

The **Hearty** Digest

SUNWAY
MEDICAL CENTRE®
Sunway City

ISSUE 05/MARCH 2022

www.sunwaymedical.com



In conjunction
with

International
Women's Day

IN THE SPOTLIGHT: WOMEN'S HEALTH

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Real and Amazing Women with
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FROM THE EDITOR

Roaring Into The New Year

Hi readers!

Welcome to our first quarterly issue of the year and I would like to start off by wishing everyone a belated Happy New Year! I hope you had a roaring start so far and I wish you many bests in the coming days.

I would like to think that 2022 has gotten off to a good start with booster shots and children vaccinations, small gatherings with our loved ones during celebrations, physical schools reopening and even the unwelcomed traffic in our daily commute has brought back some normalcy into our lives. I truly hope that things will continue to get better from here for each one of us.

“ This month, we celebrate International Women’s Day and this issue is a toast to women who run the world (in our own ways). A woman myself, I think that we are quite remarkable. Our strength knows no bounds, braving womanhood and rising up to motherhood, all while sustaining a livelihood. So ladies, this issue celebrates YOU! ”



So in this issue, I’m excited to shine a light on #SunMedHerStories, a digital series we created to spark conversations on how women can strive for better health and happiness through real-life changing stories. We also uncover some incredible women who made a mark in health and science.

This is an issue created not just for women, but for all of us. Till the next one, cheers!

Nur Yee Jie Min
Editor, The Hearty Digest

The Editorial Team
Branding & Communication,
Sunway Medical Centre

A MESSAGE FROM THE ACTING CEO

An Exciting Year Ahead



In this first issue of the year, let me first wish you a Happy New Year and hope you had a roaring start so far! Thanks to your continuous support, we have made it to another year.

Looking back, although 2021 came with its own challenges, we also had many significant milestones and a good year overall. We certainly had a lot to be grateful for such as the opportunity to serve our country by championing telemedicine and administering more than 350,000 doses of the COVID-19 vaccine for healthcare workers, the elderly, adults and adolescents. To this day, our SunMed Vaccination Centre continues to administer COVID-19 booster shots and has begun vaccination for children since the mid of February.

“

I believe that we have an exciting time ahead as our hospital expands to another 3 towers which will be rolled out in stages. We are excited to bring you more dedicated services for women and children and an assisted-living facility that provides first-class elderly care toward the end of this year. So do watch this space!

Let's talk about this issue in conjunction with International Women's Day this month. I've always admired the tenacity and passion women have, having to juggle multiple hats yet doing it with such grace and poise. Let's celebrate the women in our lives by looking out for their health and have more conversations on women's wellbeing. Cook them up a healthy meal, pamper them with a foot massage or whisk them off for a short getaway!

”

I sincerely hope 2022 holds a better and healthier year for all of us. I highly encourage everyone to get your COVID-19 vaccination and booster shot done if you have not. Until the next issue, let's continue to observe the SOPs strictly to ensure that we look out for one another in this new normal. Stay safe!

Dr. Seow Vei Ken

Medical Director and Acting Chief Executive Officer,
Sunway Medical Centre

DO YOU KNOW?

4 Notable Women in Health & Science You Should Know

Women have been changing the world with their tenacity and resilience, defying what most women of her time would do to ruling empires. The world is full of women who have had their voices heard and be recognised for their achievements. In this issue, we rounded up 4 of our favourite women who made a significant difference in the field of health and science.



ELIZABETH BLACKWELL

After a friend told her how embarrassing it was to see male doctors, Elizabeth decided to become a physician. She is the first woman in the United States to earn a medical degree and went on to perform many successful surgeries during the 1850s. Years later, she founded a women's medical school and two clinics for poor women and children.



KATHERINE JOHNSON

In 1962, the United States decided to send people to the Moon. Katherine studied how to use geometry for space travel and figured out the paths for the spacecraft to orbit Earth and land on the Moon. She helped NASA put an astronaut into orbit around Earth and then she helped put man on the Moon. She worked for NASA for more than 30 years and retired in 1986.



MARIE CURIE

Together with her husband, Pierre Curie, they built on work done by previous scientists which would earn them a Nobel Prize in 1903. She went on to win another Nobel Prize in 1911, making her the first woman to win it. She is also the only person to have won two Nobel Prize till today. The couple's work was used to develop radiotherapy and X-rays through the discovery of two new chemical elements – polonium and radium.



ADA LOVELACE

Ada's notes on the Analytical Engine, the first general-purpose computer which used punch cards for input and output, invented by mathematics professor Charles Babbage, became one of the critical documents to inspire Alan Turing's work on the first modern computers in the 1940s. She predicted the machine could be used to compose music, produce graphics and be useful for science. And all of that came true, 100 years later. Ada has been called the world's first computer programmer.

IN THE SPOTLIGHT: WOMEN'S HEALTH

Celebrating #SunMedHerStories: Real and Amazing Women with Life-Changing Experiences



It's 2022. Half the world is female. Yet, so many women are embarrassed to share the truth about their bodies and health – and talking about the problems they face are somehow considered taboo. This is why we are celebrating **Her Stories** – a special series that explores the physical, emotional, psychological and social forces that influence women, and how they can strive for better health and happiness.

This four-part series is hosted by Cheryl Samad features four well-known female personalities – **Xandria Ooi**, **Datin Dr Halina Mohd Yunus**, **Professor Elizabeth Lee** and **Choo Mei Sze** – who paint a realistic picture on womanhood and how to tackle it head-on. In this issue, get to know two of these real and amazing women with sound advice on life-changing experiences. They are joined by our female specialists from various areas of practice – **Dr Janani Sivanathan**, Consultant Obstetrician & Gynaecologist specialising in Maternal Fetal Medicine; **Dr Jennifer Leong**, Consultant Clinical Oncologist; and **Datin Dr Wendy Lim**, Consultant Gastroenterologist and Hepatologist.

Watch the full series on



IN THE SPOTLIGHT: WOMEN'S HEALTH

#SunMedHerStories: Ask Your Gynaecologist These 3 Questions with Dr Janani Sivanathan



Cheryl Samad, Dr Janani Sivanathan and Xandria Ooi on the set of Her Stories.

