

The **Hearty** Digest

SUNWAY
MEDICAL CENTRE

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SPECIAL FOCUS

20th Anniversary
Annual Dinner

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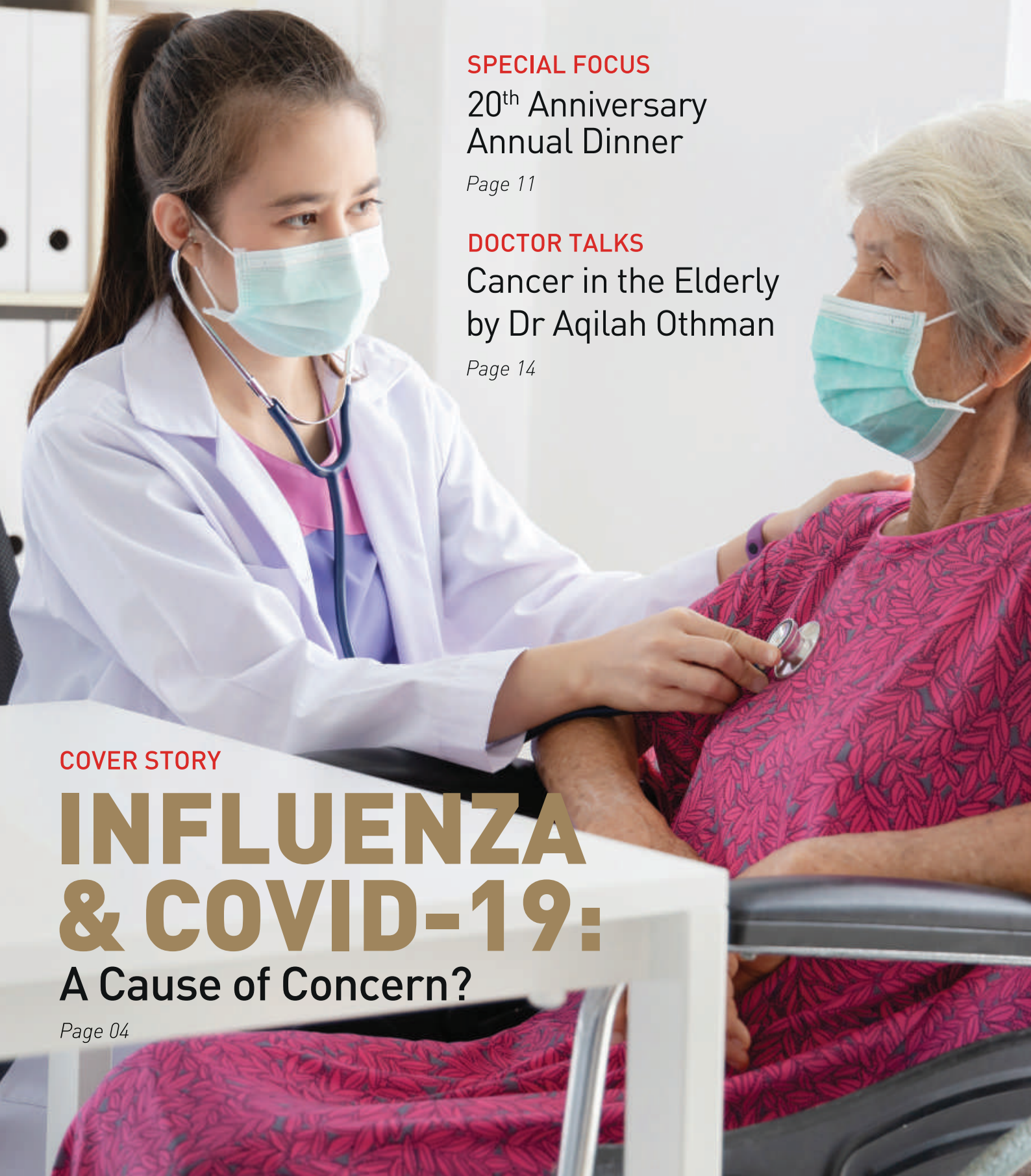
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From the Editor

Dear readers,

Welcome to the new Sunway Medical Centre newsletter! Before we introduce you to what we have to offer in this brand-new issue, we would like to take this opportunity to reminisce the humble beginnings of this publication. The newsletter was initiated more than 10 years ago with the title 'Keep Smiling' which reflected the mission of Sunway Medical Centre to provide service with a SMILE. The original title also exudes a positive message to every person who picks it up – to keep smiling as we at Sunway Medical Centre helps you keep your worries at bay.

