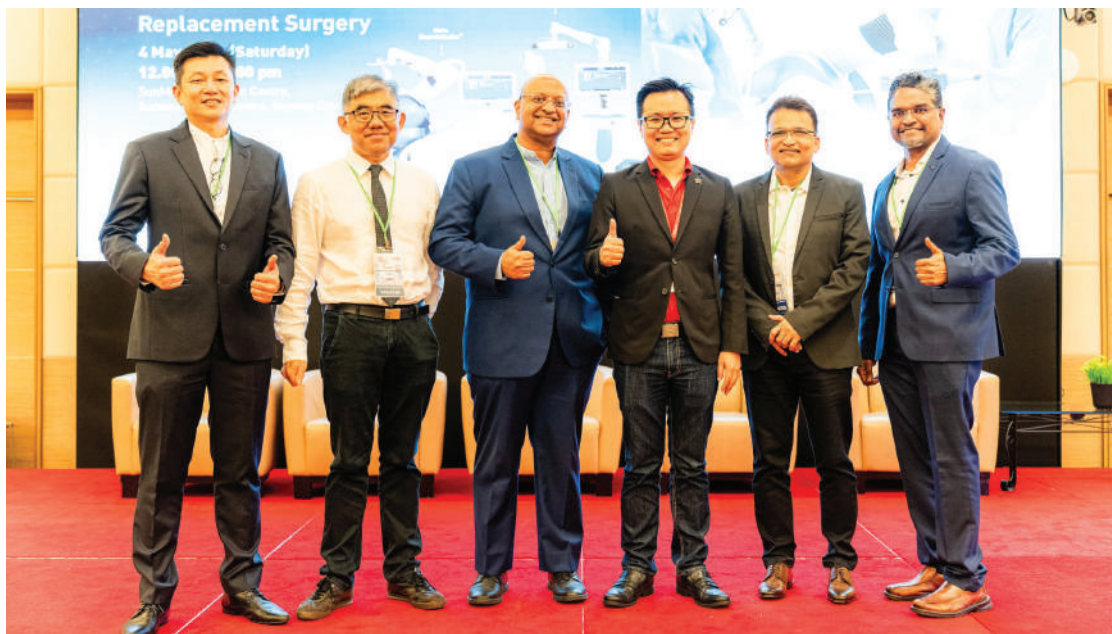
Frost & Sullivan's 2024 Best Practices Market Leadership Award

SMC has won the Frost & Sullivan's 2024 Best Practices Market Leadership Award in the Malaysian hospital industry.

Through a rigorous analytical process to evaluate multiple nominees for each award category, SMC excels in many of the criteria in the hospital industry space, including growth strategy excellence, brand strength, technology leverage, and customer service experience.

SUNMED HIGHLIGHTS

Live Robotic Demonstration



Sunway Medical Centre, Sunway City hosted a live robotic demonstration – “Infinite Precision, Infinite Possibilities: Robotics in Joint Replacement Surgery”.

The hybrid event attended by over 360 participants featured our esteemed robotic orthopaedic specialists including **Dr. Jeffrey Jaya Raj**, **Dr. Chua Hwa Sen**, **Dr. Suhail Suresh Abdullah**, and **Dr. Ewe Teong Wan** who have ignited discussion, dispelled myths and raised awareness on the future of orthopaedic care via robotic procedures.

The event also presented a rare chance to the participants to witness live demonstration of the operation of our Mako SmartRobotics and Rosa Knee System.



SUNMED HIGHLIGHTS

888 Gamma Knife Milestone



Sunway Cancer Centre commemorates milestone of over **888 Gamma Knife cases** since November 2017!

Each number tells a story of hope restored, challenges overcome, and lives touched. Here's to the remarkable patients, dedicated team, and unwavering commitment to pioneering care.

As we mark this milestone, we honour every individual whose path intersected with ours, inspiring us to push boundaries, innovate, and redefine possibilities in neurosurgical oncology excellence.

The **Leksell Gamma Knife® Icon™** is a clinically proven method to treat intracranial (within the skull) locations – such as the brain, brain stem or the trigeminal nerve.

It does not involve a surgical incision or opening of the skull, but highly sophisticated non-invasive treatment that uses a beam of radiation to damage targeted tissue in a very precise manner while minimising exposure to healthy surrounding tissues and critical structures.



SUNMED HIGHLIGHTS

FRCS Neurosurgery Viva Course

Sunway Medical Centre, Sunway City recently organised the **Fellowship of the Royal College of Surgeons (FRCS) Neurosurgery Viva Course**, encompassing numerous modules such as a comprehensive run-through practice, allowing neurosurgeons in training to gain hands-on and practical experience with realistic viva scenarios specifically designed in the FRCS exam format.

Dr. Syed Abdullah Al-Haddad, our **Consultant Neurosurgeon**, led the course participated by a team of 14 FRCS faculty members from United Kingdom, Singapore & Malaysia sharing their experience, insights and practice to the Hong Kong, Singapore & Malaysia candidates. Sunway Medical Centre, Sunway City, Kuala Lumpur was also represented by our experienced **Neuro and Spine Surgeons Dr. Johan Quah Boon Leong, Dr. Toh Charng Jeng and Dr. Ravi Krishanapillai**.

This initiative demonstrates our commitment to fostering a mindset of knowledge sharing and continued growth, on top of being the hub for patient-focused innovative treatments and comprehensive clinical services.