What is it about a visit to the gynaecologist that seems so daunting for women? Is it the uneasiness revealing herself to the doctor or the discomfort when undergoing a pap smear? Many women share the same sentiments when it comes to seeing a gynaecologist but it doesn't have to be so!

“The trust between doctor and patient is very important, so choose a doctor you would be comfortable with,” says Dr Janani Sivanathan, Obstetrician and Gynaecologist specialising in Maternal Fetal Medicine at Sunway Medical Centre. ”

You will know when you are at ease with your doctor when you are comfortable asking questions and discussing openly with him or her. Once you have established that rapport, you will know your body better and be empowered to have all the information to make the best decision for your physical, mental and emotional wellbeing.

Women are encouraged to visit a gynaecologist once she is sexually active or is more than 20 years old, whichever comes first, and to make regular visits even if she isn't experiencing any problems. And depending on the situation, girls who have menstrual (period) problems should see a professional as early as possible.

“Once you hit 30, it is recommended that you get an annual pap smear, pelvic ultrasound and a mammogram,” says Dr Janani. “It is better to get checked than to procrastinate and leave things to a late stage. The first step is the biggest hurdle; once you get it done, that fear will be greatly reduced. ”

And when done with the right doctor, the benefits of seeing a gynaecologist far outweighs the brief awkwardness women feel when disclosing their most intimate parts.

The 3 Questions To Ask

So, you have found your choice gynaecologist, taken the first step and made an appointment. What's next?

If you always had burning questions for your gynaecologist, this is your chance to ask away and make the best of your time with your doctor. Also, have an honest conversation with yourself about where you are at in life. Are you sexually active? Are you planning to start a family?

Here are 3 questions to get you started:



I am sexually active. How often should I get a pap smear?

Regular pap smears can help with early detection of cervical cancer, a condition mainly caused by the human papillomavirus (HPV), giving you a greater chance at cure. It is recommended for all women between 21 and 65 years old.

A pap smear involves collecting cells from your cervix – the lower, narrow end of your uterus that's at the top of your vagina to detect signs of cervical cancer. This is because symptoms do not appear until it reaches an advanced stage and cervical cancer is the third most common cancer in Malaysia.

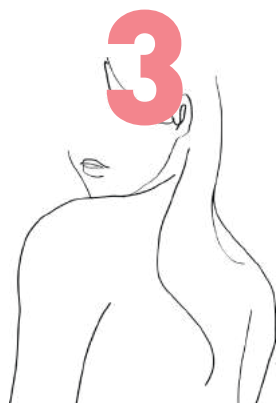


I am not ready to have a baby! What are the types of contraceptives available?

"Women have to be empowered and take responsibility over their own bodies," says Dr Janani.

Remember, your visit to a gynaecologist is confidential. So do not worry about having difficult conversations with your doctor. Talk about birth control options, the risks or side effects, and how it benefits you before making a decision.

Choosing the right contraceptive method is important. Whether it be hormonal methods like the pill to hormonal intrauterine devices (IUD) or condoms, they all offer different benefits. So be sure to discuss with your doctor on what works best for you.



I want to start a family. Where should I start?

"Once you feel you are ready to get pregnant, go for a check-up to ensure that everything is okay," says Dr Janani. "Checking underlying medical problems especially in the womb is key, along with identifying methods to optimise preconception before getting pregnant."

You may also consider genetic testing and ensuring your vaccinations against measles, mumps and rubella (MMR) and chickenpox are up-to-date as these live viruses are not safe for pregnant women. Finally, find out if you fall under a high-risk pregnancy and speak to your doctor on the best way to navigate through it.

IN THE SPOTLIGHT: WOMEN'S HEALTH

#SunMedHerStories: Self-Care – What It Takes to Raise Healthy Families with Datin Dr Halina Mohd Yunos



Women have it tough.

Wife, mother, professional – every role a woman takes on is demanding on her physically, mentally and emotionally. Every waking minute is dedicated to giving her best whether it be caring for the little ones or contributing her expertise at work. Having to juggle multiple roles throughout her day, how can a woman unwind and put herself first?

Wife to Malaysia's first astronaut, Dato' Dr Sheikh Muszaphar Shukor, mother to six beautiful children, influencer, and ICU Resident Doctor at Sunway Medical Centre, Datin Dr Halina Mohd Yunos is a fine example of what it means to be a woman today.

Read on as she advocates the importance of self-care for mothers.

How do you feel about self-care?

Honestly, taking time for myself feels selfish but self-care is very important. A healthy woman will

help raise a healthy family. So, be kind to yourself. We make mistakes, but it's OK. We learn from our mistakes and we will get through it.

A wife, mother, influencer and career mum – how do you find time to do it all?

Motherhood and parenting is hard. Get help whenever you can because things are not easy and it will be rough. When I am at work, I give it 100% but for me to do that, I must make sure the house can run smoothly while I am away. Our schedule revolves around our children. There is always one parent at home with the children if the other has to work.

What do you do when you are at your limit?

When I am reaching my breaking point, I take a breather. I walk away and do things I like. Depending how much time I have, if it's 5 minutes, I hide myself somewhere in the house or if it's 15 minutes, I make myself a coffee and sit away from the chaos.

Let's talk about post-pregnancy bodies. How should women think about their postpartum bodies?

Look at your scars as your "tiger stripes"; it was hard work, so wear it with pride! It is also important not to feel bad if you find that your body is not capable of doing what it was once used to. We will not go back to our old selves immediately, so we should learn to accept the way we are.

Something we don't talk about enough is postpartum depression. What's your take on this?

It is very important for husbands to educate themselves on the signs of postpartum depression. Things such as loss of appetite or interest in their baby, or constantly feeling sad are just some of the symptoms.

If this occurs, bring your wife to the gynaecologist. Depressed persons typically do not realise they are depressed. It is the people around the person who will notice the change in behaviour.

People often say things get easier when children grow up but what does this mean to you?