Fast forward to present day, we have injected new life to the newsletter with a revamp of its outlook and content, and most importantly, its name. You would have already noticed the new title on the cover (which we hope have enticed you to pick it up). The word 'hearty' means vigorous and cheerful, and wholesome and substantial, which is exactly the message we want to send to our readers. We hope The Hearty Digest will bring you joy while you enjoy our comfortable sitting areas, and keep you informed on the latest insight that healthcare has to offer.

Let's kick-start this brand-new newsletter on a high note with a main feature on the COVID-19 pandemic, highlights on the advancements in cancer treatment and endearing real stories from the depths of the hospital. This is the first of our quarterly newsletter and already, we can't wait for the next issue! We promise you our continuous efforts and commitment to providing the best care for a healthy and thriving community.

Before we end, we would love to hear from you! Drop us a line at sunmedpr@sunway.com.my on topics you would like to read, burning questions for our consultants and any feedback/comment to further improve this newsletter. We look forward to hear from you.

Till then, cheers!

The Editor



From the MD's Desk

COVID-19 has made fundamental and long-lasting changes to the way we live our lives – from social distancing to working and studying at home. Likewise, the landscape of the hospital has also been altered due to this pandemic. Today, you will be greeted by bustling healthcare workers in full personal protective equipment (PPE) who safeguard the hospital, ensuring the health and safety of all our patients, visitors and most importantly, the healthcare workers themselves.

Yet, there are lessons to learn from this experience. This pandemic will leave a permanent mark on us – lessons that we can implement in the future.

Taking note of Bill Gates' TED Talk back in 2015, the first lesson is that we need a strong healthcare system. One where mothers can give birth safely and kids can get all their vaccines. But, also where we'll see an outbreak very early on.

In this case, Sunway Medical Centre was prepared since the outbreak was recorded in December last year. Our first action was to establish a taskforce, a team of varying expertise, who oversee the prevention of the disease and the safety of the hospital. This set-up allows patients who need treatment to be able to still come to the hospital as they are well protected by the measures we have taken to ensure their health and safety.

Next, we need a reserve of medical professionals. Lots of people who have the training and background, who are ready to go with their expertise. True enough, many have stepped up during this critical time. Our own employees regardless of department have volunteered to be the gatekeepers; screening every person who enters the hospital. We also have a number of Medical Officers who have stepped up to ensure that the proper procedures are carried out within the hospital.

We also need lots of Research and Development in the area of vaccines and diagnostics. While this role is being played by various countries across the world, private hospitals like us have a significant role to play where we can ease the burden of government hospitals by taking in their non COVID-19 cases. This allows them to focus on treating those affected by the disease while we take care of the rest.

We have diversified our care venues to meet the changing business landscape due to the pandemic for our patients. As some patients find themselves unable to sought treatment at the hospital, we have SunMed@Home service where our professional nurses, dieticians and physiotherapists go to their homes to provide the care they need. Our International Patient Centre caters to patients from 135 countries, placing us at an international front and this is set to grow in the coming years.

Hospitals matter to people – the hospital experience often marking a central point in their lives. Hospitals matter to health systems; they are instrumental for care coordination and integration and have a key role to play in supporting other healthcare providers (including primary health care) and in community outreach and home-based services.

We must be resilient and able to maintain and scale up services in emergency situations. Take this COVID-19 pandemic for example, each and every person has played a role in overcoming it and it shows with the dwindling number of new cases. The precautions and measures that we have taken as a hospital and as individuals demonstrates our tenacity during tough situations.

Lau Beng Long

Managing Director, Sunway Healthcare Group



Messages from the CEO

The COVID-19 pandemic has impacted people in many forms, and it is clear that we need to look after one another to prevent the spread of the disease.

