

The **Hearty**Digest

SUNWAY
MEDICAL CENTRE®
Sunway City

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www.sunwaymedical.com

IN THE SPOTLIGHT: CANCER & NEUROSCIENCE

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FROM THE EDITOR

Keep An Eye On Your Health

Hi readers! Thank you for virtually picking up our newsletter ☺ I hope you are taking good care of yourselves.

A valuable piece of advice came through while penning the feature story that impacted me the same way it did for the person receiving it. “Everything is temporary”. These words kept a breast cancer survivor going despite the challenges she faced, and I believe the same can be done for any situation that we are in. Keep in mind that our current situation is transient – it will pass and we will pull through.

This Cancer and Neuroscience issue uncovers some interesting information, in particular regarding breast cancer. I always thought that breast cancer starts with a lump. In fact, it doesn't always cause a lump and our Clinical Oncologist, Dr Jennifer Leong confirms this.



“ Many leading cancers have no clear-cut symptoms in their earliest stages and many who had experienced at least one red-flag cancer ‘alarm’ symptom did not attribute it to cancer. This is a sign for us to pay close attention to your health and not ignore the simplest symptoms. Something as common as a headache could be a symptom of an underlying condition if it occurs repeatedly. ”

As more of us complete our COVID-19 vaccinations, don't let your guard down. Staying at home is the best choice yet it is a double-edge sword as poor ergonomics is becoming a big health risk as we spend more time indoors. Rest assured as our Neurosurgeon, Dr Johan Quah Boon Leong shares his tips on managing backache. Also, try out our suggested home workouts to strengthen your lower back.

And if you absolutely need to go out, improve how your mask protects you by double-masking with a cloth and disposable mask or try the [knot and tuck](#) on your 3-ply mask.

Till the next one, 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

Pressing On Together

Since my last message, things have been evolving at a lightning speed for us. I believe that the past 3 months have not been easy for many of us with the perpetual lockdowns and perhaps, a little discouraging that our nation's daily COVID cases have hit record highs.

This is why COVID-19 vaccination matters now, more than ever. Since March this year, Sunway Medical Centre has been a vaccination centre as part of the COVID-19 National Immunisation Programme and continues to contribute strongly towards achieving herd immunity. At the end of May, we moved into Phase 3 under ProtectHealth and our dedicated teams have been working tirelessly by steadily increasing the capacity we serve daily. I am personally encouraged to see many who came forward for their vaccination, especially those above the age of 70!

Expanding our efforts further in June, we have taken over the operations at Sunway Pyramid Convention Centre (SPCC), a mega Pusat Pemberian Vaksin (PPV). In times of crisis, we are ever-ready to serve our nation and in July, we have also started accepting non-COVID patients referred by the Ministry of Health and University Malaya Medical Centre to help ease the load of public healthcare.

It's not all gloom and doom as I'd like to end my message on a positive note with a significant milestone. Sunway Medical Centre has been named by the prestigious Frost & Sullivan Asia Pacific Best Practices Awards as 2021 Smart Hospital Company of the Year! This is certainly a well-deserved team effort and a boost of encouragement for us to continuously seek innovative ways in bridging healthcare needs in the 21st century.

I truly hope that in my next message, we will all enjoy a bit of freedom and reconnect with our family and friends physically. Of course, by still observing SOPs and public health measures in this 'new normal'.

“ Don't lose hope and let us press on a little more.
We will get there together. ”

Bryan Lin Boon Diann

Chief Executive Officer, Sunway Medical Centre

DO YOU KNOW?

5 Types of Silent Cancers You Should Know

Many leading cancers have no clear-cut symptoms in their earliest stages. These five silent cancers may present symptoms that you don't recognise as something serious enough to get yourself checked but early cancer detection increases the chances for successful treatments. So let's get to know them better here.

Pancreatic cancer is quite rare comprising only 2.3% of all cancers.

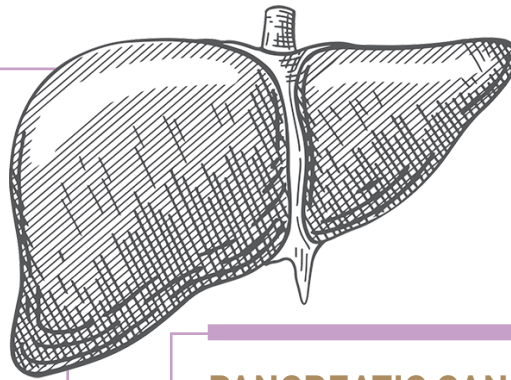
Liver cancer is the eighth most common cancer comprising 3.5% of all cancers.

Ovarian cancer is the fourth most common cancer in women comprising 3.1% of all cancers.

Cervical cancer is the third most common cancer in women comprising 3.5% of all cancers.

Colon cancer is the second most common cancer comprising 13.5% of all cancers.

Statistics in Malaysia



LIVER CANCER

How does it develop?

Cancer that spreads to the liver (called metastatic liver cancer) is more common than cancer that begins in the liver cells itself (called primary liver cancer). The most common type of liver cancer is hepatocellular carcinoma, which begins in the main liver cell (hepatocyte).

Signs and symptoms:

- Abdominal swelling
- General weakness and fatigue
- Losing weight without trying
- Loss of appetite
- Nausea and vomiting
- Upper abdominal pain
- White, chalky stools
- Yellowing of your skin and the whites of your eyes (jaundice)

What can you do?

Take screening tests such as blood tests for a substance called alpha-fetoprotein (AFP), which may be produced by cancer cells, or have imaging tests like an ultrasound, CT scan, or MRI.

Who should pay extra attention?

Those who consume alcohol excessively, have diabetes, have cirrhosis of the liver and nonalcoholic fatty liver disease (NAFLD), and if you have a chronic infection of hepatitis B (HBV) or hepatitis C virus (HCV).

PANCREATIC CANCER

How does it develop?

The most common type of cancer that forms in the pancreas begins in the cells that line the ducts which carry digestive enzymes out of the pancreas. Pancreatic cancer often goes undetected until it's advanced.

Signs and symptoms:

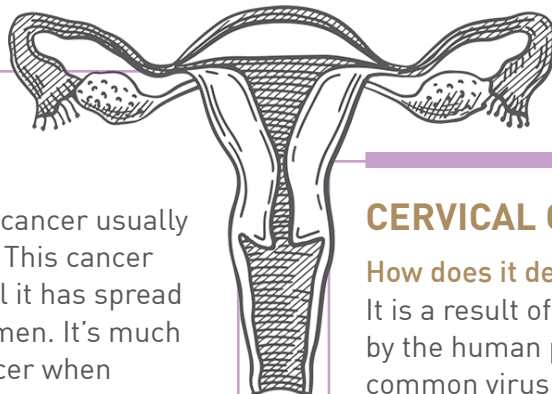
- Abdominal pain that radiates to your back
- Dark-coloured urine
- Fatigue
- Itchy skin
- Light-coloured stools
- Loss of appetite or unintended weight loss
- Yellowing of your skin and the whites of your eyes (jaundice)

What can you do?