It is soul crushing the day you realise your children no longer see you as their everything. I am still learning. Every child has a different personality, so there should be a different approach to each one of them. With the older kids, I need to master the psychological game; I cannot treat them like babies but at the same time, it's not easy letting them go.

As parents, I am sure we want the best for our children. There will never be enough money; the more we have, the more we want to spend for them. But we must remember, as a parent, our children will not remember how expensive are the toys we buy for them. What they remember is the time we spent playing with them.

Family always comes first, and I am glad I made it this far.



Datin Dr Halina Mohd Yunos with Cheryl Samad on the set of Her Stories.

YOUR EVERYDAY WELLNESS

Sometimes we need a little pick-me-up to feel our best. It can be as simple as getting your favourite ice cream, or as fancy as going on a short trip away from the city. Here are some of our recommendations to pamper yourself.



YOUR EVERYDAY WELLNESS – HEALTHY EATS

Easy Snacks Made at Home

Be it to spend some quality time with family or friends, or having some me-time watching your favourite series, it is best to be in the company of good food. Put aside that bag of chips and instead, let's opt for healthy snacks that you can easily make at home!

Vegetables and fruits chips

Nothing beats chips when the idea of snacking comes to mind! Be less guilty about eating it by tweaking the way you cook it. Forget deep frying and go for baking or air frying. Also, change up for the less common veggies and fruits like eggplant, radish, apple, avocado mash or squash.



Cauliflower tots

Unlike regular tater tots, these nuggets are lower in carbs and pack in sneaky veggies from the cauliflower. Pulse steamed cauliflower in a food processor until riced, and squeeze out excessive water with a clean kitchen towel. Mix with egg, breadcrumbs, cheddar, parmesan and chives, and season with salt and pepper. Roll the mixture into tater tot shapes and bake or air fry until golden. Dip in a mix of ketchup and sriracha to enjoy.

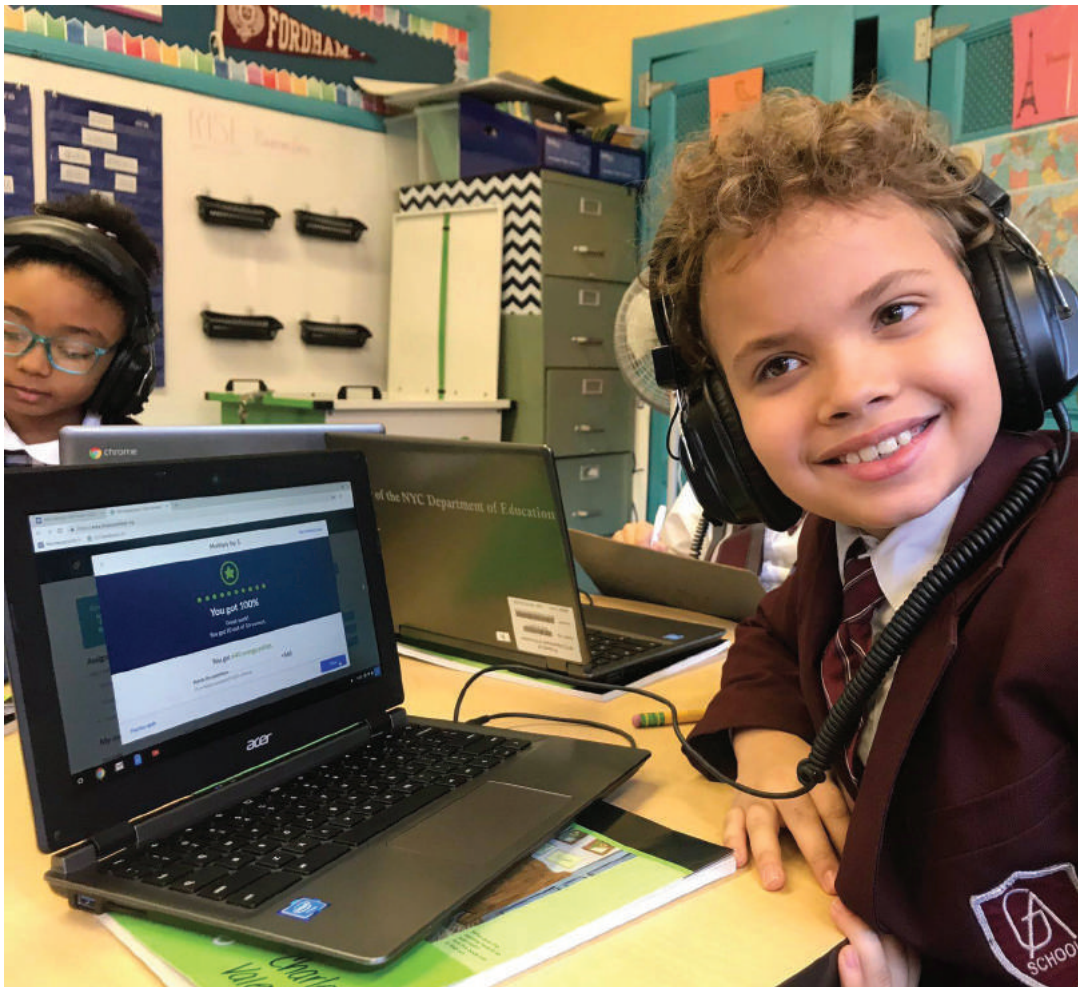
Peanut butter protein ball

These peanut butter bits are great when you need a little energy boost. Natural peanut butter with no added sugar is healthier and the looser consistency will help make the mixture easier to combine. Add in oats, unsweetened shredded coconut, seeds of your choice (chia seeds or flax seeds work best), honey, milk, chocolate chips and a pinch of salt to taste. Roll them into small balls and refrigerate for about 30 minutes and they're ready to enjoy!



Apple nachos

It is never not a good idea to have breakfast at any time of the day. This snacking idea is mess-free and requires minimal prep time. Arrange green apple slices on a large plate and drizzle microwaved smooth peanut butter over with your favourite toppings. We recommend crushed graham crackers, granola, chocolate chips and berries. Finish with a drizzle of honey and dig in!



