

The **Hearty** Digest

SUNWAY
MEDICAL CENTRE®
Sunway City

ISSUE 04/DECEMBER 2021

www.sunwaymedical.com

IN THE SPOTLIGHT: ORTHOPAEDIC & THE HEART

**The Joy of Movement: In Conversation
With Our Orthopaedic Experts**

Page 09

**Loving Your Heart With
Our Cardiologists**

Page 12

**Long COVID: What Our Specialists
Have To Say**

Page 15

SUNMED HIGHLIGHTS

**Cat-like Robots Greet
Hospital Patrons**

Page 24

**Asian Hospital Management Awards 2021:
Our Commitment to Improving
Patient Experience**

Page 25

**#SunMedCares: A Paediatric Surgery Story –
A Keyhole to Great Happiness**

**#SunMedCares: Giving Our Best Shot
For A Safe Reopening**

Page 27

CONTENT



04

A Message From The CEO

Bryan Lin Boon Diann,
CEO of Sunway Medical Centre

03 From The Editor

05 Do You Know?

- #Tokyo2020 Throwback Specials: The Impact of Sports on the Musculoskeletal System
- 5 Rare Heart Conditions with Strange Names and How They Got Them

17 At A Glance

Our Body's Framework

19 Your Everyday Wellness

- Healthy Eats, Healthy Fun and Wellness Tools
- Tips from SunMed Doctors

09

In The Spotlight

- The Joy of Movement: In Conversation With Our Orthopaedic Experts
- Loving Your Heart With Our Cardiologists
- Long COVID: What Our Specialists Have To Say



24

SunMed Highlights

- Cat-like Robots Greet Hospital Patrons
- Asian Hospital Management Awards 2021: Our Commitment to Improving Patient Experience
- Making Waves with our Vaccination Efforts
- #SunMedCares: A Paediatric Surgery Story – A Keyhole to Great Happiness
- #SunMedCares: Living-Donor Kidney Transplant – The Gift of Life
- #SunMedCares: Masks-Up with Sunway Medical Centre
- #SunMedCares: Giving Our Best Shot For A Safe Reopening

FROM THE EDITOR

Cheers to a Fulfilling Year!



Life in Malaysia is slowly returning to normal with the increase in traffic on the road, the perks of dining in, and the opportunity to see our loved ones. All of this can be enjoyed by the fully vaccinated with proper compliance to standard operating procedures (SOPs).

To ensure we can continue to rejoice in this new normal, carry on adhering to the 3Ws (wear a face mask, wash your hands and watch your distance) and avoiding the 3Cs (crowded areas, confined spaces and close contact settings).

“ Learning what motivates someone to pursue a field they enjoy made me rediscover my own passion to pursue writing and till today I still enjoy it very much. In this Orthopaedic and Heart issue, our orthopaedic surgeons share their joy in restoring mobility as the ability to move freely is key to life. Meanwhile, our cardiac experts talk about matters close to the heart as a healthy heart is essential to overall good health. ”

As the year draws to a close, I look back and see a fulfilling year indeed. While we hustle at our daily roles, we took the time to appreciate our frontliners and volunteers who rolled up their sleeves as we continue to support the National Immunisation Programme. We also looked at the big picture and improved the service we provide to patients who require long-term medication.

Meanwhile, our operating theatres have seen our surgeons performing intricate surgeries on babies as young as one-month-old, turning their lives around for the better, and giving individuals the gift of life through living-donor kidney transplant. To top it off, we have supported the underprivileged through a face mask donation to the B40 group, urban poor and refugees, as face masks becomes a necessity in the new normal.

On behalf of the Editorial Team, I would like to thank you for reading our humble newsletter and we look forward to a stunning year ahead.

Till next year, cheers!

Nur Yee Jie Min
Editor, The Hearty Digest

The Editorial Team
Public Relations & Communication,
Sunway Medical Centre
Advisor
Dr Michelle Mah



A MESSAGE FROM THE CEO

2021, A Curtain Call

December, it seems almost surreal that the year has come to a close. In the last 3 months, our country has seen a reopening of economy, schools and travel. I understand that many of us are probably still wary of the risks being out and about and like you, I am too.

Hence, I hope that we can continue to be vigilant and practice personal responsibility when it comes to adhering to SOPs in this new normal. This is so that we may all enjoy a safe reopening and protect ourselves and those around us.

In Sunway Medical Centre, we continue to champion for COVID-19 vaccination under the National Immunisation Programme. In October, our SunMed Convention centre resumed as a vaccination centre or *Pusat Pemberian Vaksin Hospital Swasta (PPVHS)* to administer vaccination for adolescents ages 12 to 17, serving up to 1,000 young people daily.

Two weeks later, we were thrilled to kick-off COVID-19 booster dose for frontliners and the elderly, also serving up to 1,000 people daily. It has been heartwarming to see our youngest and oldest being protected toward a safe reopening.

We also welcomed four cat-like autonomous employees, known as BellaBot, into our paediatric wards to deliver meals for our young patients. When not found bringing cheer at the wards, BellaBot can be seen roaming around our lobby as way-finding ambassadors. This marks a new chapter for our hospital as we continue to embrace new ways of working in 21st century healthcare and technology will continue to be a game changer for us.

“ Looking back, it has been an eventful year indeed. Oftentimes, I am lost for words because so much has taken place but I am most grateful for the wonderful people at Sunway Medical Centre for pulling through a challenging year together. It is only in the spirit of togetherness, we can go far and I am humbled by the trust you have given me. ”

And on that note, I would like to end the year with a piece of exciting news - that the Government of Singapore Investment Corporation (GIC), a Singapore sovereign wealth fund invests RM750 million in Sunway Healthcare. With this investment, we hope to bring our services to more people across Malaysia in the coming years.

The future is filled with possibilities despite the challenges it might bring. Let's keep our eyes on the prize and remain hopeful for good things to come. To all our readers, thank you for being with us this year and I wish you a Happy 2022 ahead!

Bryan Lin Boon Diann

Chief Executive Officer, Sunway Medical Centre

DO YOU KNOW?

#Tokyo2020 Throwback Specials: The Impact of Sports on the Musculoskeletal System

After a year of delay, the Tokyo 2020 Olympic Games was finally held in July this year, making it the first global event during the COVID-19 pandemic.

It is no surprise that Olympic athletes train long and hard to compete amongst the best. But what could be some of the common injuries? So, let's take a dive into some of Malaysia's favourite sports, learn what it takes for athletes to execute their moves and how these may strain our musculoskeletal system.



BADMINTON

- Badminton requires the use of major muscles in the lower and upper legs, hips, shoulder, forearm and upper arm, and core.
- Requires a lot of cardiovascular conditioning and muscular endurance as the sport demands good upper body strength for strong swings, and motor skills to move in all directions and change directions efficiently.
- **Rotator cuff injury** is common in players because of the repeated stress on the shoulders associated with overhead shots. Badminton has the most overhead strokes out of all racket sports.
- Players are also constantly jumping from foot to foot to execute their shots which makes them more susceptible to **jumper's knee**. This overuse injury results in pain at the front of the knee and is associated with the notorious jump smash.



CYCLING

- Cycling is a low-impact exercise as it limits stress on joints like your hips, knees and feet. The movement also helps lubricate the joints, which reduces pain and stiffness.
- However, track riders carry out high volumes of training and racing to build leg strength and cardiovascular endurance to keep their bikes moving at high speeds.
- Cycling is a repetitive sport that requires the knees to move through a range of motion between the hip and foot. A study estimates 33% of riders will experience some degree of **chronic knee pain** at some point of their career.
- Track Cycling is one of the oldest Olympic Games disciplines. British track cycling gold medallist, Jason Kenny, once said that strength is one the main building blocks for making yourself go faster on the bike.



GYMNASTICS

- Flexibility and strength make gymnastics one of the most popular to watch during the Olympics.
- Hip and shoulder flexibility are most important in this sport as gymnasts need the range of motion to be able to perform skills at different angles. Flexible hips are essential for leaps, splits and jumps while bridges and back handsprings are made possible with flexible shoulders.
- The first years of training include a variety of exercises to develop strength, flexibility, balance and coordination that help from correct posture, develop muscles and improve motor functions.
- Gymnastics has one of the highest injury rates among girls' sports. Therefore, gymnasts are taught how to fall and land safely to decrease the risk of **damage to the spine, head, neck or wrist**.