Fellow Malaysians have stepped up by staying at home during the Movement Control Order (MCO), protecting themselves by social distancing, wearing a face mask in public areas, and maintaining good personal hygiene by constantly washing their hands and using hand sanitisers.

As a healthcare provider, it is our utmost priority to ensure the health and safety of our patients, visitors and most importantly our frontliners, the healthcare workers. Healthcare providers are an important part of the healthcare system and any changes are likely to affect how patients receive care, therefore we have to adapt to ensure we thrive in a changing healthcare environment.

Among the efforts that our hospital has undertaken include urgently setting up a COVID-19 Taskforce, 24-hour triage counters and Medical Tent. Next, we acquired the COVID-19 testing pod, isopods, negative pressure cabins, and the most fascinating of them all, the Hyper Light Disinfection Robot. These measures facilitated the management of the disease and prioritised patient and healthcare worker safety, as nothing matters most than them.

In our 20 years of operation, we have established ways to lead in population health and we have innovated to keep our communities close. Along the way, we have rolled out various health packages and health talks to provide people a platform where they can gain more knowledge about their health and keep on top of it. We have also set up numerous support groups for patients to have a place they can sought advice and encouragement from.

The business landscape has changed globally and for healthcare institutions, one needs to be innovative. One of the ways we have innovated is by bringing consultation to the patients at home. Through our tele-consultation service, patients can now meet with our specialists, clinical psychologists, speech therapists and audiologists through our virtual clinics. This is one of the ways healthcare institutions will evolve with time as digitisation is the norm.

We need to demonstrate greater value in the healthcare system in this dire time. To improve value, we need to be innovative and increase the quality in providing care more efficiently. Our hospital is enriched with doctors from various backgrounds and specialities, and we are regularly bringing on board new doctors in preparation of illnesses and diseases that are constantly evolving.

In short, healthcare providers need to change accordingly in order to forge ahead. As the rate of change in healthcare is accelerating, health care providers must harness the forces of driving transformation and use them to its advantage and in this case, growth, innovation and diversification.

Bryan Lin Boon Diann

CEO, Sunway Medical Centre

INFLUENZA & COVID-19:

A CAUSE OF CONCERN?

2020 started out on a rough foot for Malaysians with the Influenza A and COVID-19 outbreak. With the influenza A virus hitting almost every state in the country and concerns around COVID-19, authorities are being put on high alert. However, should Malaysians be worried? We answer some burning questions about influenza and the latest COVID-19 and how we can protect ourselves and our loved ones.

What exactly are Influenza A and COVID-19? Are they the same virus?

Influenza is an acute contagious viral respiratory disease where patients show symptoms such as fever, coughing, sore throat, and headaches, among others. In most countries, influenza occurs seasonally, however, in climates such as ours, it can occur almost all-year round.

There are four types of Influenza, A, B, C and D. Humans can be infected by types A, B and C while type D primarily affects cattle and are not known to infect or cause illness in people. Types A and B cause the epidemic disease in humans while type C are detected less frequently and usually causes mild infections.

COVID-19, or coronavirus 2019 is the latest outbreak first reported in Wuhan, China that has currently spread to 216 countries, territories or areas as reported by the World Health Organization (WHO) as of 1 July 2020 around the world, including Malaysia. Similar to influenza, COVID-19 is a respiratory illness that can cause mild symptoms including a runny nose, sore throat, cough, and fever. It can be more severe for some persons and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal.

How are both these viruses transmitted?

Just like the common cold, Influenza A and COVID-19 spreads via droplets released in the air by coughing, talking or sneezing. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might contract the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or even their eyes

So far, school children and the elderly have been the primary groups affected by both outbreaks. Should adults not be worried?

Anyone can contract these viruses, even healthy people! Serious complications related to these viruses can occur at any age, but some people are at a higher risk of developing serious complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions such as asthma, diabetes or heart disease, pregnant women, and children younger than 5 years old.

“We can also take preventive measures in our everyday lives, such as keeping our distance from sick friends and colleagues, covering our mouths when we cough and sneeze, and the easiest of all, washing our hands regularly”.

How can we protect ourselves against these viruses?