A doctor may perform an ultrasound, CT scans, MRI, PET scans, blood test on pancreatic tumour marker, and biopsy to diagnose pancreatic cancer.

Who should pay extra attention?

Those who smoke, and those with rare inherited genetic disorders.



OVARIAN CANCER

How does it develop?

In its early stages, ovarian cancer usually has no specific symptoms. This cancer often goes undetected until it has spread within the pelvis and abdomen. It's much easier to treat ovarian cancer when diagnosed in the early stages.

Signs and symptoms:

- Abdominal bloating or swelling
- A frequent need to urinate
- Changes in bowel habits
- Discomfort in the pelvis area
- Quickly feeling full when eating
- Unexplained weight loss

What can you do?

See a doctor when you have symptoms and the doctor may perform a pelvic exam and a transvaginal ultrasound for further assessment.

Who should pay extra attention?

Women of reproductive ages and with family history.

CERVICAL CANCER

How does it develop?

It is a result of a change in cell DNA caused by the human papilloma virus (HPV). HPV is a common virus that can be passed on through sexual contact. Although most HPV infections do not lead to cancer, certain types of HPV infections commonly cause genital warts or common warts. There are more than 100 types of HPVs, of which at least 14 are cancer-causing (also known as high risk types).

Signs and symptoms:

- Pelvic pain or pain during intercourse
- Vaginal bleeding after intercourse, between periods or after menopause
- Increased vaginal discharge with foul odour

What can you do?

Take screening tests such as pap smear and HPV DNA test.

Who should pay extra attention?

Girls and women who are sexually active. HPV vaccination is important in preventing cervical cancer.

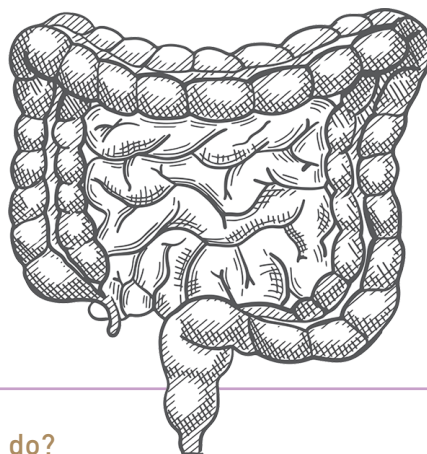
COLON CANCER

How does it develop?

Might be present without any signs or symptoms as it develops from polyps (abnormal tissue growths). It's important to find and remove polyps to prevent them from growing into cancers.

Signs and symptoms:

- A change in bowel habits, including diarrhoea, constipation or consistency of your stool
- A feeling that your bowel doesn't empty completely
- Persistent abdominal discomfort such as cramps, gas or pain
- Rectal bleeding or blood in your stool
- Unexplained weight loss
- Weakness or fatigue



What can you do?

Take screening tests such as stool tests, flexible sigmoidoscopy, colonoscopy, and computerised tomography (CT) colonography.

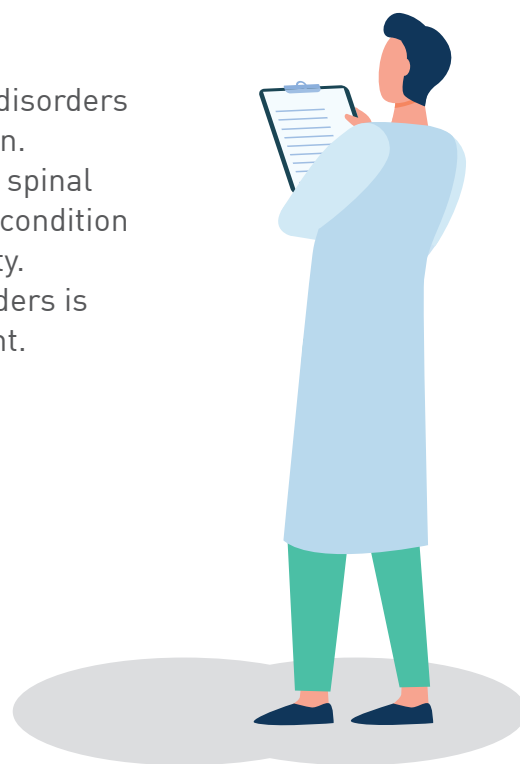
Who should pay extra attention?

Those who are 50 years old and above, and with personal or family history of cancer.

DO YOU KNOW?

6 Common Neurological Conditions You Should Know

Each year, millions of people are affected by neurological disorders and yet many don't know they have a neurological condition. Neurological disorders are conditions related to the brain, spinal cord and nerves that connect them. A severe neurological condition may result in some degree of mental and physical disability. Therefore, understanding symptoms of neurological disorders is important for a proper diagnosis and an effective treatment.



SEIZURE AND EPILEPSY



A seizure is a burst of uncontrolled electrical activity between brain cells (also called neurons or nerve cells) that causes temporary abnormalities in muscle tone or movements (stiffness, twitching or limpness), behaviours, sensations or state of awareness.

Seizures are not all alike. A seizure can be a single event due to an acute cause, such as medication. When a person has recurring seizures, this is known as epilepsy.

Signs and symptoms:

- Appearing confused or in a haze
- Breathing difficulty or stopping breathing
- Falling suddenly for no apparent reason, especially when associated with loss of consciousness
- Jerking movements of the arms and legs
- Loss of bowel or bladder control
- Loss of consciousness
- Nodding your head rhythmically, when associated with loss of awareness or loss of consciousness
- Not responding to noise or words for brief periods
- Periods of rapid eye blinking and staring
- Stiffening of the body

STROKE



Stroke is a life-threatening medical condition that can be ischemic (blood supply stopped) or haemorrhagic (blood vessel burst). This prevents brain tissue from getting oxygen and nutrients, causing brain cells to die in minutes. A stroke is a medical emergency, and prompt treatment is crucial.

Signs and symptoms:

- Headaches
- One-sided paralysis or numbness of the face, arm or leg
- Problems seeing in one or both eyes
- Trouble speaking or understanding what others are saying
- Trouble walking and standing up



DEMENTIA

Dementia is not a specific disease but a general term for the impaired ability to remember, think or make decisions that interfere with everyday activities. Alzheimer's is the most common type of dementia. Although dementia mostly affects the elderly, it is not a part of normal ageing.

Signs and symptoms:

- Forgetting old memories
- Forgetting the name of a close family member or friend
- Getting lost in a familiar neighbourhood
- Not being able to complete simple tasks independently
- Using unusual words to refer to familiar objects



PARKINSON'S DISEASE

Parkinson's Disease is a progressive nervous system disorder that affects your movement. It is caused by a loss of nerve cells in part of the brain, leading to a reduction in a chemical called dopamine. Dopamine plays a vital role in regulating the movement of the body. Parkinson's symptoms usually begin gradually, sometimes starting with a barely noticeable tremor that gets worse over time.