YOUR EVERYDAY WELLNESS – HEALTHY FUN

Learners, Start Here

Everyone has the right to education and keeping this in mind, Khan Academy provides world-class education for anyone, anywhere. What started as one man tutoring his cousin has grown into a more than 150-person organisation. Its diverse team of teachers, scientists, developers and more believe in inspiring the world to learn.

Khan Academy offers practice exercises, instructional videos and a personalised learning dashboard that empower learners to study at their own pace in and outside the classroom. Tackling subjects including math, science, computing, history, economics and more, they focus on skills mastery to help learners establish strong foundations.

Their programmes are entirely free! By joining their programme, you are joining a global classroom with millions of students from all over the world, each with their own unique story.

Start learning at [khanacademy.org](https://www.khanacademy.org)

YOUR EVERYDAY WELLNESS – WELLNESS

A Safe Space for Ladies

What is your idea of a retreat? Perhaps a getaway to a beach. But what if a retreat can't wait? Nestled in The Linc KL, Lax. Retreat is made exclusively for women. It is Malaysia's first modern self-care retreat catering to pampering your nails, face and body.

First thing you will notice when you enter is the eye-catching, monochromatic interiors. The space is designed with femininity in mind embodied by a warm coral and terracotta palette with splashes of mint green.

The little details are what makes the "Lax.experience". You have the option to personalise your own scent, music and lighting for your treatment. Choose from lavender, cedarwood, rose geranium or sweet orange, and you can even plug-in your personal playlist during treatment.

Lax. Retreat also boasts the first self-care subscription in Malaysia. Join the club to access members-only prices and special perks.

Look them up at laxretreat.com



YOUR EVERYDAY WELLNESS – TRAVEL BUG

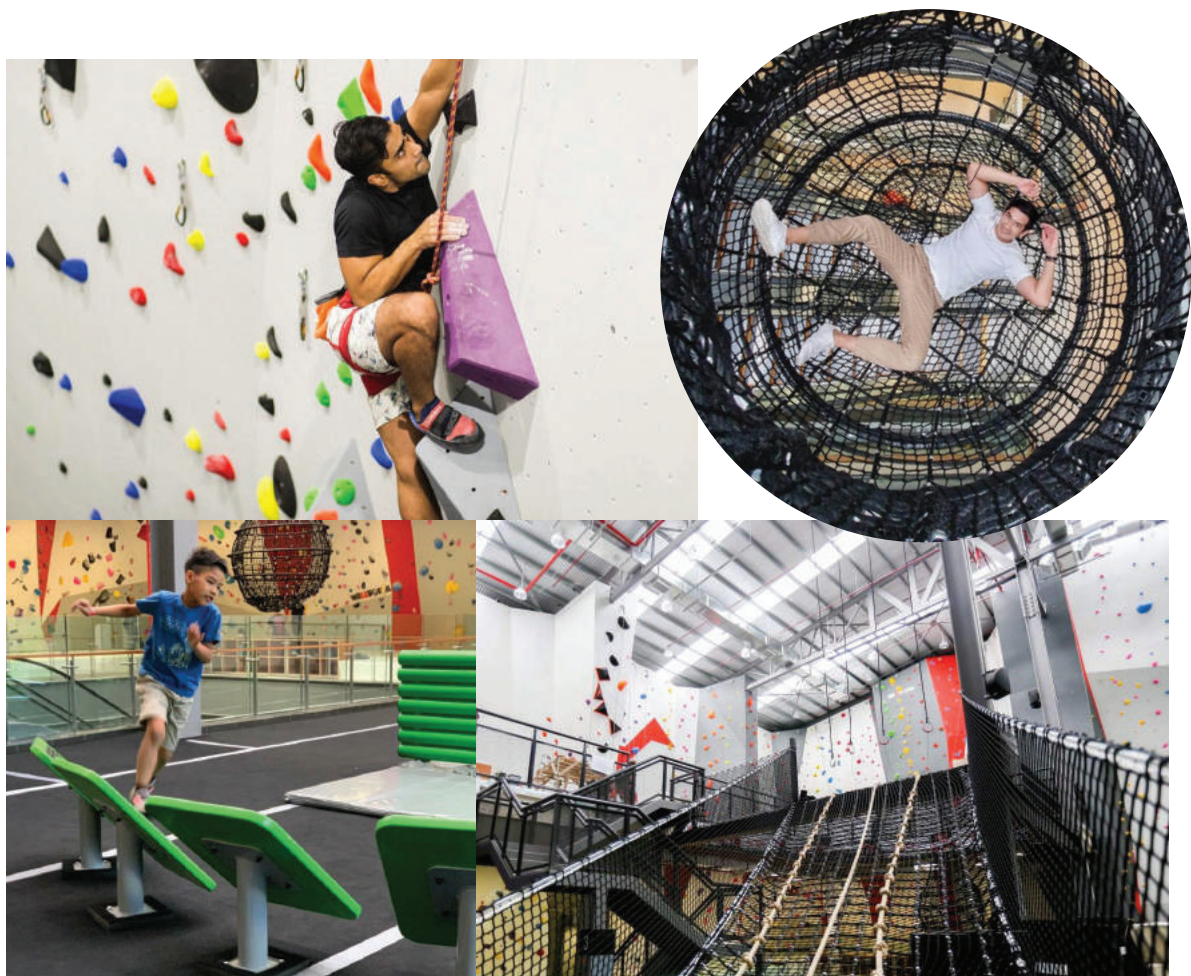
Calling All Adventure-Loving Families

Check out the newest indoor adventure and activity park in KL, Beast Park. Located in the newly renovated Sungei Wang, it is a great place for families to bond over some physical activity. The park boasts a five-in-one concept with attractions including a rock climbing wall, ninja obstacle course and floating nets.

Brought to you by renowned indoor climbing gym, Camp5, Beast Park houses 978 sqm of wall area with boulders and ropes to satiate your climbing thirst. For the kids, they can try their hands at boulder walls guided by LED bulbs and obstacle courses designed to stir their interest in exploration.

Suspended over four storeys, the Beast Net is for the bold to conquer height and have a desire to float above it all. Do creatively explore this space with caution! Also, those who want to up their exercise regime, Beast Park has two training studios offering obstacle courses and hurdles.