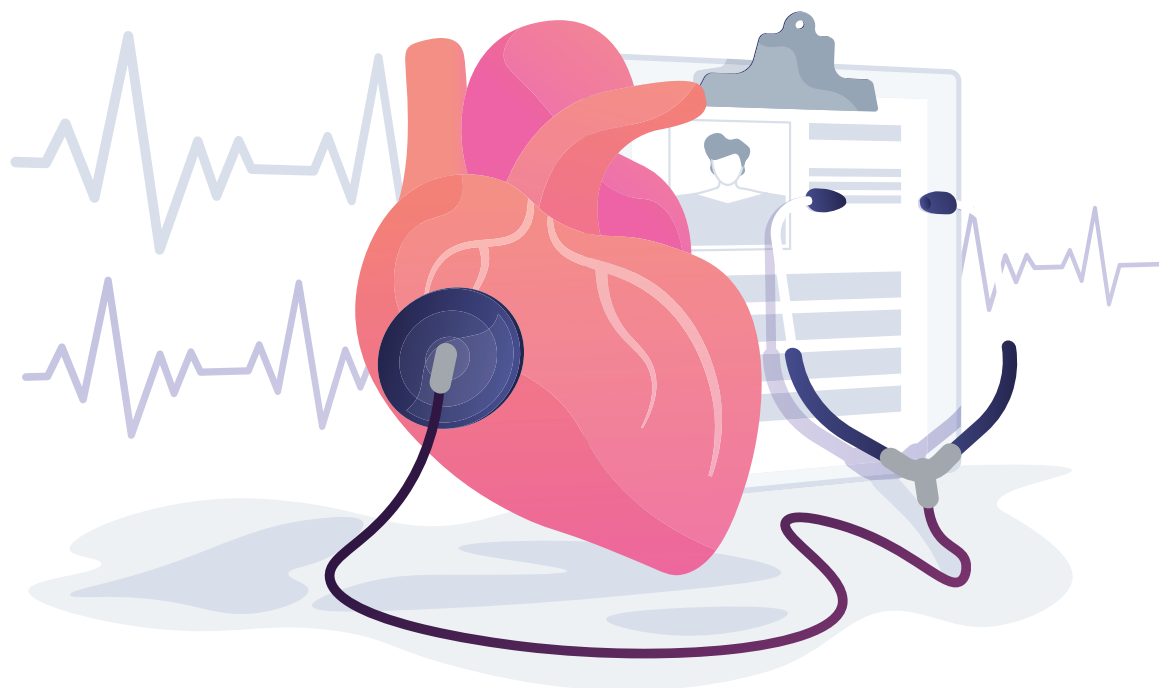
SKATEBOARDING

- An essential part of street culture, skateboarding is now one of five new sports added to the Olympic Games in 2020.
- 13-year-old Momiji Nishiya made history when she won the first women's street skateboarding, making her Japan's youngest Olympic gold medallist and the third youngest in the history of the Games.
- Skateboarders are constantly pushing off one leg and transferring weight between the two. This places a lot of demand on the core and the balancing leg.
- Many injuries happen when a skateboarder loses balance, falls off the skateboard and lands on an outstretched arm. **Common injuries often involve the wrist, ankle and face.**



DIVING

- Olympic divers look at the pool a little differently than the rest of us. Plummeling from a platform at high speeds, competitive divers face a high risk of **injuring their shoulders, back, elbows, wrists and other body parts**.
- The 10-metre event, equivalent to jumping off a three-storey building, causes repetitive strain injuries from repeatedly pushing off a concrete platform.
- Much of the divers' training is not spent in the pool. Top competitors strengthen their shoulders, arms and core muscles through weight lifting and stretch constantly to remain flexible.
- **Back injuries** appear to be the most common diving injuries. A study found that after age 13, there's a 45% chance of having back pain within a year. Another study found that divers are at risk for back problems at a younger age than the general population.



DO YOU KNOW?

5 Rare Heart Conditions with Strange Names and How They Got Them

Most things we know have a name – from simple objects such as a book, to complex objects such as a stethoscope. Diseases are often named after prominent scientists who played a major role in identifying them. They are named to enable disease prevention, spread, transmissibility, severity and treatment. Here, we found a few heart diseases with unusual names and their interesting origins.



KAWASAKI DISEASE

- Kawasaki disease is a rare condition mainly affecting children below the age of 5. It is thought to be caused by an infection, but no one knows what causes this condition. Scientists don't believe it is contagious.
- It causes swelling (inflammation) in the walls of medium-sized arteries throughout the body. It tends to affect coronary arteries which supply blood to the heart muscle.
- The condition was first described by Japanese paediatrician, Tomisaku Kawasaki, in 1967 who noticed it in a 4-year-old whom he could not diagnose, or find reference in any medical literature.



PRINZMETAL ANGINA

- It is a type of angina caused by sudden spasm in a coronary artery, which temporarily narrows the artery. This narrowing reduces blood flow to the heart, causing severe chest pain. It most often occurs at rest, typically overnight and tends to occur in clusters.
- Prinzmetal Angina occurs in 2 out of 100 cases of angina, and usually occurs in younger patients than those who have other types of angina.
- It is named after an American doctor, Myron Prinzmetal, who published work on the condition in 1959. He was also one of the first cardiologists to explore the link between diet and coronary heart disease.



BRUGADA SYNDROME

- Brugada syndrome is a rare inherited condition that can cause dangerous irregular heartbeats.
- As a result, your heart doesn't pump enough blood to the rest of the body. You could faint if the abnormal rhythm lasts for a short time and sudden cardiac death can occur if the abnormal heartbeat doesn't stop.
- It is named by Spanish cardiologists, Pedro Brugada and Josep Brugada, who reported it as a clinical syndrome in 1992. The genetic basis of the condition was established by Ramon Brugada in 1998.



CHAGAS DISEASE

- Chagas disease, also known as American trypanosomiasis, is a tropical disease caused by a group of parasites called *Trypanosoma cruzi*. It is found mainly in Latin American countries.
- Chagas disease potentially leads to heart failure, arrhythmias, thromboembolism, stroke and sudden death.
- It is named after Brazilian physician, Carlos Chagas, who discovered the disease in 1909.



TAKOTSUBO CARDIOMYOPATHY

- Takotsubo cardiomyopathy is triggered by extreme emotional or physical stress. It causes the left ventricle of the heart to change its shape and get larger. This weakens the heart muscle causing it to not pump blood as well as it should.
- Takotsubo cardiomyopathy is also known as stress cardiomyopathy or broken-heart syndrome.
- The word "takotsubo" comes from the name for a pot used by Japanese fishermen to trap octopuses. When the left ventricle changes shape, it develops a narrow neck and round bottom making it look similar to the octopus' trap.

IN THE SPOTLIGHT: ORTHOPAEDIC

The Joy of Movement: In Conversation with Our Orthopaedic Experts

Movement may be the simplest thing in the world. We hardly give a thought to taking a few steps to the kitchen. But mobility is an entirely different thing. What if those few steps are accompanied by pain, causing you to limp all the way?

Mobility is the ability to move freely and easily, and is important as our bodies are designed to move. Mobility has profound effects on our social, psychological and physical condition, and has a major role in emotions, learning and relationships.

In this issue, our orthopaedic experts talk about the field that's closest to them, how it has evolved and meeting their robot assistants, Mako SmartRobotics and ROSA Knee System.



Dr Suhail Suresh
Consultant Orthopaedic &
Trauma Surgeon

“Mobility is life and there is not much to life without motion. The ability to help provide someone with mobility inspired me to take up orthopaedics.”



Robotic surgery has taken joint replacement surgery to an advanced level.

How is orthopaedic surgery traditionally done and how has it evolved?

Traditionally, orthopaedic surgery involves the use of various hardware. Alignment and accurate implant placement is crucial in joint replacement surgery and this is traditionally carried out using jigs with rods placed inside the bones.

Robotic surgery has taken joint replacement surgery to an advanced level. Now, information regarding bone alignment is fed into the computer and calibrated to the finest detail for a plan for surgery to be mapped out. The surgery can then be carried out to absolute precision with very little error.

What are the risks of surgery and how are these risks reduced through robotic surgery?

Bleeding and fat embolism syndrome are some of the risks of surgery. Robotic surgery avoids opening the medullary canal which might release fat globules into the blood circulation, causing serious consequences. Robotic surgery also reduces excessive tissue dissection hence reducing bleeding from the surgical site.



Dr Ewe Teong Wan
Consultant Orthopaedic & Trauma Surgeon

“ Movement is life, especially after going through movement restrictions during the pandemic. I like orthopaedics because of its simplicity. A patient is mobile again after getting his fracture fixed, and a patient can regain his normal activities again after getting an operation on his arthritic joint. ”

How has robotics improved the way surgery is performed?