SUNMED HIGHLIGHTS

Integration of AI-powered Radiology Reporting



Sunway Medical Centre, Sunway City (SMC) is moving towards advancing healthcare through the integration of **Artificial Intelligence (AI)** in its radiology reporting.

SMC held a signing ceremony with its invaluable partner in radiology and angiography systems – LAC Medical Supplies, and also with the award-winning AI decision support solution – Annalise.ai.

Attendees involved in the signing ceremony were Dato' Lau Beng Long, President of Sunway Healthcare Group; Dr. Khoo Chow Huat, Managing Director (Hospital and Healthcare Operations) Sunway Healthcare Group; Dimitry Tran, Co-founder and Co-Chief Executive Officer (CEO) of Annalise.ai; and Liew Yoon Poh, Managing Director of LAC Medical Supplies Sdn Bhd.

SUNMED HIGHLIGHTS

SMC collaborates with IMU University for GTP



Sunway Medical Centre, Sunway City (SMC) partners with the prestigious International Medical University (IMU University) for the Graduate Trainee Programme (GTP) which is aimed at providing opportunities for IMU University's Bachelor in Pharmacy students interested in hospital pharmacy.

The objectives of the programme include identifying suitable candidates from Year 2 onwards, facilitating early engagement between SMC and potential candidates through interviews, elective placements and hospital activities.

Dignitaries from both organisation signed a Memorandum of Understanding (MoU) in a ceremony that took place recently.

Signatories on behalf of SMC were Dato' Lau Beng Long, President of Sunway Healthcare Group and Dr. Khoo Chow Huat, Managing Director (Hospital and Healthcare Operations), Sunway Healthcare Group, while signatories on behalf of IMU University were Professor Gerard George, Group Managing Director of IMU Health; and Professor Winnie Chee, Pro Vice Chancellor (Academic), IMU University.

Also present were Dr. Seow Vei Ken, Chief Executive Officer of SMC, Professor Abdul Aziz Baba, Vice Chancellor of IMU University, and Professor Ian Symonds, Deputy Vice Chancellor of IMU University.

SUNMED HIGHLIGHTS

Enhancing Care and Support for SMA patients



Sunway Medical Centre, Sunway City (SMC) and WeCare Journey (WCJ) embarked on a journey to mark the beginning of a joint effort to enhance care and support for individuals affected by Spinal Muscular Atrophy (SMA).

SMA is a rare genetic disorder that affects the muscles and often leads to severe disability. With the support of **The Budimas Charitable Foundation**, we are committed to improving access to specialised treatment for SMA patients.

The Memorandum of Understanding (MOU) was signed by the CEO of SMC, Dr. Seow Vei Ken, and the founder of WeCare Journey, Mr. Edmund Lim. The event was witnessed by Ms. Teh Saw Ha, the Senior Director of Finance, SMC, and Ms. Jacqueline Wong Shiau Wei, the Manager of Finance, Admin & Operations, Budimas.

This ceremony signifies a dedicated partnership focused on making a difference in the lives of those battling SMA.

SUNMED HIGHLIGHTS

SMC Hari Raya Aidilfitri Open House 2024



Sunway Medical Centre, Sunway City was filled with joy and festivities as we celebrated Hari Raya Aidilfitri at our much-awaited **SunMed Raya Open House 2024!**

The Open House started with an inspiring speech by **Dr. Khoo Chow Huat**, the **Managing Director (Hospital & Healthcare Operations)** of Sunway Healthcare Group.

In addition to the lively chats of the emcees, everyone was treated to the popular tunes of classic Hari Raya songs by talented buskers. The staff were also mesmerized by the graceful performances of the traditional Zapin dance, showcasing the rich heritage of our culture.

The heart of the event was indeed the delectable spread of the Raya cuisine where there were aromatic flavours of roti jala, succulent rendang, satay, ice-cream, and everyone's favourite apam balik.

SUNMED HIGHLIGHTS

#SunMedCares: People Of SunMed

Shining Spotlight on Longest Serving Staffs

As we approach the 25th year since the hospital was established, we look back at those who were with us, through thick and thin, from day one.

Clinic Assistant, **Maryline Theresa Binti Gilan** takes a moment to reflect on her journey, recalling a treasured memory and sharing her bright hopes for the hospital's future.

"Throughout my career here, the best memory I have ever had was receiving the 2007 Role Model Award. It is my hope that in the future Sunway Medical Centre becomes more well-known in Asia," she said.



Our **Senior Perfusionist, Abdul Rashid bin Abdul Raup** joined us as our very first Perfusionist when we began operations in 1999. Even after all the changes in the hospital over the years, one thing still remains the same – the joy he feels seeing his patients discharge smoothly post-surgery!

"The success that brings me the most joy was when I see the patients awake and discharged from hospital without complications after undergoing open heart surgery. As the first Clinical Perfusionist at Sunway Medical Centre, I hope I can provide excellent care now and for times ahead," he said.

Selva Rani A/P Supaiya, our **Patient Care Assistant** is very happy and grateful to be part of our hospital's 25 years journey. She shares what brings her joy and the opportunities she has been given to learn and grow in her role.

"I am happy when I fulfil my customers' satisfaction to take care of them while on duty and also when receiving positive feedback from the patients and ward managers. Looking forward for many successful years ahead.

The hospital's achievements are greatly attributed to our dedicated long-serving staff, whose commitment to excellence drives our success. Thank you for your continued service.



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