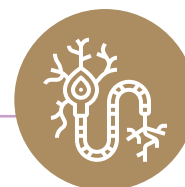
Signs and symptoms:

- Involuntary shaking of particular parts of the body (tremor)
- Slow movement
- Stiff and inflexible muscles



HEADACHE

Do you know that a headache is a common neurological disorder? There are different types of headaches such as migraines, cluster headaches and tension headaches. Headaches that occur repeatedly could be a symptom of an underlying condition. Do consult a doctor to get it checked.



AMYOTROPHIC LATERAL SCLEROSIS (ALS) or LOU GEHRIG'S DISEASE

ALS is a progressive nervous system condition that affects nerve cells in the brain and spinal cord, causing loss of muscle control. It often begins with muscle twitching and weakness in a limb, or slurred speech. Eventually, ALS affects control of the muscles needed to move, speak, eat and breathe. There is no treatment to reverse damage to motor neurons or cure ALS. However, treatment can help control symptoms, prevent unnecessary complications, and make living with the disease easier.

Signs and symptoms:

- Difficulty chewing or swallowing
- Muscle cramps
- Muscle twitches in the arm, leg, shoulder or tongue
- Muscle weakness affecting an arm, leg, neck or diaphragm
- Slurred and nasal speech
- Tight and stiff muscles (spasticity)

IN THE SPOTLIGHT

Breast Cancer:

The Words That Kept Me Going “Everything is Temporary”

The day she was diagnosed with breast cancer was unforgettable for Ms Loke Mei Tung. The 28-year-old was calm when the news was delivered to her but deep down, a storm was brewing inside of her.

Dr Normayah Kitan, Consultant Breast and Endocrine Surgeon, who conveyed the news to Mei Tung gave her the encouragement to accept and treat her cancer with an open heart.

“I will always remember the words she told me, ‘everything is temporary’. These are words that have kept me walking this far,” she said.

Mei Tung picked herself up and gathered all her determination to recover so she can live her life to the fullest. She started reading everything about breast cancer and talked to her friend who survived cancer for advice.

“Battling cancer was not easy. My mind was full of fear and I was physically in pain. I experienced some bad side effects during chemotherapy that got me admitted to the hospital for blood transfusion and medication. But my resolve kept me going.”



Loke Mei Tung is now cancer-free and starting a new career.

“I occupied myself with gardening and tailoring. Watching the plants grow gave me hope, while tailoring gave me the satisfaction of being able to design and sew my own chemo turban which kept me looking good when I lost all my hair.”

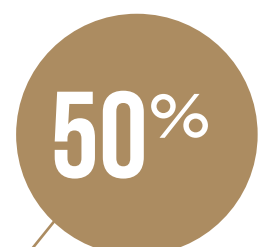
A year on, Mei Tung is cancer-free and starting a new career in designing and stitching turbans for chemotherapy patients while maintaining her health with daily medication and neoadjuvant therapy every three weeks. She also goes for follow-ups diligently with her treating Clinical Oncologist, Dr Aqilah Othman.

SPEAK UP ON CANCER

Cancer is still very much a taboo topic among many Malaysians. Many cancer survivors are ashamed to let others know of their diagnosis out of fear of being judged. But speaking about it dissolves the taboo and allows for earlier diagnosis, less discrimination and increased awareness.



Breast cancer constitutes about 19% of all cancers in Malaysia.



Advanced breast cancer (Stage 3 and 4) comprises nearly 50% of all breast cancer cases.

According to Malaysian National Cancer Registry Report 2012-2016.



Dr Jennifer Leong
Consultant Clinical Oncologist

“Many women delay seeking early treatment despite obvious symptoms due to fear of losing their breast, which is closely related to losing self-confidence and feeling of self-worth. The great misinformation on cancer treatment and the fear of the treatment itself also often leads to a loss in opportunity to treat the disease early.”

Being diagnosed with cancer is often hard, and it is even harder to know what's the next step regardless of the prognosis. Concern about pain, treatment, recurrence and death can cast a shadow over the fact that cancer is curable.

Dr Jennifer urges, “Each of us have a role to play to encourage a friend or family to get checked early, and hopefully doing so can lead to early detection of the disease.”

“Each person's journey is not the same but knowing many others who have been through something similar can give you the strength and inspiration to keep going and put everything in perspective. The most important thing is to know that God is always there with us,” Dr Normayah advised.

“Cancer is curable. Don't give up on life. Fight when you have the chance to make a choice. Change your mindset and you can change your life,” Mei Tung concurs.

October is Breast Cancer Awareness Month and every year, people all over the world come together to increase awareness of the disease. By working together, we can inspire hope and learn the importance of prevention and early detection.

“Many people are understandably worried about the potential side effects of chemotherapy but they are often manageable. Common side effects are fatigue, nausea and vomiting, constipation and hair loss. We always advise patients to seek early medical attention when a fever sets in following chemotherapy as this could be a sign of infection. Meanwhile, radiotherapy may cause some local side effects such as skin dryness or hyperpigmentation but these are often temporary side effects,” Dr Jennifer said.

Most breast cancer patients undergo surgery as part of their treatment and generally, the risk is low. Breast-conserving surgery, also called a lumpectomy, is where only the part of the breast containing the cancer is removed. Mastectomy is a surgery in which the entire breast is removed and some women may get a double mastectomy where both breasts are removed.

There are various ways a woman can regain her confidence after losing her breasts, such as breast reconstruction, implants and breast prostheses. Many women feel normal after breast-conserving surgery or breast reconstruction.

“The goal of breast reconstruction is to restore one or both breasts to near normal shape, appearance, symmetry and size following a mastectomy or lumpectomy. There are two types of breast reconstruction – implant base or flap reconstruction. Several factors need to be taken into consideration when deciding on the type of reconstruction as well as the patient's preference.” Dr Normayah said.



Dr Normayah Kitan
Consultant Breast and
Endocrine Surgeon

“Women should not feel disabled or inadequate after surgery. They should feel proud being a fighter and continue to savour every moment of their precious life for themselves and their loved ones. In fact, many come out stronger and a better person.”

IN THE SPOTLIGHT

Watch Your Back!

This article was adapted from an interview featuring Dr Johan Quah that aired on [Suria FM](#).

Working and studying at home is no longer new as the pandemic ravages on, and as we continue to spend more time at home chilling with our favourite K-drama or checking on the latest social media updates, our ergonomics are slowly jeopardised.

Poor ergonomics is a big health risk for those working from home. 71% of remote workers reported developing or having their existing back and joint pain worsen ever since working from home. In another study, 23.5% of at-home workers reported having neck pain!

Consultant Neurosurgeon, Dr Johan Quah Boon Leong explained that back, neck and joint pains are related because the spine extends from the base of the neck to the lower back bone or tail bone which has many joints.

“ Today, lower back pain is not only significant to the elderly, but the younger generation as well. There are many factors leading to lower back pain – bad posture, lack of exercise, a weak physique or it can be as simple as improper lifting technique, to name a few. ”

Degeneration is an age-related process; we are unable to escape from it. However, the speed of generation is different for each person. There are many factors that may lead to spine injury, the most common being road accidents at a young age or falls among the elderly. Several conditions such as infections, arthritis or tumours can also accelerate the degeneration process.