Beast Park is located at Level 3, JUMPA @ Sungei Wang. Operation hours are from 10am to 10pm daily.



TIPS FROM SUNMED DOCTORS












Know Your V

Your vagina is the canal that connects your vulva to your cervix. The vagina is 100% self-cleaning. Your vaginal flora helps you fend off infections. When not aroused, your vagina is about 7cm to 8cm and when aroused, it can elongate to 11cm to 12cm.



Dr Thangesweran Ayakannu
Consultant Obstetrician & Gynaecologist,
Gynaecological Oncologist, and Robotic Surgeon

Signs it is time to talk to your gynaecologist about your vagina:

- | | |
|---|---|
|  Constipation |  Persistent abdominal pain or bloating sensation |
|  Diarrhoea |  Lump or boils |
|  Unpleasant or unusual odour / colour of vaginal discharge |  Itching, burning, swelling, redness or soreness |
|  Feeling of heaviness, pressure or sagging feeling in the vagina |  Feeling full or the sensation of pressure at the pelvic area |
|  Abnormal vaginal bleeding patterns such as: <ul style="list-style-type: none">○ Bleeding between menstrual cycles○ Abdominal pain before or after period○ Unusual heavy flow of period○ Unusual pain during periods○ Bleeding during or after sex |  Discomfort or pain during sexual intercourse |
| |  Issues when peeing <ul style="list-style-type: none">○ Burning sensation during urination○ Frequent and urgent need to urinate |

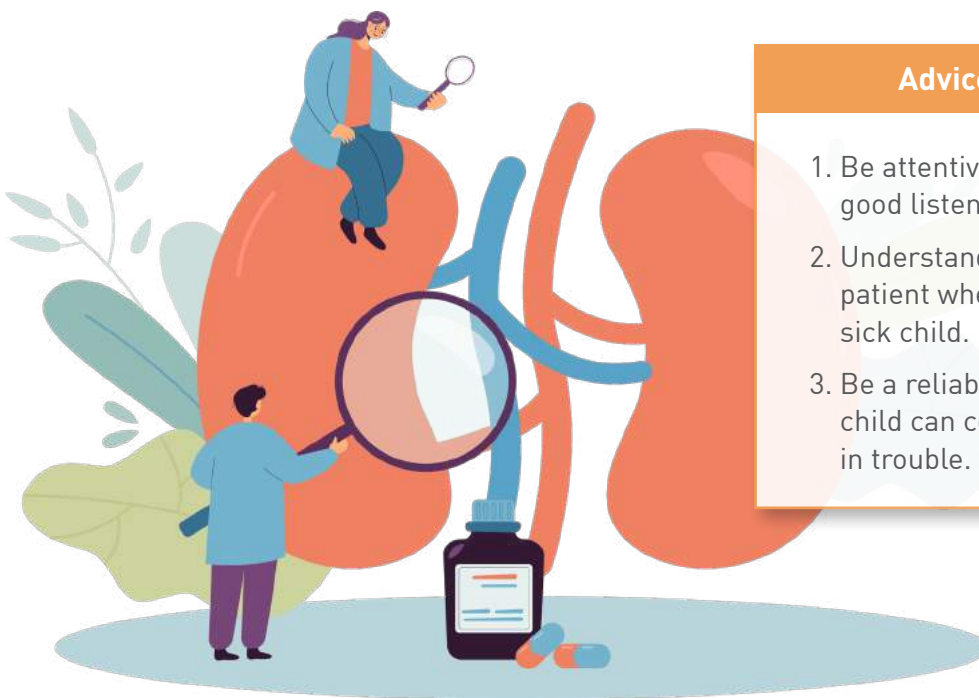
TIPS FROM SUNMED DOCTORS

Learn About Kidney Conditions Among Children

Compared to adults whose kidney problems stem from diabetes or hypertension, up to 25% to 50% of kidney diseases in children are due to birth defects, be it structural or functional. The remaining 16% to 31% of kidney problems in children or teens is due to inflammation from infectious or non-infectious origins.



Dr Yiau Kian Mun
Consultant Paediatric Nephrologist



Advice for Parents

1. Be attentive to details and be a good listener to your child.
2. Understand their needs and be patient when tending to your sick child.
3. Be a reliable parent whom your child can count on when they are in trouble.

Pursuing one of the rarest specialisations in medicine with less than 20 paediatric nephrologists in the country since the specialisation started 30 years ago, Dr Yiau and his fellow doctors deal with immense pressure and responsibilities when caring for children with End Stage Renal Disease (ESRD). There are nearly 1,000 children with ESRD across the country.

You can also catch Dr Yiau speaking to children about kidneys on the Kids Meet Doctors series on our [Facebook](#) and [YouTube](#).

TIPS FROM SUNMED DOCTORS

5 Signs of Healthy Breasts

We know it is abnormal to have a lump in the breast. What is normal for the breasts then? Women experience various stages in their life – menstruation, pregnancy and menopause – and in each phase, the breasts also experience changes in size and shape.

At the start of the menstrual cycle, a woman's breasts start to develop and grow and will increase in size during pregnancy due to the increase in pregnancy hormones. The nipples and areola also increase in size and darken in colour. When women enter perimenopause or menopause, their breasts start to shrink as the female hormones drop. Their breasts also become less dense and fatty.

Each woman differs in breast size, shape and colour. It is normal for each breast to be different in size and to experience breast soreness before and during menses, during pregnancy and when breastfeeding.



Dr Wong Mei Wan
Consultant Breast & Endocrine Surgeon



Here are 5 signs your breasts are healthy:

- Clear, even skin
- Consistent lumpiness or no breast lumps
- Even temperature
- No breast pain
- No nipple discharge (except when breastfeeding)

Besides wearing well-fitting bras and moisturising your girls, adopting these healthy habits are good for breast health:



Breastfeed



Maintain a healthy body weight or BMI



Moderate intake or avoid alcohol



Maintain a healthy diet with more fruits and vegetables



Stop smoking



Consume less saturated fats or trans fat



Exercise regularly



Drink 2 to 3 litres of plain water a day

SUNMED HIGHLIGHTS

#2021 Year End Throwback: The Spirit of Giving

How better to start the year than to reflect on the kind deeds in the previous year to spur us forward? We are extremely grateful to have been blessed by various partners, supporters and the community with kindness and goodwill.