There are many preventive measures that can be taken to stave off the infection. The first and most important step in prevention is getting vaccinated. While there is currently no vaccine available for the latest coronavirus, the flu-vaccine has been around for a while. The vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications that can result in hospitalization or even death. So if you're in a high risk group, this is recommended.

WHO recommends annual vaccination for all healthy adults, but is especially important for:

- Pregnant women at any stage of pregnancy
- Children aged between 6 months to 5 years
- Elderly individuals (aged more than 65 years)
- Individuals with chronic medical conditions
- Healthcare workers

We can also take preventive measures in our everyday lives, such as keeping our distance from sick friends and colleagues, covering our mouths when we cough and sneeze, and the easiest of all, washing our hands regularly.

Parents of school-going children should also take precautions if their children are unwell. If your child is ill, do not force them to go to school, where they can possibly transmit the virus to other students. Keep them at home and let them recover. This goes for adults as well! Consider the wellbeing of your friends and colleagues and stay home if you are unwell.

Given that the coronavirus originates from animals, we need to ensure regular hand washing with soap and potable water after touching animals and animal products. Strictly avoid any contact with other animals at markets such as stray cats and dogs, rodents, birds, bats. Avoid contact with potentially contaminated animal waste or fluids on the soil or structures of shops and market facilities. Also, don't forget to avoid consumption of raw or undercooked animal products.



DOCTOR TALKS

“If there’s no solution to the problem, then don’t waste time worrying about it. If there’s a solution to the problem, then don’t waste time worrying about it.”

- *The Dalai Lama*



by Dr Phang Cheng Kar (M.D.),
Consultant Psychiatrist &
Mindfulness-Based Therapist

‘MENTAL VACCINE’ FOR COVID-19: Eight Psychosocial Strategies for Virus Nosophobia

Nosophobia is the excessive fear of contracting a specific disease like HIV, tuberculosis, cancer, heart attack, and of course, the novel coronavirus infection. Given the pandemic nature of the COVID-19, it’s natural that people react to the virus with fear, worries, and anxiety.

However, excessive fear can impair our physical immunity, lead to mental health problems such as panic attacks and depression, and trigger mass hysteria.

Consequently, we become more prone to develop the infection, which we hope to prevent. Below are eight psychosocial strategies to help you cope with the emotional distress associated with the virus outbreak:

> Focus on what you can do

It’s easy to feel helpless amidst the daily bombardment of messages related to the COVID-19 outbreak. Instead of panicking, which is unhelpful, let’s be proactive and channel our energy to do what we can to minimise the risk of infection.

For example, wash your hands regularly, wear a medical mask if you have respiratory symptoms, avoid crowded places, cover your mouth and nose when coughing and sneezing, avoid touching your face, and rest well.

> Remember – You’re not alone

Feeling isolated and believing that we’re the only ones suffering from the impact of the outbreak can make us feel terrible. Since we’re living in a global village, we’re all negatively affected. Together, we can overcome and grow from the challenges and build a better world. Communicating our negative feelings is good for emotional health. In the process of expressing and sharing our concerns, we realise we’re not alone in our struggles. This awareness is useful to buffer stress.



> Practice mindfulness & self-compassion

The practice of mindfulness and self-compassion increases immunity and reduces inflammation. When you notice yourself worrying about the virus, try the following 'kindful hand' mindfulness-based exercise:

- Pause and take a few slow, deep, and mindful breaths
- Tune in to your experience and pay attention to the part of the body such as the chest that feels the distress the most
- Place your hand on that part of the body and soothe it by massaging, stroking, or patting the chest, singing a song or saying something positive
- Remind yourself that many people around the world share similar unpleasant feelings; you're not alone
- Radiate kind thoughts to everyone with the same experience, "I wish myself, you, and everyone well. May all people infected by the virus anxiety be safe, healthy and happy"

> Be aware of corona cyber infection

Far more infectious than the virus is the fear associated with the illness due to the spread of stories through the internet and social media. Here are some ways to curb cyber infection and prevent mass panic:

- Check the facts with reliable sources such as the World Health Organization (WHO), the Ministry of Health Malaysia (MOH), and the Centre for Disease Control and Prevention (CDC)
- Check if the other reputable news agencies report on the same stories
- Check snobes.com, a useful internet fact-checking resource to identify fake news

> Tame fears by putting them into perspective

In comparison, the human seasonal influenza (flu) virus have killed significantly many more people worldwide (290,000 to 650,000 yearly) than the COVID-19 (4,012 deaths worldwide as of 10 March 2020).