“Generally, there is no definite cure for back pain. Treatment for lower back pain depends on the cause. Treatment alleviates pain and helps the patient cope with it. Lower back pain can also be reduced with painkillers, physiotherapy, practising good posture, exercise, getting enough rest and quitting smoking,” Dr Johan Quah said.



Dr Johan Quah Boon Leong
Consultant Neurosurgeon

A slipped disc can cause sudden back pain. Those who experience a slipped disc will feel pain which leads to stiffness and tense muscles and later on muscle fatigue, aches and pains. Painkillers and rest can ease the pain but if the slipped disc presses on the spinal nerves or spinal cord, surgery may be required to decompress. This is the most common reason behind spine surgery.

Meanwhile, nerve pain or pain caused by compression or irritation of the nerves and other types of back pain such as instability, fractures and tumours can also be managed with surgery.

The spine is an important part of your body. It provides structural support and balance to maintain an upright posture. It also protects the spinal cord, nerve roots and several of the body's internal organs. Practise these tips to keep your spine strong and healthy:

- Consume a balanced diet
- Exercise regularly
- Get enough rest
- Maintain a good posture
- Quit smoking

AT A GLANCE

Stroke: A Patient's Journey to Recovery

Stroke can strike anyone, anytime – recovery is possible and is different for everyone. Our multidisciplinary team of medical professionals are ready to help each patient on their journey to recovery. On this journey map, we help you to understand what happens from a stroke onset to treatment and recovery.

01



Accident & Emergency

- A triage officer screens the patient, gets a quick history and checks vital signs.
- A CT scan is done immediately to assess the severity and determine if it is an intracranial bleed or ischemic stroke.
- Our emergency physicians will refer the patient to the relevant consultants: neurosurgeon for intracranial bleed and neurologist for ischemic stroke.
- If within the golden hours (up to 4.5 hours), thrombolysis treatment can be given.
- If there is a large vessel occlusion, the patient is referred to our Interventional Radiologist for thrombectomy in the Cath Lab.

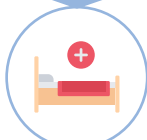
02



Operation Theatre

- A haemorrhagic (bleeding) stroke is managed by neurosurgeons. Surgery to remove the blood clot is aimed at preserving life, reducing mass effect and possibly improving neurological state.
- Bleeds could track into the water spaces of the brain and block the normal water passages leading to a condition called "hydrocephalus" which can be managed with surgery (insertion of tubes to drain the brain water, or cerebrospinal fluid (CSF), and blood).
- Other types of "stroke" caused by a multitude of other problems such as aneurysms, arteriovenous malformations, cavernomas, and Moya-moya disease are not very common and are treated with various types of surgery.

03



Intensive Care Unit (ICU) and High Dependency Unit (HDU)

- Patients are transferred here to receive critical care and intensive monitoring.
- When in stable condition, the patient is transferred to a normal ward where the nursing team will assist in Activities of Daily Living (ADL) which refers to daily self-care activities. This includes hygiene, toileting, getting in and out of bed, eating and frequent repositioning to prevent bedsores or pressure ulcers.
- Our nurses also coordinate with the rehabilitation team for rehabilitation care as well as educate and motivate the patient and their family on treatment, home care and prevention.

04



Neuroscience Centre

- Our team of experienced neurologists, neurosurgeons, neuroradiologists, neuro interventional radiologists, and neuro rehabilitation specialists work together to design the best treatment programme for the patient's brain recovery.

05



Rehabilitation Medicine Centre

- A comprehensive range of rehabilitative treatments are provided to help stroke patients get back to normal life through regaining and relearning daily living skills. Most patients get better with rehabilitation, enhancing their quality of life.
- Our Rehabilitation Physicians manage medication if needed and if required perform necessary procedures. Rehabilitation Therapists work closely with them to deliver the patient's exercise routine more effectively.
- Physiotherapists focus on gross motor skills to help patient regain functional abilities such as walking and climbing up the stairs while Occupational Therapists focus on fine motor skills, allowing the patient to perform ADL and Return to Work (RTW).

06



Speech and Hearing Centre

- Some patients have trouble speaking normally after a stroke, as it may have damaged any level of auditory (listening) and vocal (speaking) pathways in the brain. Therapy helps improve patients' ability to communicate by giving personalised support and teaching them the right coping strategies.
- Our Speech-Language Therapists provide individualised assessment and management, allowing patients time to express themselves and clarify what they are trying to say when unsure.
- They also encourage patients to use different means of communication such as gestures or drawing if they are unable to verbally express themselves.
- It is crucial during the acute stage (the first 3 days since a stroke onset) to assess the patient on their swallowing capability. This allows the nursing team to facilitate the patient's food intake.

07



Behavioural Health Centre

- Our Clinical Psychologists provide psychological assessment to personalise recommendations for rehabilitation. This includes:
 - Cognitive and adaptive functioning assessment to identify areas of cognitive and adaptive functioning impairment.
 - Emotional functioning assessment to identify possibility of mental health issues.
- Counselling and psychotherapy are also provided to address emotional issues related to life after stroke, as well as other possible reasons for distress.

08



Dietetics & Nutrition Services

- Dietitians and nutritionists help patients manage their nutritional condition when they suffer from weight loss due to swallowing difficulties and decrease in appetite.
- Stroke patients are advised to:
 - Eat a variety of nutritious foods from different food groups and drink plenty of water every day
 - Limit intake of foods containing trans fat, saturated fat, and added salt and sugars
 - Modify food texture if they experience swallowing and chewing difficulty by eating foods that are either soft, chopped, minced or blended, and consuming thickened drinks.

If you suspect a person is experiencing a stroke, call our **Stroke Hotline at 019 378 0119**. Our team will assess, guide and arrange for an ambulance if needed, or you can immediately send the patient to our Accident & Emergency department.

YOUR EVERYDAY WELLNESS

Social connectedness, exercise, nutrition, sleep and mindfulness are some key areas that contribute to our overall wellness. Start practising healthy habits daily and you are well on your way to attaining better physical and mental health, which are extremely crucial during these challenging pandemic times. Here are some of our recommendations in this issue. It's never too late to get started!

Healthy Eats Fittie Sense

Realised by three friends with a penchant for living to eat, Fittie Sense has no room on their menu for restrictive diets or joyless clean eating fads. Their 'fit food' comes packed with all the sumptuous tastes, textures and thoughtfully balanced nutritional content you need and deserve.

This gastronomic gem in Bangsar will definitely change the way you see health! Their serene sky-lit space, complete with a vertical herb garden, makes it the go-to grazing spot for those seeking a comforting ambience, healthful dishes bolstered by fresh seasonal produce. You can check them out on Facebook [@myfittisense](https://www.facebook.com/myfittisense) to feed your appetite.

Price: Starting from as low as RM5



HEALTHY TIPS

East Meets West

“Huang qi (astragalus) is believed to boost energy, nourish the blood and relieve pain.”

Christine Chan Si Yan, Centre Manager,
Sunway Traditional & Complementary
Medicine (TCM) Centre

“Maintain a healthy body weight by consuming antioxidant rich foods including colourful fruits, vegetables and whole grains.”