Dr Seow Vei Ken, Medical Director and Acting Chief Executive Officer of Sunway Medical Centre, Sunway City (far left) and Wong Kuan Sing, President of Prostate Cancer Society (far right) flagging off the Ride Your Journey [6,000km, 72 Hours] attempt by bikers, Sarawanan and Balan.

Raising Awareness for Prostate Cancer

Sunway Medical Centre flagged off the “Ride Your Journey [6,000KM, 72 Hours]” campaign which saw motorcycle enthusiasts, Sarawanan Ratnam and Balan Vellasamy who rode 6,000 kilometres in 72 hours across Peninsular Malaysia to raise awareness and funds for prostate cancer.

All proceeds were channelled to Prostate Cancer Society Malaysia to support those with prostate cancer. The duo’s attempt earned them a place in the Malaysia Book of Records for the Longest Non-Stop Motorcycle Solo Ride.

The Simple Joys of Appreciating Our Frontliners

Some tidbits and handwritten notes go a long way in appreciating our frontliners who have stepped up in our fight against the COVID-19 pandemic. These favours were proudly presented by the Community Service Committee of the Canadian International Matriculation Programme (CIMP) Student Council at Sunway College. The gifts brought smiles to our frontliners who have poured their sweat and tears to achieve what we have today. So, remember to stay safe and practice the SOPs.



Erica Talalla (far right) and her fellow committee members presenting their gifts to Dr Low Kwai Siong, Deputy Medical Director and Consultant Emergency Physician, Sunway Medical Centre (middle).

Spreading Christmas Cheer

Christmas is the season for giving and Kingdomcity Kuala Lumpur came bearing gifts to value the people who often labour with love behind the scenes - our Housekeeping, Security and Customer Service teams. They diligently keep our hospital safe and ensure that our patients and visitors are comfortable. The thoughtfully curated care package certainly brought a spark of happiness to these well deserved individuals.



Kingdomcity Kuala Lumpur's Pastor Samuel Oh, Pastor Pang Hsulynn, Jackson Loo and Lynda Shanti Ganesaguru delivering their care packages to our Housekeeping, Security and Customer Service teams represented by Noor Azmi Mohd Nor, Augustin Anak Misang, Asmawi Mohamed Berhan and Palaniappan Barathan.



The carolling team singing off Christmas of 2020.

A Christmas Tradition: Carolling

Carolling is one of Sunway Medical Centre's Christmas traditions, having been performed for the past 10 years with the exception of 2020 due to the pandemic. Last year, the carolling team came back strong and despite a smaller group, visitors at our Tower C lobby were serenaded by their angelic voices and some spectators even sang along (behind masks!) to festive Christmas tunes. For the first time, this was also live streamed on our Facebook page.

SUNMED HIGHLIGHTS

Quadruple Win at Global Health Asia Pacific Awards 2021

Hospitals matter to people, often marking a central point in your lives. As a leading healthcare provider, Sunway Medical Centre is committed to providing the highest level of patient care and service quality.

Since opening our doors in 1999, the hospital has consistently maintained high standards in delivering customer value. We are able to achieve this by constantly embarking on various initiatives to improve the way healthcare is delivered.



Health Director General, Tan Sri Dr Noor Hisham Abdullah with Sunway Medical Centre's Dr Seow Vei Ken, Medical Director and Acting Chief Executive Officer; Faith Tang, Head of International Business Development (in red); and Dr Heng Siew Peng, General Manager of Sunway Cancer Centre (far right) at the awards ceremony.



Our efforts are worthwhile seeing the hospital reap its benefits at the Global Health Asia Pacific Awards 2021 where we bagged 4 awards, namely:

- Stand-Out Jury Award for Best Hospital of the Year
- Bariatric Service Provider of the Year
- Digestive Health Service Provider of the Year
- Nuclear Medicine Service Provider of the Year

Sunway Medical Centre serves close to half a million patients annually, and more than 40,000 international patients from 170 countries. To continue to be the hospital of choice, we strive to be innovative to increase the quality of care and ensure the best for our patients.

SUNMED HIGHLIGHTS

Kids Meet Doctors Series: Lights, Camera, Action!

It is certain that our doctors are well-versed in their field of work, but what happens when we put them in front of a camera for a video series hosted by kids? You can be assured it was a load of fun when the kids thrilled our doctors with their antics while asking them 'difficult' questions.



5 of our doctors had great fun recording the Kids Meet Doctors series, a four-episode video series highlighting topics on Respiratory, Kidney, Neurosurgery, Orthopaedics, and Accident & Emergency. You don't want to miss this educational fun series with our child-friendly doctors and charming young hosts on our facebook and youtube on the embedded links below!

Also get up, close and personal with our doctors as they share their life stories in this series of articles. They certainly have a whole life outside of the hospital and some amazing stories to tell.

#SunMedKidsMeetDoctors Episode 1

Ziva and Ezra Meet Dr Nur Elayni Borhan, Consultant Emergency Physician



“ Many people may not be aware of the things we do in the Emergency department. I consider it one of the most mentally and physically challenging fields. It’s medicine in its rawest form. There are no fancy ties, clean white coats, gleaming fabulous office. But we’re here 24/7 when needed. We treat everyone equally – from the most privileged to the most destitute, from newborns to those who are at the brim of death. We see the worst and the best of humanity in action. ”

Get to Know Dr Nur Elayni Borhan in this article:

[The Emergency Medicine Specialist Who Takes Pride in The Thick of Action](#)