There're more deaths due to motor vehicle accidents than the COVID-19 infection in Malaysia. The Global Status Report on Road Safety published by the WHO and the World Bank in December 2018 reported that Malaysia had 7,152 deaths from road accidents in 2016 and so far, there's no reported death from the infection in Malaysia.

Isn't our fear sometimes illogical and disproportionate? Thinking more rationally helps to calm the mind, which strengthens immunity.



> Pray and radiate loving-kindness.

As I continue my service as a psychiatrist in the hospital, I continuously emit kind thoughts to everyone who is emotionally affected by the outbreak.

I mentally wish others and myself, "May all patients be safe, healthy and happy," "May the ones who perform the health screening take good care of themselves," "May the hospital be free from the virus," "May the virus mutate and transform into benign forms," "May I be protected so that I can continue to help my clients."

According to Dr Barbara L. Fredrickson and other experts on the study of positive psychology, this kind of loving-kindness practice can help to enhance positive emotions such as love, joy, gratitude and hope, physical health and perceived social connections, all which are crucial during a crisis.

> Be grateful and pay attention to the positive.

In psychology, there's a funny thing called 'negativity bias.' Experiments showed that our brains are wired to pay more attention to adverse events, like the COVID-19, than positive ones. Luckily, our brain is also neuroplastic and can change continuously throughout life. Therefore, we should cultivate gratitude – the habit of paying attention to and recalling the good things in life to reprogram our brains positively.

"It can lower blood pressure, anxiety, depression, improve immune function and facilitate more efficient sleep," said Robert A. Emmons, professor of psychology at the University of California Davis, the leading scientific expert on the science of gratitude.

> This shall also pass.

Heraclitus, a Greek philosopher, says, "change is the only constant in life." Everything in life is impermanent. Just like the Ebola, SARS, and MERS coronavirus, the COVID-19 outbreak will eventually stabilise and come to an end. Sooner or later, we will subsequently find a cure for the disease. Remembering the natural law of impermanence helps us to stay hopeful and ease anxiety.

AN ALL-OUT EFFORT

Malaysia wasn't spared from being hit by the COVID-19 pandemic, however the country was fully geared to manage the disease through the efforts of the government as well as the private sector – and the outcome today is something each of us as fellow Malaysians should be proud of.

Private hospitals in Malaysia play a crucial role in these pressing times, taking necessary precautions to curb the spread of the disease and easing the burden of government hospitals, and Sunway Medical Centre is among the private hospitals that have taken utmost precautions against COVID-19.

COVID-19 TEST

The hospital provides the COVID-19 test and should there be a confirmed case, the hospital will immediately inform and transfer the patient to the designated hospital, namely Sungai Buloh Hospital.



TRIAGE COUNTERS

We set up 24-hour triage counters at each of entrance to screen all patients and visitors. Each person entering the hospital must scan the QR code and fill out a form declaring their details and condition about the disease. It is compulsory for each person entering the hospital to get a temperature check at the entrance which includes manual screening and automatic temperature scanner.



MEDICAL TENT

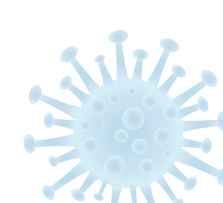
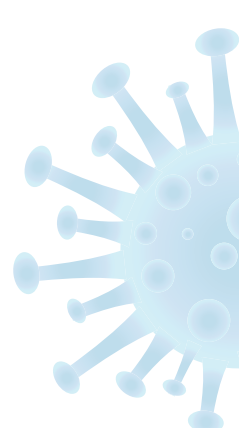
For those who have fever, flu or cough, the doctor on standby at the Medical Tent will immediately diagnose and prescribe medications for them there and they can go back home to rest or be admitted to the hospital if necessary.