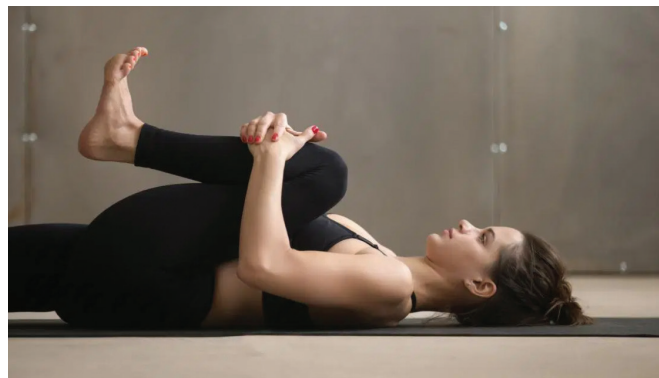
Ooi Jee Cheng, Dietitian, Sunway Medical Centre



YOUR EVERYDAY WELLNESS

Home Workout Strengthen Your Lower Back

Work from home days have resulted in many of us experiencing stiff necks, shoulder aches and back pains. Doing the right exercises increases blood flow to the lower back area, which may reduce stiffness, speed up the healing process and get you in a good body posture while strengthening the lower back. Here are 5 simple exercises we can all spare 5 to 10 minutes a day doing!



Knee-to-chest stretches

Elongates the lower back, relieving tension and pain.



Lower back rotational stretches

Helps to relieve tension in the lower back and trunk. It also gently works the core muscles to improve stability.



Bridges

Targets the gluteus maximus, the large muscle of the buttocks, keeping it strong to help support the lower back. People engage this muscle when they move their hips, particularly when they bend into a squat.



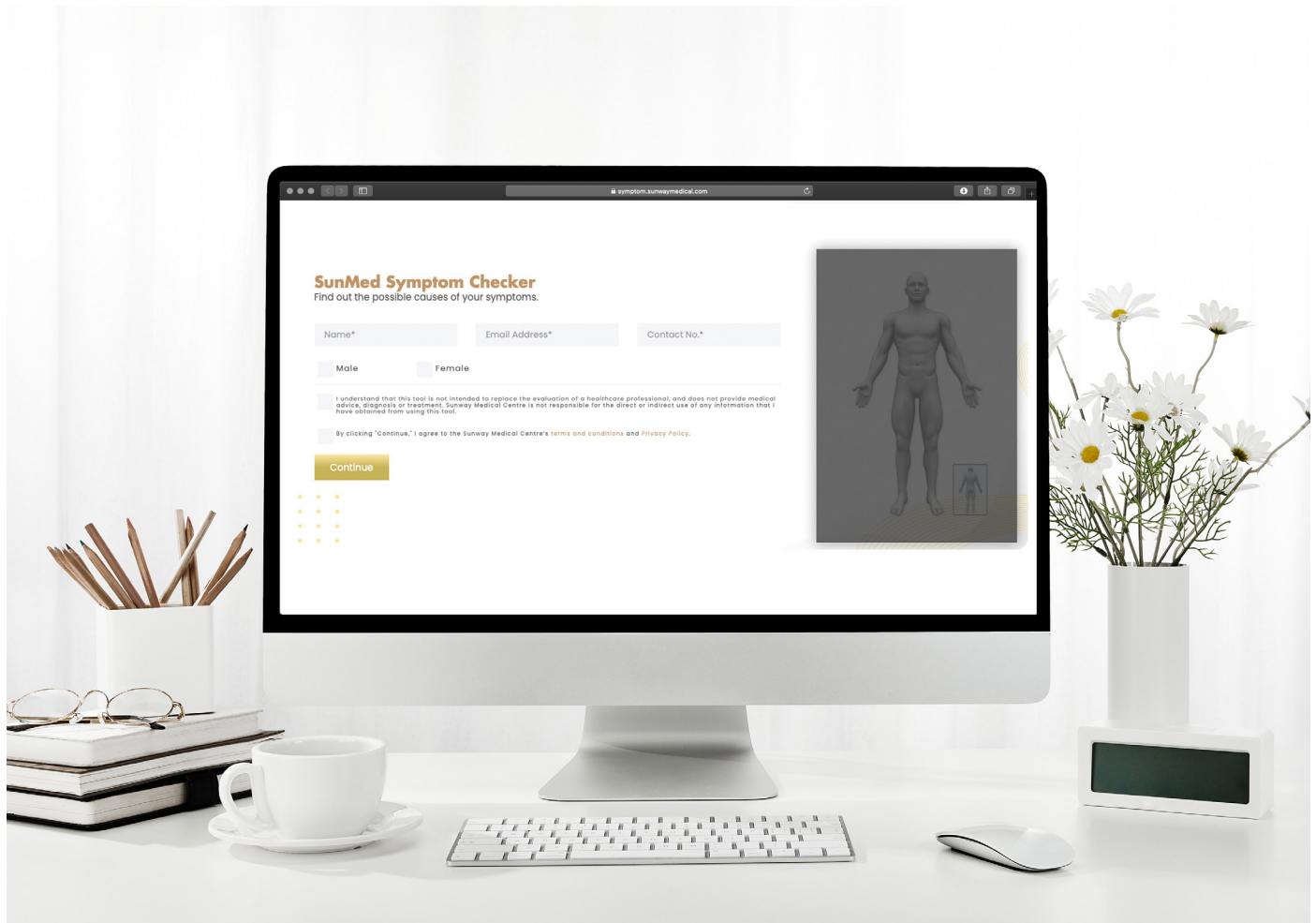
Cat stretches

Lengthens the back, making it stronger and easing tension in the muscles.



Supermans

Strengthens back extensors to maintain good posture. These muscles run along either side of the spine. Weak back extensors can reduce spinal and pelvic support.



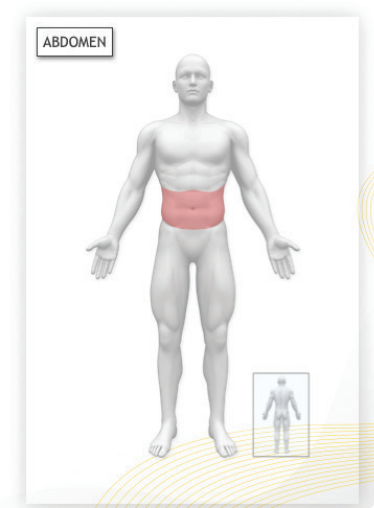
YOUR EVERYDAY WELLNESS

Wellness Tools Sunway Medical Centre Symptom Checker

There are times when your body shows unfavourable signs that could indicate something is wrong, but it is rather unlikely that we will take a trip to the hospital only to find out we are actually in the pink of health.

Save yourself the hassle with our Symptom Checker available on the website which allows you to pre-identify what could be wrong with your body through a simple self-evaluation based on the symptoms you are experiencing.

Find out more at [SunMed Symptom Checker](#).



Where is the abdominal pain?