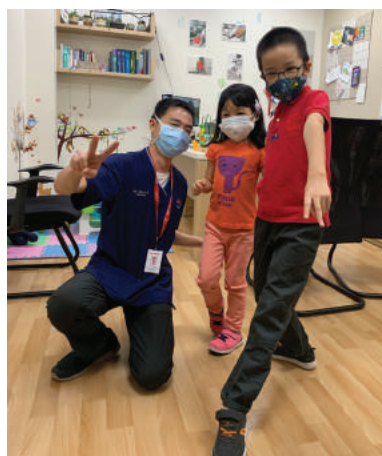
#SunMedKidsMeetDoctors Episode 2

Olive and Yong Jerng Meet Dr Norzila Mohamed Zainudin, Consultant Paediatrician and Paediatric Respiratory Physician and Dr Yiau Kian Mun, Consultant Paediatrician and Paediatric Nephrologist

“ I believe that a patient must have trust when they come to see me. Only then can we have an open communication. Every patient who has come to see me has given me memorable moments. It is gratifying when your patients become well and even if you can’t cure them, it is fulfilling to be able to support them. ”

Get to Know Dr Norzila Mohamed Zainudin in this article:

[The Paediatric Respiratory Physician Who Celebrates Young Lives](#)



“ Getting children who have suffered from end stage renal failure on their feet again after a successful kidney transplant just brings me so much joy. The process of finding a suitable organ is painstakingly long and sometimes rare, but it is also the most rewarding because you see these children find new hope. ”

Get to Know Dr Yiau Kian Mun in this article:

[The Paediatric Nephrologist Who Was Inspired by His Happy Childhood Doctor’s Visits](#)



#SunMedKidsMeetDoctors Episode 3

Elliot and Aaliyah Meet Dr Syed Abdullah Al-Haddad, Consultant Neurosurgeon



“ I deal with all kinds of spinal, cranial, tumour, degenerative, functional, facial and vascular conditions. It gets challenging when things don't go as planned. With all battles, you have many successes and occasionally you will encounter failures. Failure is most difficult to deal with as I am human and I am dealing with another human who is someone else's family member. When things don't go as planned, that changes the history of this person and the family forever. ”

Get to Know Dr Syed Abdullah in this article:
[The Neurosurgeon Who Believes Medicine Transcends Borders](#)



#SunMedKidsMeetDoctors Episode 4

Emma and Elijah Meet Dr Ong Shong Meng, Consultant Orthopaedic Surgeon and Paediatric Orthopaedic Surgeon

“ I find it interesting that I could be operating on an elbow today, a hip tomorrow and a foot the next. As a paediatric orthopaedic surgeon, I deal with a lot of congenital problems. Some that are not fully understood and some which we still don't know what causes it – giving me room to discover new things. The other part when managing trauma or injured children, which gives me different facets to explore. ”

Get to Know Dr Ong Shong Meng in this article:
[The Orthopaedic Surgeon Who Started as a Volunteer](#)



SUNMED HIGHLIGHTS

Shedding Light with KNOW Diabetes Campaign



Every year, diabetes gets attention during World Diabetes Day on 14 November. Do you know that diabetes continues to be prevalent among Malaysians, with over 3.9 million Malaysians having the disease in 2019?

To enable greater understanding of diabetes by getting to 'Know' its prevention and to encourage Malaysians to say 'No' to diabetes, Sunway Healthcare Group introduced the KNOW Diabetes campaign last year.

The campaign featured a four-part webinar series with specialists and healthcare professionals from Sunway Medical Centre, Sunway Medical Centre Velocity and Sunway Specialist Centre Damansara. The weekly series provided insight into how diabetes affects the eyes, kidneys, the heart and the mind.

Sunway Medical Centre's Dr Alexander Tan, Consultant Endocrinologist; Dato' Dr Yap Yee Guan, Consultant Cardiologist; Dr Rosnawati Yahya, Consultant Nephrologist; Celeste Lau, Dietitian; and Yap Chee Khong, Clinical Psychologist presented their respective talks across the series of webinars.



Dr Alexander Tan
Consultant Endocrinologist

“ A cure to diabetes means to restore the body's ability to produce insulin, allowing the body to process carbohydrates, which then restores blood glucose levels to normal. However, there is no known cure for diabetes but what you can do is control diabetes by restoring normal levels of blood glucose in the body with good diet, exercise, medication and routine blood sugar monitoring. ”

“ Diabetes doubles the risk of cardiovascular disease and reduces life expectancy. A person with diabetes is more likely to die of heart disease than those who aren't diabetic, and the risk increases if the person has both diabetes and cardiovascular disease. However, the incidence of diabetes-related cardiovascular complications have declined with improved healthcare but the burden remains. ”



Dato' Dr Yap Yee Guan
Consultant Cardiologist



Dr Rosnawati Yahya
Consultant Nephrologist

“ Diabetes is the No.1 cause of kidney failure; 1 out of 3 diabetes patients will develop chronic kidney disease. Too much sugar in the blood makes your kidneys work harder which damages the tiny filters known as glomeruli in the kidneys. This damage cannot be reversed. Once damaged, the kidneys start to leak protein into urine and over time, more fluid and toxic waste remain in the blood instead of being removed by the kidneys. ”



Celeste Lau
Dietitian

“ Correct choice, correct portion and correct timing – these are the 3 crucial points to remember in diet management for individuals with diabetes. Diabetics are encouraged to consume complex carbohydrates, food rich in fibre and minimising simple sugars, and portioning their meals with the *Suku Suku Separuh* (Quarter Quarter Half) concept. Also, when you eat can influence your body’s blood sugar level and having consistent meal times can help you manage this. ”

“ There is a connection between medical conditions and the mind. Stress is a survival mechanism and when the brain is triggered, it releases stress hormones into the bloodstream. And if our body keeps getting exposed to stress hormones, it can’t cope and what we start to see are health concerns like higher risk of type 2 diabetes. ”



Yap Chee Khong
Clinical Psychologist

To watch or listen to the full webinars for more educational info and tips, you may visit:



Diabetes & Your Eyes



Diabetes & Your Kidney



Diabetes & Your Heart



Diabetes & Your Mind

In addition, a comprehensive guidebook was developed to provide key information on the different types of diabetes, detection and diagnosis, treatment options, and various methods to manage the condition at home.

The guidebook also details the complications associated with diabetes as well as tips on prevention and how best to support people with diabetes – especially with COVID-19 in the picture. The e-guidebook is available for [free download](#).