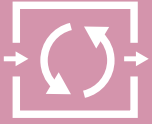
If the doctor suspects there is a Patient Under Investigation (PUI) case, he will conduct further examinations including a blood test or flu test. The doctor will also investigate the patient's travel history if he has been to high-risk countries or had been in close contact with a confirmed case. If these criteria are met, we will then conduct the COVID-19 test on the patient.

The specimen collected will be put into a refrigerator and immediately sent to the Sunway Medical Centre's lab for investigation. The result can be obtained between 24 and 72 hours, and the hospital will inform the patient on the result.



THE HOSPITAL EFFORT





ISOPOD AND NEGATIVE PRESSURE ROOM & CABIN

Our negative pressure rooms are located in Accident and Emergency (A&E) and Intensive Care Unit (ICU), while the negative pressure cabins were acquired and are located in front of A&E.

Negative pressure rooms and cabins are effective in containing the virus inside the area as negative pressure is created inside which keeps the virus from spreading to other patients, visitors and healthcare workers.

Isopod is also a negative pressure pod that helps keep a suspected patient contained inside.



HYPER LIGHT DISINFECTION ROBOT

The specially designed robot prevents Healthcare-Associated Infection by means of UVGI (Ultraviolet Germicidal Irradiation) disinfection method. The germicidal UV (254nm UVC) is capable of killing and inactivating microorganisms. It is clinically proven with capability of eradicating more than 99.99% of microorganisms including bacteria, viruses and pathogens.

The robot not only improves the environmental hygiene, but also protects patients and healthcare workers from cross infection. Ultimately, reducing healthcare-associated infection can result in better quality of care.

In addition to this, the hospital has encouraged every person entering its premises to wear a mask, practice social distancing and maintain personal hygiene. Common areas and surfaces around the hospital are also constantly disinfected to ensure that our patients and visitors are safeguarded during this unprecedented time.



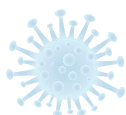
COVID-19 TASKFORCE

Our first line of action was to set up a COVID-19 Taskforce that involves a multidisciplinary team from various departments to tackle the disease. The team is in charge of the triage process of patients, staff and visitors to ensure the safety of those entering the hospital.



COVID-19 TESTING POD

The pod allows our healthcare workers to conduct testing on suspected COVID-19 cases in a safe and efficient manner without the fear of contracting the virus. The pod also helps to reduce the use of personal protective gear (PPE).



Paging DR ELFY



Is it possible to get dengue over and over again?



You can get it again even if you've had it before. This is because there are 4 different serotypes of dengue virus.

Infection with one dengue serotype confers lifelong immunity to that serotype and a brief period (approximately 2 years) of partial heterotypic immunity to other serotypes, but an individual can eventually be infected by all 4 serotypes.

Initial dengue infection may be asymptomatic or result in a nonspecific febrile illness, or it may produce the symptoms of classic dengue fever.



Is there such thing as sleeping too much?

Yes, you can sleep too much. Oversleeping is associated with many health problems including Type 2 diabetes, heart disease and obesity.

Sleep needs can vary from person to person but in general, experts recommend that healthy adults get an average of 7 to 9 hours per night of shuteye. If you regularly need more than 8 or 9 hours of sleep per night to feel rested, it might be a sign of an underlying problem.

If you're an oversleeper, experts recommend checking in with your doctor. He or she may recommend a sleep study to rule out sleep disorders.

Should I ask my doctor why he/she is prescribing this medicine?



As a patient, it is your right to understand everything about a medication prescribed to you. No matter what the health condition is, there is always more than one choice of medication to treat it. Ask why the one your doctor recommends is the best choice for you. You want to know what the medicine is expected to do and how that will be monitored.

SPECIAL FOCUS



Sunway Medical Centre's 20th Anniversary: A Celebration to Remember

Sunway Medical Centre toasted to two decades of being part of the local healthcare sector during its annual dinner last November. Themed "Oscars Night", the celebration brought together 1,870 employees of Sunway Medical Centre to commemorate the hospital's achievements and team's contributions with a glitzy celebration of glamour, music and dance.

With 20 years under its belt, Sunway Medical Centre has witnessed its fair share of accomplishments. From bagging national and international awards, to boasting state-of-the-art facilities and services, the hospital has risen through the ranks to better some of the more established hospitals in the region.