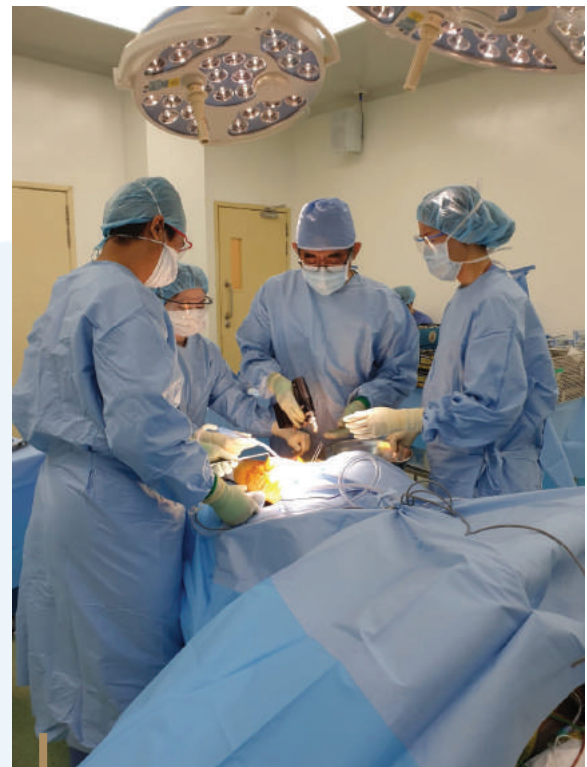
Surgical risk can be reduced through training and experience, and robotic surgery has helped enhance a surgeon's skills. Robotic surgery has enabled surgeons to perform surgeries more accurately which contributes to durability of the replaced joint and patients experiencing a more natural knee.

How does a doctor and machine complement each other in the field of medicine?

Orthopaedic surgeons use a lot of tools and machines. Good tools help make the operation easier, however we need a good surgeon to utilise the tool properly. We don't want a surgeon who sees everything as a nail when he is given a hammer in his hand.

What can we look forward to in the future of orthopaedic surgery?

I hope we can one day inject medications into the joint for cartilage to grow. This will in turn avoid surgery on patients.



Surgeons are able to perform surgeries more accurately with robotic surgery.





This surgery was the first robot-assisted total hip replacement to be performed in Malaysia with Mako SmartRobotics.

Tell us about Mako SmartRobotics and ROSA Knee System.

Both machines allow surgeons to plan surgeries with preoperative data from CT scans and x-rays, helping surgeons to 'see' more and cut less. During surgery, a live feed of kinematic information of the patient's joint is fed throughout the procedure which makes the surgery much safer. It also helps in balancing the joints to a near perfect alignment.

Both machines also assist surgeons in making more accurate cuts and implant placements, reducing the risk of cutting vital structures, allowing the patient to recover more comfortably, enjoy a natural joint feeling and have longevity of the implant.

Mako SmartRobotics can perform three types of surgeries – partial knee replacement, total knee replacement and total hip replacement. Meanwhile, ROSA Knee System can perform total knee replacement.

Share with us a patient experience undergoing robotic-assisted surgery.

Hip pain due to osteoarthritis has been troubling 80-year-old Madam Lim for years and her condition has progressively worsened until a point where she could hardly walk 10 metres before needing to rest again.

She came all the way from Teluk Intan, Perak to consult with me and after discussions with her family members, she decided to embark on a total hip replacement with Mako SmartRobotics. The surgery was successfully performed on 5 July and she was discharged 3 days later and has since recovered. During her last consultation at the end of September, she can walk freely by then.

What can we look forward to in the future of orthopaedic surgery?

I wish to have more robot-assisted surgeries in the area of orthopaedics besides just arthroplasty.



Dr Chua Hwa Sen
Consultant Orthopaedic, Joint & Arthroplasty Surgeon

“To me, mobility is the ability for an individual to move freely and easily. It is tremendously important for a person to carry out his or her life independently. I always knew I wanted to become a surgeon as I like to deal with problems head-on. In orthopaedics, there are multiple implants involved fulfilling the “young boy” in me with his toys.”

IN THE SPOTLIGHT: THE HEART

Loving Your Heart With Our Cardiologists

Our hearts speed up when we feel happy or when we are nervous. In fact, emotions do not come from the heart but the brain that tells the heart to speed up. Essentially, the heart's main role is to pump blood around your body and is susceptible to a range of conditions affecting the blood vessel, rhythm, valve and muscle. In this issue's feature, our cardiac experts share about conditions close to the heart.



Dr. Mohd Kamal Mohd Arshad
Consultant Cardiologist

Coronary Artery Disease: Know Your Risk

Understanding health risks is crucial to help you find ways to avoid health problems.

Coronary artery disease is the No.1 cause of death in Malaysia and knowing this statistic should spur you into taking action to understand the risk factors that cause this condition.

Although some risk factors cannot be changed such as age, gender and family history, there are modifiable risk factors which you can take charge of and avoid becoming a statistic.

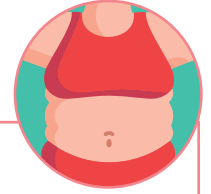
“ Many patients go undiagnosed as they aren't aware of their health condition. I would advise those above 30 years old to get their health checked once a year and for those with more risk factors to see their doctors more regularly, ”

Dr Mohd Kamal said, adding that making lifestyle changes such as healthy eating, regular exercise and stop smoking can reduce your risk of heart disease.



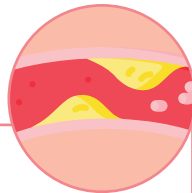
DIABETES

You are twice as likely to have heart disease if you have diabetes than someone who doesn't. However, **1 in 5 adults in Malaysia have diabetes** based on statistics from the National Health and Morbidity Survey 2019. That is 20% of the population and the survey also found that 8.9% of the respondents didn't know they have diabetes. This is because Malaysians do not go for health screenings.



OBESITY

Malaysia has the highest prevalence of obesity among adults in South East Asia. More than half of our population are overweight or obese, and 30% of our children aged 5 to 17 years are overweight. Obesity increases the risk of health conditions such as cardiovascular disease and cancer compared with normal-weight individuals.



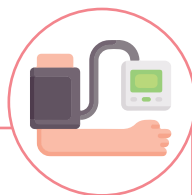
HYPERLIPIDAEMIA

Cholesterol is a type of fat that circulates in your blood and having too much cholesterol in your bloodstream will result in cholesterol deposits in the walls of your arteries, causing heart disease. A diet high in saturated fat and trans fat increases your cholesterol levels. **Eight million adults in Malaysia have high cholesterol** however 1 in 4 persons are not aware that they have this condition.



LACK OF EXERCISE

Physical inactivity is the fourth leading risk factor for global mortality. Improving your levels of physical activity can be as simple as climbing stairs or taking short walks. **The recommended physical activity is at least 150 minutes of moderate-intensity or 75 minutes of high-intensity physical activity throughout the week, or an equivalent combination of both.**



HYPERTENSION

Untreated high blood pressure can lead to serious consequences such as heart attacks, strokes and other cardiovascular diseases. **Any blood pressure value above 140/90 mmHg is considered high** and among those who have hypertension, 90% are on medication but only 45% have their blood pressure under control. It is one thing to be diagnosed but another to be able to manage it.



SMOKING

Nicotine in cigarettes reduces the amount of oxygen your heart gets, speeds up your heart rate, makes blood clots more likely, and harms your blood vessels. Cigarette smoke is also bad for people around you as second-hand smoke can cause heart disease.



Dato' Dr Yap Yee Guan
Consultant Interventional Cardiologist

Sudden Cardiac Arrest: When The Young Start Collapsing

*This was adapted from BFM Health & Living Interview.
Listen to the full podcast [here](#).*

Denmark midfielder, Christian Eriksen, collapsed during his country's match against Finland at Euro 2020. His heart had stopped briefly and he was saved by the quick action by the medic team in performing cardiopulmonary resuscitation (CPR) and resuscitating him with a defibrillator. The 29-year-old had suffered a cardiac arrest and he is set to receive an implantable cardioverter defibrillator (ICD) which can prevent fatal cardiac arrests.



Christian Eriksen

“ Sudden cardiac arrest is a condition in which the heart unexpectedly stops beating and when that happens, blood stops flowing to the brain and other vital organs in our body. This can result in death if not treated immediately, ”

said Dato' Dr Yap Yee Guan, Consultant Interventional Cardiologist, adding that in contrast with a heart attack that is caused by blocked coronary arteries, cardiac arrest is an electrical problem in the heart.

We are seeing more incidence of sudden cardiac arrest in the young and among those who are perceived to be fit and athletic. Dato' Dr Yap said sudden cardiac arrest in people below the age of 40 is considered young and the cause is quite different from someone above 40.

Dato' Dr Yap adds, “For someone below the age of 40, we would think about inherited cardiac conditions while we would think of coronary disease for someone above the age of 40.”

Sudden cardiac arrest doesn't often present with specific symptoms. Most individuals experience non-specific symptoms like chest pain, palpitations and dizziness but some symptoms are quite telling like seizures and epilepsy.