- ☐ Epigastric (Upper central abdomen)
- ☐ Periumbilical (near or around umbilical area)
- ☐ Right lower quadrant
- ☐ Left lower quadrant
- ☐ Right upper quadrant

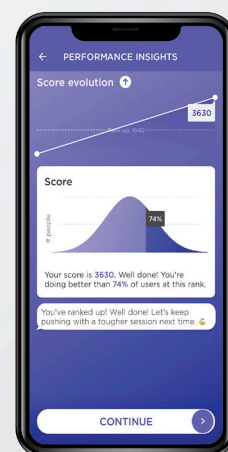
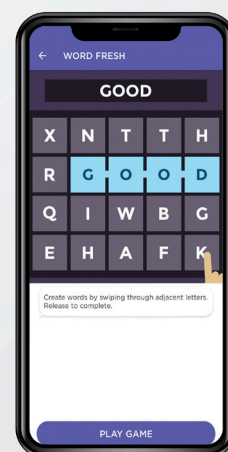
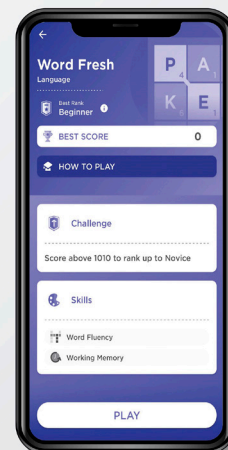
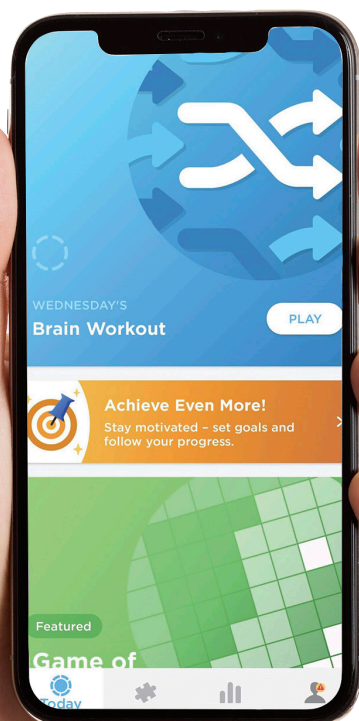
YOUR EVERYDAY WELLNESS

Fun Peak App for Exercising Brain Plasticity

Your brain has the ability to learn and grow as you age – a process called brain plasticity – but for it to do so, you have to train it on a regular basis.

Combining neuroscience, technology and fun, Peak offers a fun and challenging brain training experience. With more than 45 brain games to improve memory, thinking skills and focus, this free app has plenty to do but you may unlock more excitement with a subscription and get to personalise your daily 'brain workouts' and play all the games as often as you like.

Check out this cool brain sharpening app on [Android](#) and [iOS](#).



TIPS FROM SUNMED DOCTORS

Safety At Home:

How to Handle 5 Home Medical Emergencies

Emergencies can happen any time, even when we are at the comforts of our homes. With some know-how on handling medical home emergencies, we can potentially save a life. In this issue, Dr Low Kwai Siong, shares useful tips on how you can manage 5 common home medical emergencies to keep yourself and your family safe.

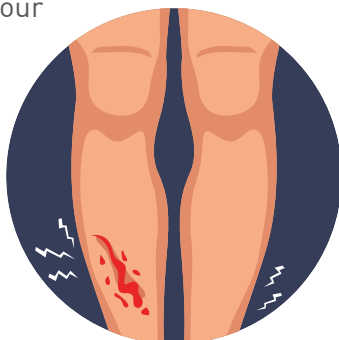


Dr Low Kwai Siong

Consultant Emergency Physician and Head of Accident and Emergency, Sunway Medical Centre

Cuts and Wounds

- If the wound is small, consider washing the wound under running tap water and apply direct pressure to stop the bleeding. Try to elevate the wound higher than your heart.
- If the bleeding stops but shows signs of infection after a few days, seek medical help.
- If applying direct pressure and elevating the wound failed to stop the bleeding, try applying indirect pressure (tourniquet). Seek medical attention immediately.

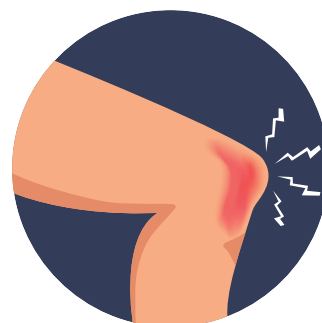


Heart Attack

- Calm the patient, have him/her seated and loosen any tight clothing.
- If the patient has heart attack medication, pop it under the tongue and seek medical help immediately.

Sprained Joints or Fractured Bones

- Minimise movement on the injured part.
- To ease the swelling or pain, place an ice or cold pack on the injury for 20 minutes. Ensure that you wrap the ice or cold pack with a thin towel first before placing it on a fresh injury.
- Put a rigid material (splint) next to the injury, and tie or tape it in place. Apply the splint at the injured part involving the 2 joints nearest to the injured part.
- If toes or fingers become pale, numb or cold, loosen the splint immediately.



Breathing Difficulties

- For asthma patients, do use your inhalers or medication. If there is no improvement, seek medical attention immediately.
- For an allergic reaction, remove the causative factor (if known). If the symptoms are mild, get Over-The-Counter (OTC) medications. But if breathing difficulty worsens, seek medical help immediately.

Stroke

- Spot FAST - Facial drooping, Arm weakness, Slurred speech, and Telephone an emergency hotline. Act fast and get the person to the hospital immediately. You may call **Sunway Medical Centre's A&E** at **03 5566 8888**.
- Do not feed the person any drinks or food, unless you suspect he is having low sugar. Then, you may rub something sweet such as honey on his lips.