Sunway Group Founder and Chairman, Tan Sri Dr Jeffrey Cheah proudly stated in his speech, "I have seen how the healthcare landscape has changed for the better in Malaysia and I am proud that Sunway Medical Centre has contributed greatly towards the sector's improvement, as well as expanded in tandem with the industry's growth. In our continuous efforts to advance healthcare standards in Malaysia and the region, Sunway Medical Centre has partnered with world-renowned institutions including the University of Cambridge, Royal College of Physicians, Royal Papworth Hospital and Harvard Medical School."

Tan Sri Dr Jeffrey Cheah also noted recent developments within the hospital with the opening of the 240-bed Sunway Medical Centre Velocity, Sunway Specialist Centre Damansara, the newly established Sunway Traditional Complementary Medicine Centre, as well as the first regional expansion with Sunway Medical Centre, Singapore. The hospital is continuing its growth with the construction of six more hospitals in the near future. With all these and more, it is undeniable that Sunway Medical Centre's journey to becoming a leading private hospital in Malaysia and the region is only just beginning.

Befitting the theme of the night, Sunway Medical Centre presented its own version of the "Oscar Awards". One of the most anticipated awards was the Long Service Award recognition for employees who have been with Sunway Medical Centre for five, 10, 15 and 20 years. Among them, 17 staff members have been with the hospital since its first day of operations on 15 November 1999. Their 20 years of passion, dedication and loyalty has seen the hospital through to what it is today. As a token of appreciation for their hard work over the years, all employees were gifted with a smartwatch.

In addition, 12 employees were awarded the Most Outstanding Employee Award. And, the honours did not stop there, with awards also given out for the Most Improved Department being accorded to the Wellness Centre, Central Sterile Services Department, Food Services and Coronary Care Unit, Intensive Care Unit and High-Dependency Unit.

Employees were in for bouts of laughter and left in stiches with performances by Harith Iskander and Adibah Noor, who not only emceed the event, but also performed multiple songs throughout the night and kept the crowd on their feet.

Here's to another 20 years!

The Doctor Is In: NEW CONSULTANTS ON BOARD



Dr Aqilah Othman

Clinical Oncology

Dr Aqilah is a University of Aberdeen, Scotland graduate and later, went on to pursue her postgraduate training in clinical oncology. Her clinical focus includes systemic therapy for adult cancers and radiotherapy. Dr Aqilah is also a Fellow of Royal College of Radiologists (FRCR) demonstrating her expertise in various fields of medicine.



Dr Farah Leong Rahman

Fertility Medicine, Obstetrics & Gynaecology

Dr Farah is a reproductive medicine specialist, obstetrician and gynaecologist. She graduated from the University of Malaya and went on to pursue her passion in reproductive education through a postgraduate degree in the said field at the National University Hospital in Singapore. Her focus includes assisted reproductive techniques, as well as laparoscopic and hysteroscopic procedures.



Dr Hoo Mei Lin

Fertility, Gynaecology

Dr Hoo is a gynaecologist with a clinical focus on fertility, benign gynaecological disorders and pre-invasive gynaecological disorders. She completed both her graduate and postgraduate trainings at the University of New South Wales, Australia. She has also developed a procedure focus in assisted reproduction as well as minimally invasive surgeries such as laparoscopy and operative hysteroscopy.



Dr Ivan Shew Yee Siang

Clinical Oncology

Dr Ivan Shew has a keen interest and focus on cancer palliative care, breast cancer, lung cancer, colon cancer, gynaecological cancer, head and neck, and nasopharyngeal cancer. He is well versed in all oncology treatment modalities including chemotherapy, targeted therapy, immunotherapy, hormonal therapy, IMRT, tomotherapy, VMAT, cancer palliative care and brachytherapy.



Dr Jama'iah Mohd Sharif

Paediatric Dentistry

Dr Jama'iah is skilled and experienced in managing paediatric dental conditions including dental diseases, dental and orofacial trauma, oral surgery, oral pathology and oral medicine cases. She is competent in managing various types of paediatric patients, medically compromised and special needs patients, either chair side or under general anaesthesia.