“ When the latter symptoms are present it may be too late so I always encourage individuals to go for regular medical check-ups and seek medical attention if they have a family history of sudden death. ”

Quick action is key to saving a person experiencing a sudden cardiac arrest. Learning to perform cardiopulmonary resuscitation (CPR) and knowing what is an automated external defibrillator (AED) can improve the person's survival rate before the emergency medical team arrives.

IN THE SPOTLIGHT: LONG COVID

Long COVID: What Our Specialists Have To Say

COVID-19 symptoms that linger for weeks or months after the patient recovers is called post-COVID-19 syndrome, or long COVID. Fever, cough, loss of taste and smell, diarrhoea, difficulty breathing and chest pain are among the symptoms a person experiences when infected with the coronavirus. Most people make a full recovery but a third of post-COVID patients continue to experience symptoms.

The most common symptom faced by many is difficulty in sleeping as testified by a former COVID-19 patient, 54-year-old IT Professional Abdul Aziz Yusof, who experienced sleepless nights after his recovery, forcing him to be fully awake from 1am till dawn.

Likewise, Lim Chi Weng who experienced mild COVID-19 symptoms started having insomnia 10 days after he tested positive. The 32-year-old continued to suffer sleepless nights for 8 weeks after recovery.

While symptoms vary for each individual, Yong admitted to experiencing extreme muscle pain, exhaustion and breathlessness when talking and walking. A short 10-metre walk to his room on the second floor took him almost 15 minutes.

Learn more about long-COVID from our specialists.



Dr Kow Ken Siong
 Consultant Respiratory Physician

“Long COVID is a clinical diagnosis. There are over 200 long COVID symptoms identified and on average and up to 56 symptoms that include chronic tiredness, breathlessness, raised heart rates, delusions, insomnia, loss of smell and taste, headache, mobility issues, muscle pain, fever and stroke. A diagnosis is made when these symptoms develop following a diagnosis of COVID-19 infection with documented recovery.”



Dr Rosmadi Ismail
 Consultant Interventional Pulmonologist

“The actual cause (of long COVID) remains a mystery. It is uncertain if there are chemicals that cause the body’s physiology to change as a result of the effects of the infection. Long COVID is not just losing your sense of smell and taste; it also affects other parts of the body. Category 4 or 5 patients may have severe cough post recovery due to hardened or scarred lungs. To date, there is no specific cure for long COVID symptoms.”



Dr Rahmat Omar
 Consultant Ear, Nose and Throat, Head and Neck Surgeon and Otolaryngologist

“Experts believe these symptoms are most likely not caused by direct infection to the neurons, but by sustentacular cells and hence require specific treatment. The chances of complete recovery over time is high in most cases. Symptomatic treatment may be given if patients have flu, stuffy nose, fever and body ache. There are also other treatments using nasal spray or nasal wash and certain steroid mixtures which can be administered alongside smell retraining therapy.”



Dr Cheah Chee Ken
 Consultant Internal Medicine Physician and
 Rheumatologist

“It is said that vaccination reduces the chances of a person developing long COVID and researchers have varied theories about this, however there is no definitive data to support any of it. Instead, I encourage everyone to be vaccinated. There is also no data to confirm that long COVID can be completely eliminated. But there are those whose symptoms have gradually subsided and regained their health.”



Dr Ericson Chia
 Internal Medicine Physician

“With our COVID-19 Recovery Clinic, we can take a proactive step to offer a multidisciplinary and holistic approach to alleviate some of the issues which patients are experiencing. We not only consult them but also provide them with information pamphlets which contain information on Long COVID. Most patients are also given follow up appointments.”

Our team of specialists at the **COVID-19 Recovery Clinic** will conduct a comprehensive assessment and create a personalised plan to help patients in their journey to recovery. To make an enquiry or appointment, **WhatsApp** to **019 388 3281**.

Sunway Medical Centre

- Dr Amir Azlan Zain, Internal Medicine & Rheumatology
- Dr Cheah Chee Ken, Internal Medicine & Rheumatology
- Dr Ericson Chia, Internal Medicine
- Dr Foong Chee Choong, Rehabilitation Medicine
- Dr Kow Ken Siong, Respiratory Medicine
- Dr Lim Boon Khaw, Respiratory Medicine
- Dr Ng Eng Khim, Nephrology
- Dr Rahmat Omar, ENT
- Dr Rosmadi Ismail, Interventional Pulmonology
- Dr Siti Harnida Md Isa, Endocrinology
- Dr Tan Lian Huat, Infectious Disease
- Dr Thiruventhiran Thilaganathan, Nephrology
- Dr Usha Rani George, Respiratory Medicine
- Dr Vincent Wong, Nephrology
- Dr Wong Kok Choong, Internal Medicine

Sunway Traditional and Complementary Medicine (TCM) Centre

- Dr Lim Ren Jye, Medical Director and TCM consultant
- Ms Hu Kee Yie, TCM Physician
- Mr Lim Chiang Fong, TCM physician
- Ms Mun Weng Yan, TCM physician
- Ms Weng May Faye, TCM Physician

AT A GLANCE

Our Body's Framework

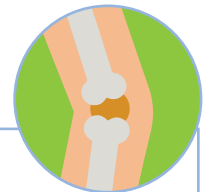
The skeletal system is our body's central framework. Our skeleton provides a framework for our muscles and other soft tissues, while the musculoskeletal system including bones, cartilage, ligaments, tendons and connective tissues help us to stand, sit, walk, run and move. The skeleton and musculoskeletal system work together to support our body's weight, maintain posture and help us move.



JOINTS

The joint is the part of the body where two or more bones meet to allow movement.

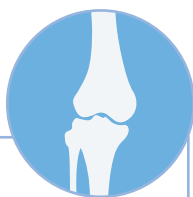
- The knee is the biggest joint in your body, connecting three bones: thigh bone (femur), kneecap (patella) and shin bone (tibia). The knee is called a hinge joint because of the way it moves like a door hinge without twisting much.
- Everyone's joints crack sometimes but it is not because the bones are out of place. The pop occurs when the joint capsule is stretched and gases surrounding the joint get released rapidly, resulting in a cracking noise.



CARTILAGE

A connective tissue, cartilage cushions bones inside your joints, spine and ribcage, protecting bones from rubbing against each other.

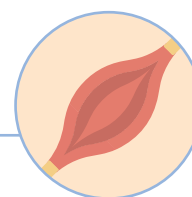
- Cartilage is made up of "chondrocytes", or specialised cartilage cells that produce collagen, proteoglycans (a type of protein), and other non-collagenous proteins. This helps attract water and gives its shape and specific properties.
- We also have cartilage in our nose, ears and lungs. Cartilage does not contain blood vessels and heals very slowly.



LIGAMENTS

Bands of elastic tissue around our joints. They connect bone to bone, giving our joints support and limiting their movement.

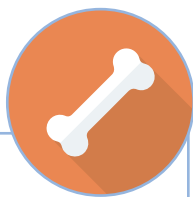
- Ligaments are only slightly elastic. When under tension, they gradually lengthen. This is why dislocated joints must be set as quickly as possible. If ligaments lengthen too much, the joint will be weakened.
- Osteoarthritis begins with ligament injury which causes progressive joint instability.



TENDONS

Connective tissues that attach muscles to bone and help them move our joints when contracted.

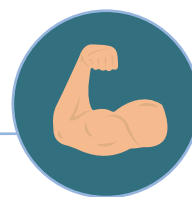
- Tendons are mostly made of organised collagen fibres. They can stretch and bounce back into shape. Like elastic bands, if too much force is applied they can stretch and tear.
- The Achilles tendon is the strongest tendon in the body. It connects the large calf muscles to the back of the heel to point the ankle away from the body.
- They can attach to other structures as well such as the eyeball.



BONES

Function as the skeleton of the human body, allowing body parts to move and protecting organs from trauma.

- Bones are built to withstand a lot of force and are stronger than steel, but surprisingly are not the hardest substance in the body. Bones stop growing in length during puberty but changes in density and strength over the course of life.
- The only bone not connected to another is the hyoid, a horseshoe-shaped bone in the throat, situated between the chin and the thyroid cartilage. The hyoid works with the larynx (voice box) and tongue to produce a range of vocalisations.



MUSCLES

Our body has more than 600 muscles.