TIPS FROM SUNMED DOCTORS

Warning Signs of 7 Cancers You Should Pay Attention To

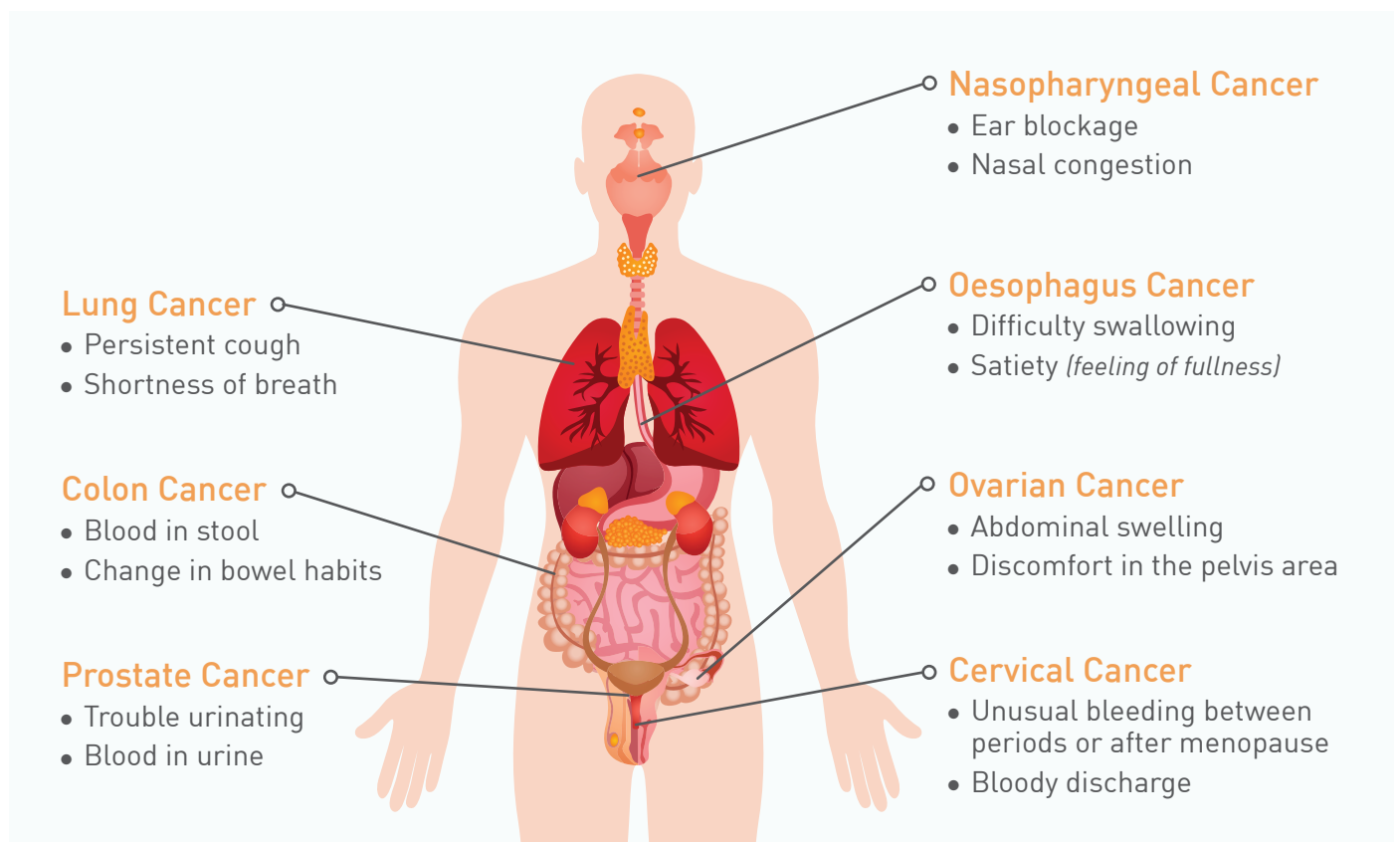
A [Cancer Research UK study](#) found that 53% of 1,700 people who completed the health questionnaire said that they had experienced at least one red-flag cancer 'alarm' symptom during the past three months. But only 2% of them thought that cancer was a possible cause.

The questionnaire listed 17 symptoms including 10 widely-publicised potential cancer warning signs, such as unexplained cough, bleeding, and a persistent change in bowel habits. Yet, the results showed that people rarely attributed these symptoms to cancer but thought about other reasons instead, such as age, infection, piles and cysts.

So what are some signs and symptoms that you shouldn't overlook? Generally, do not ignore it if you start losing weight unintentionally, feel tired constantly, and discover a lump at any part of your body. Additionally, here are some specific warning signs for 7 cancers that you should pay close attention to.



Dr Aqilah Othman
Consultant Clinical Oncologist,
Sunway Cancer Centre



If you notice something new or different that lasts several weeks (more than 4 weeks), consult a doctor. Not every symptom could be cancer but early detection gives you the best chance for a successful treatment.

SUNMED HIGHLIGHTS

Sunway Medical Centre Named Frost & Sullivan's 2021 Malaysia Smart Hospital Company of the Year



We are both thrilled and humbled by the recent recognition for our innovative and purposeful use of smart hospital technology at the prestigious Frost & Sullivan Asia Pacific Best Practices Awards, where we were named the 2021 Malaysia Smart Hospital Company of the Year.

Bryan Lin, Chief Executive Officer of Sunway Medical Centre, credits this exciting win to a collective effort by the team, "Our hospital has always been committed to push forward digitalisation to continuously improve operational efficiency while enhancing patient experience. We recognise that technology plays an integral role in the ever-evolving needs of healthcare, especially to meet the demands of the 21st century."

Frost & Sullivan analyst, Siddharth Shah, Research Manager on Healthcare & Life Sciences said, "Sunway Medical Centre's smart initiatives fulfill the three pillars of smart hospitals that we were looking for – operational efficiency, clinical excellence, and patient centricity. The hospital consistently adopts new initiatives, recognising the importance of smart hospitals and ensuring clinician, staff and patient satisfaction."

"The arrival of COVID-19 has definitely accelerated the urgency to provide safe and quality care for our patients. Oftentimes, it's a mammoth task that requires us to rethink the way we do things. Without robust teamwork, this recognition would not have been possible. There is still a lot to do but this award is a testament that we are on the right track and we look forward to an exciting time of growth ahead," Bryan adds with pride.

Sunway Medical Centre takes pride in providing cutting-edge medical technologies and facilities and extending a world-class hospital experience to our patients, but we are most proud of being a COVID-19 safe hospital. So, leave your worries behind as our fully vaccinated frontliners address your healthcare needs.

SUNMED HIGHLIGHTS

Sunway Medical Centre Steps Up COVID-19 Vaccination for the Public



Since 31 May, our hospital has been designated as a Pusat Pemberian Vaksin Hospital Swasta (PPVHS) in Phase Two of the National Immunisation Programme. Continuing our efforts from Phase 1, our vaccination centre was seen bustling with nervous but excited senior citizens, most of them above the age of 70 and some were on wheelchairs.

Having registered earlier via the MySejahtera application, their turns have finally come for the much awaited COVID-19 vaccination. The enthusiasm shown by these vaccine recipients were expressed on social media. Let's take a read at what some of them have to say!



Photos credited to SJ Echo



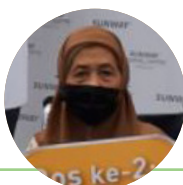
THAMMY CHONG

Tammy accompanied her grandmother for the COVID-19 vaccination, "There were some hiccups at first, but the staff went all the way to make sure grandma could get her first dose. I really appreciate their kindness and am grateful to all the frontliners and staff who made this experience smooth and easy". She also said her grandmother was lucky to have her vaccine appointment at Sunway Medical Centre.



MAZLIANA NOLI ALI

Mazliana convinced her mother, Mak Jah, to be vaccinated in hopes that we will be able to balik kampung, dine out and shop in stores again once we achieve herd immunity. Even the grandson spurred his grandmother on and sure enough, Mak Jah is vaccinated against COVID-19. *"Tak sakit kata Mak Jah. Macam kena gigit semut (It doesn't hurt, said Mak Jah. It's like being bitten by an ant)"*.



ASSILA NEMAT

Assila and her 80-year-old aunt were warmly welcomed by our auxiliary police and taken on a ride via our buggy service to the hospital's entrance, a convenience provided for our patients. Her aunt was thrilled to receive her COVID-19 vaccination at our hospital's vaccination centre.