Also, look out for a bigger campaign this year!

SUNMED HIGHLIGHTS

#SunMedCares – Restoring the Gift of Hearing



Dr Shailendra Sivalingam harnessed the advantages of the 3D Exoscope in Cochlear implant surgery.

Imagine a world where you can hardly hear the doorbell ring or the kettle whistling – and it’s almost impossible to take a phone call. This is how Leah (not her real name) hears the world.

“When I am in the car, all I hear is the engine and traffic. I can’t hear what my family is trying to tell me,” Leah said.

She realised she had problems hearing in her early 20s but for the most part, life was as usual as her decline was gradual over the years that she subconsciously adapted to it. But around 4 years ago, her hearing deteriorated to a point that it was challenging for her to cope with daily life.

In January, her silent world took a turn for the better. She became the first patient to undergo Cochlear implant surgery using a 3D Exoscope, making Sunway Medical Centre the first private hospital in Malaysia to do so.

Traditionally performed with a 2D operating microscope, Dr Shailendra Sivalingam, Consultant Ear, Nose and Throat Surgeon decided to harness the advantages of this robot-assisted technology with 3D cameras that provides better visibility and ergonomics during Cochlear implant surgery.

The Cochlear implant will only be activated 2 weeks after surgery and prior to this, Dr Shailendra and the audiology team managed her expectations as most people won’t be able to hear right away when the implant is switched on. Despite being mentally prepared, Leah was rather disappointed.

All she heard were beeps and squeaks against a background of static, and she couldn’t tell the difference between speech and a motorcycle passing by. She started catching some words a day later and more as the days went by.

“ A week later, I could understand what my audiologist was saying even though she was wearing a face mask. I could hear her calling my name from behind and while it may seem insignificant for normal people but to me, that is a big achievement! ”

Leah expresses her gratitude to Dr Shailendra and the Speech and Hearing Team (Saravanan Selanduray, Ang Ai Lee, Ellin Fariza Selamat, Nurul Aisyah Marzuki and Christine Yu Lee Mei) who have supported her on her journey. In only 2 weeks, Cochlear implant has made a positive impact on Leah’s life. She sincerely hopes that others can benefit from this too.

SUNMED HIGHLIGHTS

#SunMedCares - Protecting Our Children with COVID-19 Vaccination



Mr Derek Alphonso, Puan Fauziah Ismail, and their two children, Ayden and Aleena who received their COVID-19 vaccination.

Sunway Medical Centre welcomed eager parents and their excited children for the much awaited COVID-19 vaccination for children. They were pleasantly surprised by the hospital's efforts in making their experience a children-friendly affair.

“ As a mother myself, I know how nerveing it is for children to be vaccinated. So our team decided to dress up the space to make it fun and welcoming. We are proud of these children for being so brave!” said Sherry Woo, Director of Allied Health and COVID-19 Vaccination Programme Lead at Sunway Medical Centre. ”

On top of the party-feel surroundings, the hospital also prepared a special care kit for the first 400 children, comprising children's masks, a hand sanitiser, a pack of plasters and a little message to encourage them.

The hospital's very own mascot, ELFY made an appearance with Bellabot, the delivery bot who serves at the children's ward. They were also given specially designed vaccination certificates with ELFY stickers to stamp their first dose completion.

Mr Derek Alphonso and Puan Fauziah Ismail picked Sunway Medical Centre to vaccinate their youngest children, 9-year-old Ayden and 11-year-old Aleena, as they both got their COVID-19 vaccinations at the hospital and loved how organised it is.

“ With my children vaccinated, it gives me the peace of mind to know that they are now protected. You never know when and where COVID-19 can be contracted from, so with them being vaccinated, I'm not so worried now,” Derek said. ”

When asked how they felt the night before the jab, both Ayden and Aleena said they were excited and they look forward to going out with their family as they have been very careful and were not able to go out before this.

Besides COVID-19 vaccination for children, Sunway Medical Centre continues to administer booster shots for adults. In 2021, the hospital administered more than 350,000 doses to help protect the country from COVID-19 and has been involved since Phase 1 of the National COVID-19 Immunisation Programme.

VIRTUAL PARENTCRAFT CLASSES 2022

2022 Session Schedule (2 sessions per class)

Class 1: February 19 & 26	Class 2: May 21 & 28
Class 3: August 6 & 13	Class 4: November 12 & 19

Time: 2.00pm - 5.00pm via Zoom

RM 100 per couple
With attractive lucky draw prizes up for grabs!

***FREE CLASSES**
for couples who deliver at
Sunway Medical Centre,
Sunway City

The best time to attend our classes is when you are 4 to 5 months into your pregnancy or you can gift this to a mother-to-be.

Join our Parentcraft Classes to learn all about the ins and outs of pregnancy and caring for your newborn. Topics include:

Session 1

- ✓ Labour and Delivery
- ✓ Maternal Fitness and Breathing Exercise
- ✓ Newborn Hearing Screening
- ✓ Nutrition for Your Maternal Journey

Session 2

- ✓ Care of Newborn
- ✓ Childhood Vaccination
- ✓ Prenatal and Postnatal Care
- ✓ Wonderful Breastfeeding Journey

Note: Programme is subject to changes

REGISTER TODAY!

Scan the QR code or visit
[sunwaymedical.com/
community-happenings/
virtual-parentcraft-classes](https://www.sunwaymedical.com/community-happenings/virtual-parentcraft-classes)



For further inquiries,
please contact

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MENOPAUSE WELLBEING CLINIC

Holistic care for a healthy
menopausal journey



Every woman's menopausal journey is different, and can be uncomfortable for some.
Are you experiencing any of the symptoms here?

- Hot flushes or night sweats
- Mood changes
- Pain or discomfort during sexual intercourse
- Problems with memory or focus
- Reduced sex drive (decreased libido)
- Sleeping difficulties
- Thinning hair and dry skin
- Urinary problems such as incontinence or infections
- Vaginal dryness
- Weight gain and slowed metabolism

Our **Menopause Wellbeing Clinic** can support you with the right care and treatment. We understand how important this transition is for every woman. Talk to us.

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