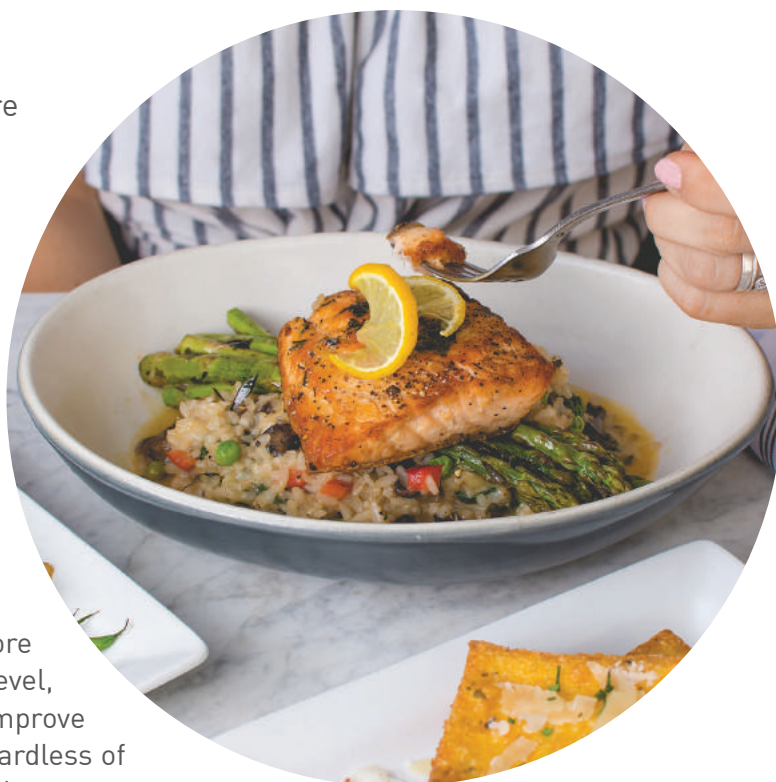
- Muscles include in our arms and legs, the one that keeps our heart beating and those that help us digest food.
- Muscles create 85% of our total body heat. Muscle contraction creates heat by energy that is produced in the muscle tissue. This is why we shiver when it's cold - a sign that our body is attempting to warm itself by rapidly contracting muscles.
- Muscles are built during sleep. When in deep sleep, your muscles relax, allowing more blood circulation. Hormones are also released during sleep that help repair and restore tissue, which is crucial to new muscle tissue formation.

YOUR EVERYDAY WELLNESS

It's a fact that ageing is a natural process, but there are steps we can take to age healthily. Practising healthy habits, managing our health conditions and engaging in fun activities can contribute to healthier and more enjoyable golden years. Here are some of our recommendations in this issue.

Healthy Eats Healthy Eating for All Ages

Healthy eating is important at any age but it becomes more critical as we age. Eating well can boost our energy level, strengthen our heart, increase endurance to illness, improve mental sharpness and stay emotionally balanced. Regardless of our age or previous eating habits, it is never too late to change our diet. Here are 5 nutrition tips that we can adopt.



TIP 1 Consume fruits and vegetables

Choose different types with bright colours. Eat more dark green vegetables such as leafy greens and orange vegetables. Aim to meet the daily recommendation of 2 servings of fruits and 2 servings of vegetables.

TIP 2 Diversify the source of protein

Vary sources of protein instead of consuming just one type e.g. red meat by including more fish, beans, peas, eggs, nuts and seeds in our diet.

TIP 3 Consume smart carbs

Smart carbohydrates are the kind that have nutritious value like fibre, vitamins, minerals and antioxidants. Opt for whole grain bread, pasta and brown rice or try a new wholegrain like buckwheat, millet or quinoa.

TIP 4 Bone up with calcium

Consume 3 servings of low fat or fat free dairy (milk, yogurt or cheese) that are fortified with vitamin D to keep our bones healthy.

TIP 5 Lighten up on salt

Excessive sodium intake increases the risk of high blood pressure. Cut down on salt intake by seasoning our food with natural flavours such as lemon juice, herbs and spices instead.

YOUR EVERYDAY WELLNESS

Healthy Fun Yoga for Seniors

Yoga is a great way to keep our bodies strong and healthy without the stress on joints. People of all ages can benefit from the various techniques it offers and it is safe for seniors of all fitness and ability levels.

Oscillation Yoga offers senior-friendly yoga classes that fit various physical movement, intensity levels and skills to increase resilience and flexibility in both body and mind.

Those who find pleasure in physical classes with fellow yogis can enjoy yoga practice in their studios at Petaling Jaya or Bukit Bintang.

Alternatively, anyone can be a discreet yogi and practice in the comforts of our own homes.

The best part is, all classes are free for seniors aged 60 and above!

Look them up on [Facebook](#) and [Instagram](#).





YOUR EVERYDAY WELLNESS

Wellness Tools Keeping Tabs On Our Hearts

Atrial fibrillation is the most common heart rhythm disorder which can lead to heart failure. Detecting it requires an electrocardiogram (ECG) which is usually done at a hospital. Withings' Move ECG is an analog watch with a built-in ECG to detect atrial fibrillation.

To take an ECG, push the button on the right side of the watch and press your fingers on the bezel for 30 seconds. The watch reads our heart's electrical signals through our fingers to produce a reading.

Results can be found on the Health Mate app which provides an instant analysis of our heart rhythms, whether they are normal or showing signs of atrial fibrillation. If signs are detected, the app will recommend to get in touch with a doctor. This smartwatch also monitors our activity, sleep patterns and tracks GPS location for outdoor workouts.

Price: £108 (Approximately RM620)

TIPS FROM SUNMED DOCTORS

When Heart Flutters Mean More Than Just Love

Arrhythmia may feel like heart racing, pounding or fluttering and is often confused with panic attack and anxiety. While this may sound normal, arrhythmia could be a sign of heart problems or can be a red flag to your health.

What is Arrhythmia?

It is a condition with the rate or rhythm of the heartbeat, causing the heart to either beat too rapidly (tachyarrhythmia), too slowly (bradyarrhythmia), or abnormal rhythms such as irregular rhythms or extra heartbeats that arise from abnormal foci.



Dr How Ann Kee
Consultant Cardiologist and Electrophysiologist

Symptoms

- Fainting, dizziness, loss of consciousness, breathlessness, palpitation, fluttering or skipped beat in the chest, chest discomfort and excessive tiredness.
- At times, arrhythmia may not cause noticeable symptoms and can only be detected during a routine examination.



Risk Factors

- Heart attack, blockage of the heart arteries (coronary artery disease), scarring of the heart tissue due to previous heart attack, heart failure, genetic abnormalities in the heart cell proteins (inherited cardiac channelopathies), overactive or underactive thyroid gland and sometimes unknown cause (idiopathic).
- Certain conditions may increase the risk of developing cardiac arrhythmia such as coronary artery disease, previous heart surgery, heart failure, hypertension, congenital heart disease, diabetes mellitus, medication, substance use, obstructive sleep apnoea, electrolytes imbalance and overconsumption of alcohol or caffeine.
- Common causes of arrhythmia in children are congenital heart defects, inherited heart problems, structural heart disease and electrical conduction abnormality.

Diagnosis

- Arrhythmia is diagnosed through an electrocardiogram (ECG), Holter monitor or electrophysiology study (EPS).
- Diagnosis can be difficult if the arrhythmia is paroxysmal, infrequent and asymptomatic.
- Long-term monitoring using an insertable cardiac monitor (ICM) increases the diagnostic yield.

Treatment

- Treatment depends on the type of arrhythmia but are usually treated with catheter ablation or device implantation and medication.
- The duration of hospitalisation depends on the patient's condition and complexity of the procedures.



Prevention

- If you have a healthy heart, continue living a healthy life – no smoking, maintain a healthy weight, eat a balanced diet, consume caffeine and alcohol in moderation and exercise regularly.
- If you have existing heart conditions, go for regular check-ups, be compliant to treatment and modify your risk factors.
- You are also advised to seek immediate medical attention if you have underlying heart disease, family history of heart disorder or if you are pregnant.

TIPS FROM SUNMED DOCTORS

10 Tips for Exercising Safely

We all know that exercise is beneficial to our health. Besides managing our weight and minimising the risks of diseases, exercise builds and strengthens our muscles, which then protects us from getting injured. Yet, injury can happen to anyone, no matter our fitness level. But we can reduce the risks of getting hurt with these tips on exercising safely.



Dr Foong Chee Cheong
 Consultant Rehabilitation Medicine Physician



- 1 If you have not been exercising regularly, start slowly and boost your activity level gradually.
- 2 Warm up and cool down are so important, take 5 to 10 minutes to do it.
- 3 A mix of different kinds of activities and sufficient rest is safer and better. Training too hard and too often may cause injuries to your body.
- 4 Always listen to your body. Hold off or cut down on exercise when you're sick or feeling very tired.
- 5 If you have to stop exercising for a while, drop back to a lower level of exercise. Start with lower intensity and increase it gradually.
- 6 Ensure adequate hydration especially during or after a vigorous exercise.
- 7 Wear appropriate clothing and shoes for your type of exercise. It will reduce the risk of injury.
- 8 Don't exercise vigorously under the hot weather as it can cause heat stroke. Exercise during cooler mornings or evening hours or at an air-conditioned gym.
- 9 Good breathing practice is important in exercise, particularly when lifting weights.
- 10 Know how to perform the various exercises. If using any equipment, keep to the instructions for using each device.