KENZ TANG & LUI FOK FOY

He had a seamless journey arriving at SunMed Vaccination Centre at 11am although his scheduled appointment was at 12.30pm, and he was done by 11.40am. Likewise, Kenz Tang shared his experience receiving the first dose and was glad he did not experience any side effects.

PHASE Three

At the time of writing in August, we have progressed into the later stage in Phase 3 of the National Immunisation Programme under ProtectHealth (established under the Ministry of Health). Our Pusat Pemberian Vaksin (PPV) at Sunway Pyramid Convention Centre has officially concluded its service while Pusat Pemberian Vaksin Hospital Swasta (PPVHS) SunMed Convention Centre continues to serve the public. We encourage everyone who have been fully vaccinated to continue to observe the SOPs, especially when you are out and about. Let's hang in there a bit more towards herd immunity! **#kitajagakita**

SUNMED HIGHLIGHTS

#SunMedCares: A Paediatric Cardiology Story - Turning Little Lives Around



Consultant Paediatrician and Paediatric Cardiologist, Dr Ang Hak Lee, with baby Razia.

When a child is born with congenital heart disease (a condition in the heart structure) that urgently requires surgery, one can only imagine the uninvited devastation a parent must have felt.

However, with a partnership between Sunway Medical Centre and Media Prima-NSTP Humanitarian Fund and sprinkled by the generous donations from the public, the lives of baby Razia and her parents have been turned around.

As soon as she was brought into the world, Baby Razia was suffering from a myriad of health conditions. She was diagnosed with a congenital heart disease, thyroid complications and severe digestive problems. As if those were not cruel enough on a newborn, she was also found to have Down Syndrome.

This series of news came crashing down on her parents, Muhammad Gulfam and Wan Sabariah Wan Nasir.

Her mother, Wan Sabariah recalled, “Razia’s gastroesophageal reflux (GERD) caused her to vomit frequently, forcing her to consume her milk through a tube. It was heart-wrenching for me to watch her suffer at such a young age.”

Thanks to an outpouring of donations and a successful surgery later, her baby progressed well and stopped vomiting. Baby Razia could eventually drink on her own and is eating well today.

“ I’m so grateful that the surgery went well. All the nurses and doctors, especially Dr Ang at Sunway Medical Centre were highly attentive in providing the best care for Razia, and words cannot express how much this means to us as a family. ”

SUNMED HIGHLIGHTS

#SunMedCares: A Living-Donor Kidney Transplant Story - Life on A Second Chance



Andrew, a living kidney transplant patient, with a new-found zest for life.

Prior to the pandemic, Andrew* (not his real name) led a healthy lifestyle including daily morning jogs and qi gong as well as picking up the racquet every Sunday with occasional gym sessions. But he experienced a rare headache one day and discovered that his blood pressure was very high when he went to a pharmacy for some medication.

Realising the seriousness of this reading, he went to see Dr Ng Eng Khim, Consultant Nephrologist at Sunway Medical Centre and was hit hard by news of his kidney failure. Upon reflections, Andrew realised that he ignored some signs of concern such as bubbles in his urine and swollen legs.

“After the diagnosis, I went into depression. I hardly went out and kept to myself. Those who were close to me were very concerned about my condition,” he said.

Andrew was undergoing dialysis treatment when he was presented with the opportunity of having a kidney transplant upon consulting with Dr Ng and Dr Rosnawati Yayha, Consultant Nephrologist who also heads kidney transplant in Malaysia.

His younger brother stepped forward as a living-kidney donor and underwent pre-transplant tests to ensure compatibility and to rule out any concerns. His sister was also prepared to be a living donor should his younger brother not be a match.

Andrew successfully underwent the surgery in June last year, marking a milestone for Sunway Medical Centre in performing its first living-donor kidney transplant surgery. A little more than a year on, he has recovered well with a whole new motivation and zest for life.

“Do not hesitate to undergo a kidney transplant. Instead of going through dialysis 3 times a week and 4 hours each time, a kidney transplant has given me a second chance at life to live normally. This means the world to me.”

Enjoy
50%

DISCOUNT *on* Radiotherapy Procedures

**A CSR initiative for Public Hospital
Patients by Sunway Cancer Centre**

With a **Government Hospital referral letter**, we are now subsidising these radiotherapy procedures to put your worries at bay and provide you with the care you need.

Count on us.



1. Tomotherapy



2. Gamma Knife



3. TrueBeam sTx



4. Brachytherapy



Terms & Conditions:

1. Eligible for self-paying patients only.
2. Please bring your referral letter signed by a government hospital specialist during appointment.
3. Discount is valid until **31st December 2021**.



For more information:



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A MEDICAL TEAM WHO STANDS BY YOU

THROUGH THICK AND THIN



Dr Nik Muhd Aslan Abdullah
Consultant Clinical Oncologist

Dr. Heng Siew Ping
Senior Manager,
Radiation Therapy & Nuclear Medicine Centre

Dr Christina Lai Nye Bing
Consultant Clinical Oncologist

Dr Aqilah Othman
Consultant Clinical Oncologist

Dr Lee Boon Nang
Nuclear Medicine Physician

Dr Joseph K Joseph
Consultant Medical Oncologist

Dr Jennifer Leong Siew Mooi
Consultant Clinical Oncologist

Dr Tan Teik Hin
Nuclear Medicine Physician

Dr John Low Seng Hooi
Consultant Clinical Oncologist

Dr Ivan Shew Yee Siang
Consultant Clinical Oncologist

Dr Hafizah Zaharah binti Ahmad
Consultant Clinical Oncologist

SUNWAY CANCER CENTRE

• Sunway Medical Centre •

Since its launch, Sunway Cancer Centre has successfully performed more than 31,000 procedures and treated thousands of patients.

Marked by humanistic qualities and award-winning professionalism, our cancer team has always stood out for its sharp awareness towards even the subtlest needs of the patient.

From preparation to follow-up care, our professionals work seamlessly across all areas of care to produce improved outcomes and fewer recurrences, giving the patient a true fighting chance that he or she deserves.

AWARDS & ACCOLADES



COVID-19 RECOVERY CLINIC

A multi-disciplinary
care for an optimal
recovery



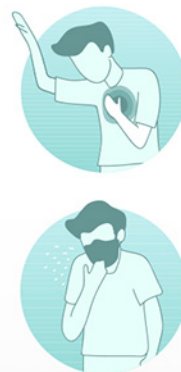
Sunway Medical Centre provides a multi-disciplinary approach and compassionate care for patients who are recovering from COVID-19. Our team of specialists will conduct a comprehensive assessment and create a personalised plan to help patients in their journey towards an optimal recovery.

What Is Long COVID?

Some patients who recovered from COVID-19 may continue to experience symptoms on their health. These can include long-lasting effects on the heart, lung, immune system, mental health, and overall quality of life.

Symptoms include:

- Constant tiredness or fatigue
- Difficulty in concentrating or sleeping
- Feeling depressed or anxious
- Persistent headache
- Joint or muscle pain



- Loss of sense of smell or taste
- Palpitations or chest pain
- Prolonged cough
- Shortness of breath

Contact us to enquire or
book an appointment.



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