SUNMED HIGHLIGHTS

Cat-like Robots Greet Hospital Patrons



Our BellaBot guides, sings, serves hot meals and meows when caressed.

"Hello, I'm Bella," greets BellaBot, prompting smiles and squeals of excitement from hospital goers. The first of its kind cat-like autonomous robot in Malaysia to join our hospital operations, BellaBot is adorable, innovative and enthusiastically helpful.

These advanced robots are tasked in delivering food to young patients and their caregivers. It can also bring some cheer via its "birthday mode" function by delivering a birthday cake with an entertaining birthday song.

"We are thrilled to be the first hospital in Malaysia to adopt the BellaBot technology. With the challenges COVID-19 brings, we are committed to constantly look for innovative ways on enhancing our patients' experience while keeping their safety and wellbeing at the top of mind," says Bryan Lin, Chief Executive Officer of Sunway Medical Centre.

BellaBot can also be seen at our hospital's lobbies as a Lobby Ambassador to guide visitors around the expanding hospital. BellaBot converses fluently in English and Mandarin, with the potential for more in the future, providing an interactive experience to guests.

"It didn't take us long to see how positively received and well-loved BellaBot is by our staff and patients. We were pleasantly surprised at the ease of which we were able to integrate BellaBot into our in-patient meal delivery. Bella is definitely a part of the family now. We hope that this technology is a stepping stone towards more forms of integration to serve and care for our patients on a whole new experience," says Joanne Leow, Food Services Manager of Sunway Medical Centre.

Watch the lovable BellaBot in action [here](#).

SUNMED HIGHLIGHTS

Asian Hospital Management Awards 2021: Our Commitment to Improving Patient Experience



The Pharmacy team identified a setback and improved it to great lengths.

Patients who are required to take medication long term are advised to always take their medication as prescribed. But patients can sometimes forget and run low on their medication supply. To address this, the Outpatient Repeat Medication Services (ORMS) was introduced to serve patients who need repeated supply of their medications.

However, this service was underutilised as patients regarded it as an inconvenience as they still had to travel to the hospital to collect their medication. This spurred our Pharmacy team to brainstorm ideas on how to remodel the system to address patients' needs.

Today, the new ORMS allows the team to track each patient through the date of their last prescription and have their medication delivered a week before their supply runs out. The system was also simplified, offering patients a seamless experience.

"With the growth of our hospital's outpatient specialist centre, we knew we had to rethink the way we can serve our patients better by providing a hassle-free approach to how they can receive their medications. As a result of a collaborative

team effort, we successfully launched an on-demand doorstep repeat medication delivery," said Chow Hoong Seng, Assistant Director of Allied Health Services, Sunway Medical Centre.

This addresses patients' concern of having to travel to the hospital to replenish their medicine supply. This service also provides same-day delivery and patients are able to track their parcel in real time.

"Medicines are one of the most important things that all of us will require at some point in time. This is especially crucial for a chronic condition patient who may need medication on a regular basis. This service has been a tremendous help for our patients, especially so in times of a pandemic where contactless is the new normal," Chow said.

This vast improvement in ORMS was recognised at the Asian Hospital Management Awards 2021 accomplishing a Gold in the Patient Experience Improvement category.

"This award definitely gives us a boost of confidence that we are headed in the right direction. We look forward to continue to serve with new and improved patient-centric experiences," Chow said.

SUNMED HIGHLIGHTS

Making Waves with our Vaccination Efforts



Our frontliners and volunteers each received a cupcake for their efforts to inoculate the public.

Kudos to our hospital's frontliners who came together to help the nation achieve herd immunity. Clinical and non-clinical colleagues from doctors and nurses to logistics and administration joined forces to administer 348,000 doses of the COVID-19 vaccine to the public.

In support of the COVID-19 National Immunisation Programme, Sunway Medical Centre was a *Zon Pemberian Vaksin (ZPV)* in Phase One of the National Immunisation Programme, vaccinating frontliners from 12 private hospitals across the Klang Valley. In Phase Two and Three, the hospital was appointed as a *Pusat Pemberian Vaksin Hospital Swasta (PPVHS)* and also managed a mega *Pusat Pemberian Vaksin (PPV)* at Sunway Pyramid Convention Centre.

After a hectic and fulfilling 6 months of inoculating the public, our vaccination efforts took a temporary break in August and an appreciation celebration adhering to strict Standard Operating Procedures (SOPs) was held to commend our frontliners and volunteers for their dedication to the effort.

The hospital's leaders, Chief Executive Officer Bryan Lin Boon Diann, Group Director of Nursing and Head of PPV Chan Lai Hong, and Allied Health Services Director and Head of PPV Sherry Woo were present to express their gratitude to everyone who have worked tirelessly, ensuring each vaccinee was well taken care of.

Watch our dedicated frontliners at work in building herd immunity for Malaysia [here](#).

At the time of writing, our Vaccination Centre has resumed operations to inoculate adolescents and administer booster shots.

SUNMED HIGHLIGHTS

#SunMedCares: A Paediatric Surgery Story – A Keyhole to Great Happiness



A happy and healthy baby Alison with her parents.

A Monday in March was a rough day for the Goh couple. No new parents would set out to endure the agony of having their newborn undergo a 7-hour surgery just 5 days after arriving in this world.

Mrs. Goh was three months pregnant when she was informed by her Obstetrician and Gynaecologist, Dr Chong Chin Kooi, that he found an unknown mass near the fetus' liver during a routine prenatal check-up. But nothing could be done until the baby is born.

A day after baby Alison was born, Paediatric Surgeon, Dr Yik Yee Ian, stepped in to remove her gallbladder and a cyst arising from her common bile duct, known as choledochal cyst. He opted for a 3D laparoscopic (keyhole) surgery and with this technique, only 5 small incisions less than 1cm each would be made, leaving minor visible scars as compared to traditional surgery.

The telescope camera system guided the way into Alison's body and with 3D glasses, Dr Yik was able to see her organs closely and clearly. He clipped off the cyst and lifted it out, and sewed up a duct from the liver to the small intestine, allowing bile flow to resume.

Baby Alison was admitted to the Neonatal Intensive Care Unit (NICU) after the surgery and was hooked up to multiple tubes. Her parents could only see their precious little daughter by her cot several times a day. She was able to be fed 2 days after this surgery as compared to conventional surgery where this would likely be delayed. On the 5th day after surgery, the 9-day-old little fighter was finally able to go home.

"Nine months have passed since Alison's birth and surgery. We are glad she will not remember the pain when she grows up, and the tiny surgical wounds will look like a faded memory from another lifetime. We know she will grow up to be a strong and brave girl because she had already won such a big battle just days after arriving in this world," expressed Mrs. Goh.

"We want to thank Dr Chong, Dr Yik, Paediatrician and Neonatologist Dr Lim Wei Leng, Paediatric Anaesthesiologist Dr Wong Wai Hong, and the wonderful NICU and maternity ward nurses for their professional and caring support. They gave us the confidence to count on them, and we are so happy we did."

SUNMED HIGHLIGHTS

#SunMedCares: Living-Donor Kidney Transplant – The Gift of Life

A kidney transplant offers hope for a better quality of life for people living with kidney failure. To raise the awareness of living-donor kidney transplant, the Gift of Life series with BFM features a three-part interview with our nephrologists, urologist, transplant coordinator and a kidney transplant recipient who shared their thoughts on the matter.

From The Experts

“There are four stages of kidney deterioration before a patient reaches Stage 5 (end stage kidney failure) where kidney transplant is the treatment of choice. A patient with 5% kidney function can be restored to 50% after a kidney transplant, which is sufficient for him or her to return to normalcy,” says Dr Rosnawati Yahya, Consultant Nephrologist.

As a Transplant Coordinator, Jenny Chong said her work requires her to manage the perception and fears about organ donation between donor and recipient. “They are highly conscious of the risk of surgery and the pain, and possibility of getting sick post-surgery. Some donors even worry that they will not be able to work like normal once they have donated a kidney. This is particularly if they are the breadwinner of the family.”



Dr Rosnawati Yahya
Consultant Nephrologist



Dr Ng Eng Khim
Consultant Nephrologist

Both donor and recipient are counselled mentally and emotionally before surgery and Consultant Nephrologist, Dr Ng Eng Khim explained that kidney transplant has a high success rate of above 97% with less than 5% complication rate. “With the current immunosuppressive regime, rejection rate is about 10% to 15% in the first year of the transplant depending on the patient’s compliance to their prescribed immunosuppressive medication,” he said.



Dr Murali Sundram
Consultant Urologist

Dr Murali Sundram, Consultant Urologist who is the surgeon performing laparoscopic surgery on the donor, pointed out that surgery with a living donor is elective where both donor and recipient can decide when they go under the knife. “In contrast with a deceased donor where it is an emergency surgery and the patient has to always be ready as he or she will be called to the hospital when they have the kidney ready,” he explained.

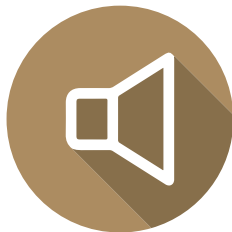
From The Patient

For kidney transplant recipient Teoh, her world fell apart when her visit to the emergency department after experiencing shortness of breath turned out to be kidney failure.

Teoh recalled, "It was difficult letting my family know about this and it came as quite a shock for them. My mother came down from Ipoh to take care of me and despite her concerns about kidney transplant, it was she who decided to donate her kidney to me."

"Today, we have both returned to our normal lives after undergoing kidney transplant surgery. My health has significantly improved and my mum can still do the things she enjoys," Teoh said, adding that she encourages the public to pledge to donate their organs as you never know whose life you may change.

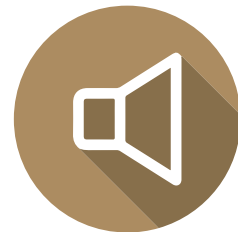
Click on the icon to listen to the full three-part interview:



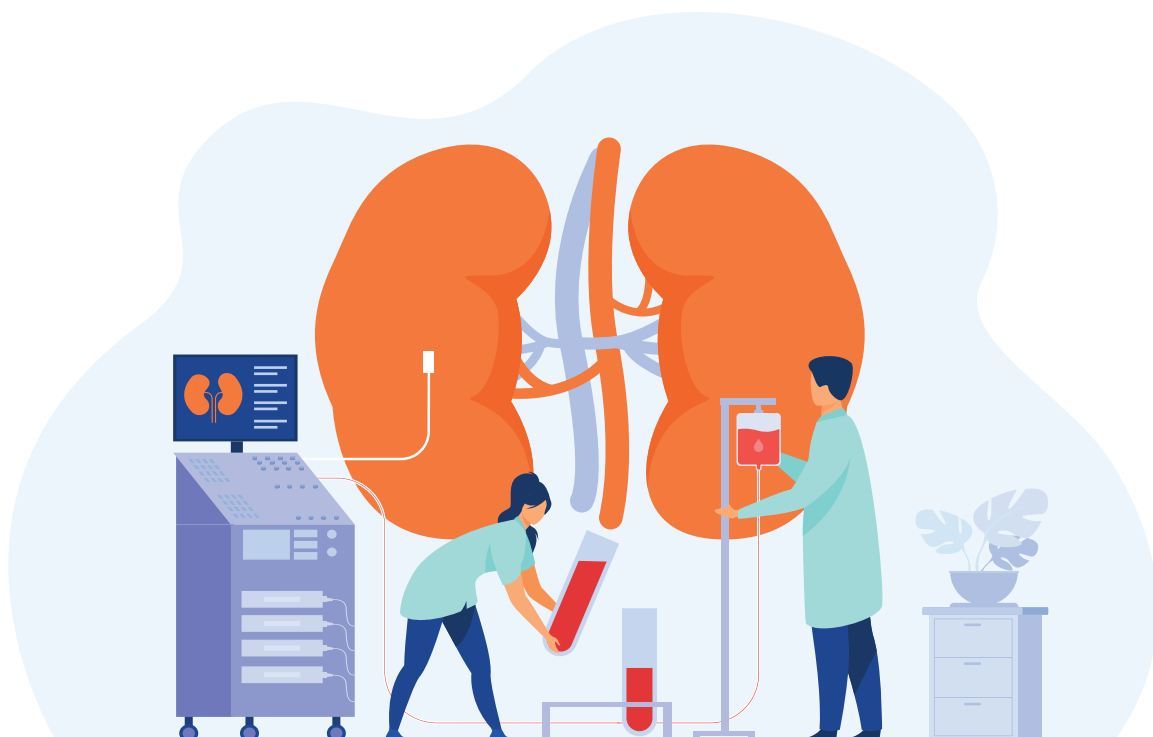
Gift of Life #1:
What Happens If I Need a
Kidney Transplant?



Gift of Life #2:
Life after a Kidney Transplant



Gift of Life #3:
My Kidney Transplant Story



SUNMED HIGHLIGHTS

#SunMedCares: Masks-Up with Sunway Medical Centre



Top left to right: Refuge for the Refugees Founder Heidi Quah, Subang Jaya Community Ambulance Director of Operations Kelvin Ng, and ADUN Subang Jaya YB Michelle Ng.

Bottom left to right: Malaysian Red Crescent Society Secretary General Haji Hakim bin Haji Hamzah and Board Member Suhana binti Sidik, Yayasan Sin Chew CEO Low Kon Sin and DUN Kinrara YB Ng Sze Han.

While we are transitioning into the endemic-living phase, we must not forget that Standard Operating Procedures (SOPs) still apply. Social distancing, maintaining hand hygiene and wearing a face mask are still mandatory while out in public.

However, not everyone is fortunate enough to have access to face masks at all times. Sunway Medical Centre bridges this gap by donating 3-ply and KN95 masks to the urban poor, B40 groups and refugees.

A part of its Corporate Social Responsibility (CSR) initiative, the hospital donated 12,870 boxes of face masks that amounted to a value of RM227,000 to benefit 16 non-profit organisations (NGOs) and local councils, especially for the communities our hospital exists in.

01	ADUN Kinrara	09	Malaysian Red Crescent Society (MRCS)
02	ADUN Subang Jaya	10	One Goal Malaysia
03	Community Transformation Initiative (CTI) Kota Damansara	11	Pusat Penyayang Kampung Sungai Kayu Ara
04	Damansara Utama Methodist Church (DUMC) Food Bank	12	Refuge For The Refugees
05	Dignity For Children Foundation	13	Senior Citizens Club Subang Jaya
06	ElShaddai Centre Berhad	14	Subang Jaya Community Ambulance
07	Federasi Pekerja Belia	15	Yayasan Sin Chew
08	Majlis Bandaraya Subang Jaya (MBSJ)	16	Zomi Education Centre Kota Damansara

SUNMED HIGHLIGHTS

#SunMedCares: Giving Our Best Shot For A Safe Reopening

In October, SunMed Convention Centre resumed as a *Pusat Pemberian Vaksin Hospital Swasta (PPVHS)* for the much awaited COVID-19 vaccination for adolescents aged 12 to 17 and booster dose for seniors, serving up to 1,000 persons daily.

We are thrilled to be part of a safe reopening for our country. In support of the COVID-19 National Immunisation Programme since Phase 1 in March this year, Sunway Medical Centre has administered more than 350,000 doses to date.

COVID-19 Vaccination for Adolescents



“ I feel relieved that finally, my son can now go back to school safely and this gives me a better peace of mind. He is the last in our family to be vaccinated. ”

— Madam Chern

Madam Chern and her 14-year old son, Lau Zhi Jian.

COVID-19 Booster Dose for Seniors



“ We received her booster dose appointment via MySejahtera. My grandmother is happy to get her booster as she is looking forward to travel again with us as she has been home for a while now. We are also excited to be able to bring her out with her safety in mind. ”

— Soo Xi Quan

91-year old Madam Saw Siew Har with her grandson, Soo Xi Quan.

MEET THE ORTHOPAEDIC SURGEONS OF ROBOTIC-ASSISTED SURGERY



Dr Suhail Suresh



Dr Chua Hwa Sen



Dr Suresh George



Dr Ewe Teong Wan



**That's a first in
Malaysia.**

In July 2021,
Sunway Medical Centre
performed a robotic-
assisted total hip
replacement surgery
using Mako
SmartRobotics™.

Smart Technology in the Right Hands

1 in 3 Malaysians aged 55 and above
experiences osteoarthritic pain from joint
degeneration. This can change. Let our
customised plans give YOU a pain-free life.

- ✓ Total hip replacement
- ✓ Total knee replacement
- ✓ Total joint replacement
- ✓ Partial knee replacement

Mako SmartRobotics™



Benefits of robotic-assisted surgery:



High accuracy and precision



New, perfectly-fitted joint



Long-lasting results



**More natural feeling
and movement**

For more information, please contact us:

 **+603-7491 9191**



Our care goes **beyond protection**

Allianz Malaysia builds inclusive and resilient communities via **Allianz We Care Community** to support Malaysians in adjusting to the new normal with a host of exclusive healthcare and lifestyle benefits.

Be a member at no cost to access these exclusive benefits:



Free Doctor Tele-consultation and Digital health Coaching Programme



Free Pharmacy e-Vouchers and Healthy Meal e-Vouchers



Discounted Car and Home Disinfection Service



Many more benefits to keep you safe and healthy



Scan this QR code to learn more.

[ALLIANZ.COM.MY/WE-CARE](https://allianz.com.my/we-care)

Terms and conditions apply.

Applicable to all Malaysians and permanent residents, aged 18 years and above.

Cancer Strikes before Covid Ends

The time to ACT is now.
COVID-19 threatens to erase the years of
progress in our fight against cancer.

Scan the QR code to learn more.
Share the message.

**New Normal
Same Cancer**

#NewNormalSameCancer



newnormalsamecancer.org

A joint collaboration with:



Supported by:



For healthcare professional only.



Auto Bavaria

5



EVERY JOY COUNTS. DISCOVER THE NEW 5 WITH AUTO BAVARIA.



Attractive
Corporate
Entitlement*



High trade-in
value*



Attractive
rebate*



Free
Nanion Spray*



5 years unlimited
mileage warranty +
free scheduled service*

Lead by exemplary strength and finesse with the BMW 530e M Sport - the ultimate business sedan that will exceptionally elevate your every drive with uncompromising dynamics and sporty aesthetics. Auto Bavaria Mobile App makes everything easy. Simply download, book your service appointment and pay through Auto Bavaria Mobile App – enjoy the convenience of contactless servicing wherever you are.



AUTO BAVARIA MOBILE APP
Now available at apple store
and google store.



Registration Form

For more information about Auto Bavaria exclusive and privileges, kindly register your interest through QR code attached.

*Terms and conditions apply.

Auto Bavaria
We Go The Distance

AUTO BAVARIA Ara Damansara Tel: 1 300 133 338 Fax: 03-5569 3928 **Kuala Lumpur** Tel: 03-2056 4288 Fax: 03-2056 4270
Sungai Besi Tel: 03-9223 3200 Fax: 03-9222 1100 **Penang** Tel: 04-238 7888 Fax: 04-238 7889 **Johor** Tel: 07-232 2288
Fax: 07-238 4889 **Tebrau** Tel: 07-631 9888 www.autobavaria.com

A **Sime Darby** Motors Company

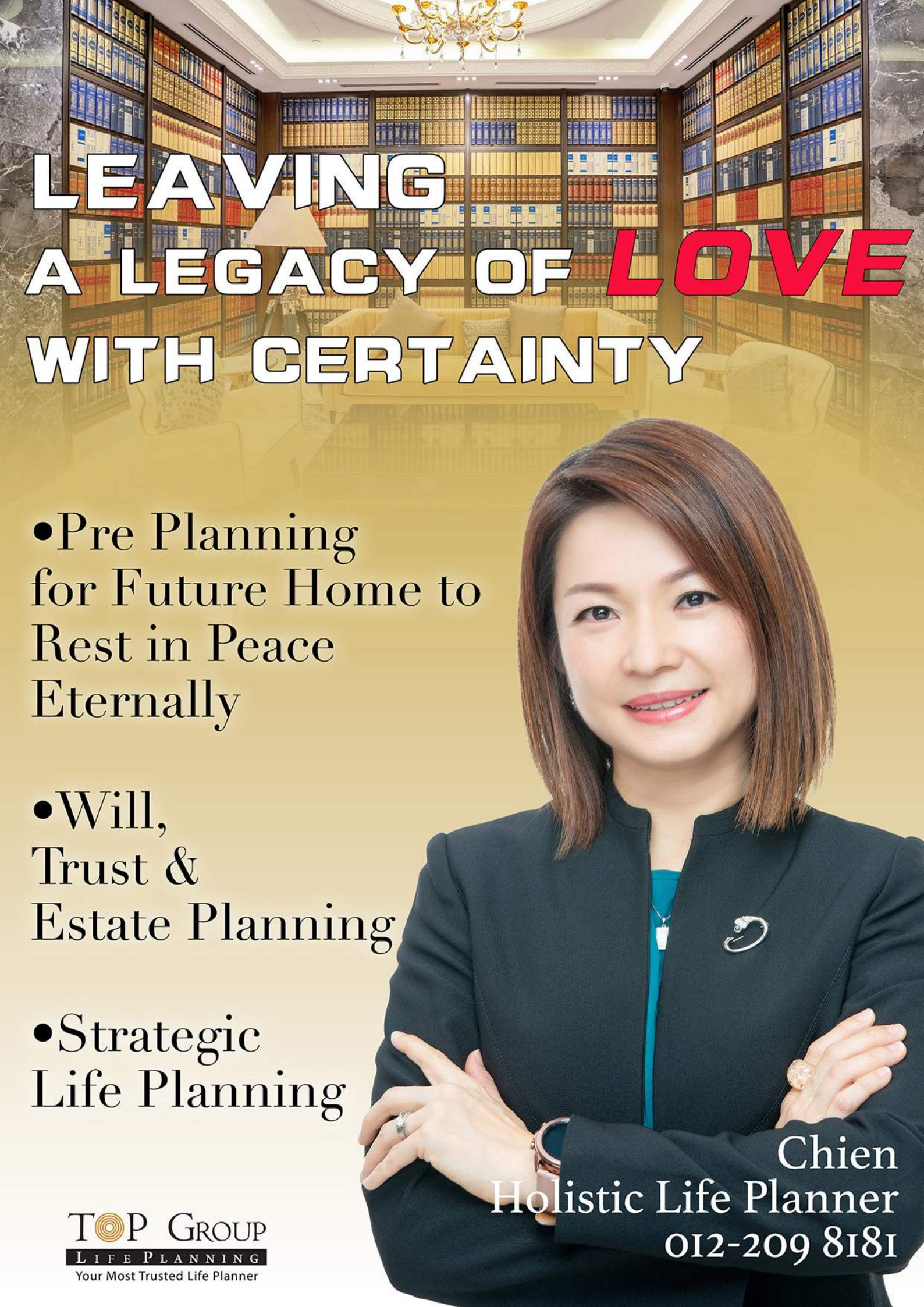


PRESTIGE
WATCH

"A Watch with a Build-In Stopwatch Feature."



*It's counter can measure elapsed time in seconds, minutes and hours.
They have distinctive dials with three totalisers in a try-compax arrangement.*



LEAVING A LEGACY OF **LOVE** WITH CERTAINTY

- Pre Planning
for Future Home to
Rest in Peace
Eternally

- Will,
Trust &
Estate Planning

- Strategic
Life Planning



Chien
Holistic Life Planner
012-209 8181

VISUALIZING THE IMPACT OF ATOPIC DERMATITIS

Results from an international survey of 2,314 patients



“ I hate the idea of not being able to control something and this skin condition literally has a mind of its own. ”
Person living with atopic dermatitis*

46%

feel frustrated by their condition

“ Even when I'm by myself, instead of concentrating on what I'm supposed to, I'm thinking of the itch. And when I'm with others, you start thinking can they see what I'm feeling? ”
Person living with atopic dermatitis*



44%

feel atopic dermatitis has a big or very big impact on their mental wellbeing



28%

feel atopic dermatitis has a big or very big impact on work

“ I'm happy I'm alone right now. It would give me a lot of joy in life if I could say no problem, but I always want to look good and for people not to see it. ”
Person living with atopic dermatitis*



1 in 4

associate their condition with depression



1 in 3

say atopic dermatitis has a big or very big impact on their sleep



1 in 3

feel little or no benefit from current treatment

1. Eli Lilly and Company. Atopic Dermatitis Patient Satisfaction and Unmet Need Survey. [Data on file] * Quotes taken from anonymised market research conducted by Eli Lilly and Company



TOGETHER WE RAISE
THE AWARENESS FOR
ATOPIC ECZEMA

In collaboration with:
SUNWAY
MEDICAL CENTRE*
Sunway City

 **ZP**
THERAPEUTICS
making healthcare more accessible

ZP Therapeutics (A division of Zuellig Pharma)
Zuellig Pharma Sdn Bhd (4013-D)
No. 15, Persiaran Pasak Bumi, Seksyen U8,
Perindustrian Bukit Jelutong, 40150 Shah Alam,
Selangor Darul Ehsan, Malaysia.
T +603 5566 2288 F +603 5566 2388 www.zuelligpharma.com

MY-ELL-OLUM-EML-PNC-10766-V1-092021

SUNWAY
MEDICAL CENTRE®
Sunway City

Sunway Medical Centre Sdn Bhd
No.5 Jalan Lagoon Selatan, Bandar Sunway,
47500 Selangor Darul Ehsan,
Malaysia.

☎ +603-7491 9191 / 5566 9191
📠 +603-7491 8181
✉ smc@sunway.com.my
🌐 www.sunwaymedical.com

📘 Sunway Medical Centre
🐦 @SunwayMedical
📺 SunwayMedical
📷 sunwaymedical

Your feedback matters to us.
Please scan this QR Code or click [here](#) to rate our newsletter.