Dr Lim Lei Ai

Ophthalmology

Dr Lim is experienced in the management of complex glaucoma in adults and children. She is competent in minimally invasive glaucoma surgeries such as the trabectome and endoscopic cyclophotocoagulation (ECP) as well as in more traditional glaucoma surgeries such as trabeculectomies and aqueous drainage (tube) implantation, in addition to medical treatment and the appropriate use of lasers in glaucoma management.

She is passionate about sight preservation and the provision of personalised and reliable care to her patients.



Dr Chan U-Teng

Ophthalmology

Dr Chan, a graduate of the University of Karnatak, India, went on to receive her Masters in Ophthalmology from the University of Malaya. By 2014, she earned a Fellowship in Cornea from the Sydney Eye Hospital. Her clinical focus includes corneal infections, corneal perforations, peripheral ulcerative keratitis, diabetic eye disease and glaucoma.



Dr Cheah Chee Ken

Internal Medicine, Rheumatology

Dr Cheah, a graduate from the University of Science Malaysia, received his postgraduate training both locally and internationally. He possesses extensive medical experience in inflammatory and degenerative arthritis, as well as autoimmune diseases and osteoporosis, to name a few. Beyond his clinical experience, Sunway Medical Centre also takes pride that he was awarded the Award for Excellence in Services by the Ministry of Health Malaysia twice.



Dr Cindy Chan Su Huay

Developmental Paediatrics

Dr Cindy obtained her medical degree from Universiti Kebangsaan Malaysia in 2000 and completed her paediatric specialist training in 2007. She pursued further subspecialty training in developmental paediatrics at Hospital Kuala Lumpur and Hospital UKM in 2012, and completed her Clinical Fellowship in Developmental Medicine and Community Child Health at the Royal Children's Hospital, Melbourne, Australia in 2015.

She has extensive experience in both general and developmental-behavioural paediatrics. Her main area of expertise is in the diagnostic assessment and management of developmental disorders, autism spectrum disorder (ASD), learning problems, attention deficit hyperactivity disorder (ADHD), behaviour problems and emotional difficulties in children.



Dr Lim Hsien Han

Ophthalmology

Apart from general ophthalmology such as cataract, Dr Lim interest lies in early detection and treatment of glaucoma. He believes in preventable blindness and affordable and accessible eye care for all, and hopes to provide the various options currently available medically or surgically to all his patients to preserve visual function and maintain their quality of life.



Dr Nik Muhd Aslan Abdullah

Clinical Oncology

Dr Nik, a graduate from the University of New South Wales, Australia, received his specialist training locally, serving at numerous hospitals including UKM Medical Centre, University Malaya Medical Centre and Hospital Kuala Lumpur. His clinical focus includes systemic therapy for adult cancers and radiotherapy.



Dr Norzila Mohamed Zainudin

Paediatrics, Paediatric Respiratory Medicine

Dr Norzila is a graduate from University Kebangsaan Malaysia, where she also received her specialist training in the field of paediatrics. She went on to pursue a sub-specialisation in the field of paediatric respiratory medicine at John Hunter Children Hospital Newcastle, Australia and Evalina Children's Hospital, St. Thomas Hospital, London.



Dr Peh Khaik Kee

Ophthalmology

Dr Peh obtained his medical degree from the University of Aberdeen, UK. He then completed his ophthalmology specialist training in England and was awarded the Certificate of Completion of Training (CCT). He is also a Fellow of the Royal College of Ophthalmologists, London.

Additionally, he undertook a Medical Retina Clinical Research fellowship in Wolverhampton Eye Infirmary and completed Surgical Retina Fellowships at both the Royal Perth Hospital, Western Australia and the Oxford Eye Hospital in UK.



Dr Rosnawati Yahya

Nephrology

Dr Rosnawati is a nephrologist with a clinical focus in glomerular disease, chronic kidney disease, systemic lupus erythematosus, haemodialysis and kidney transplantation. Upon completing her postgraduate training, she successfully became a Fellow of Royal College of Physicians, Edinburgh [FRCP [Ed]]. Dr Rosnawati is also the Treasurer of the Malaysian Society of Nephrology.



Dr Rosmadi Ismail

Internal Medicine, Interventional Pulmonology, Respiratory Medicine

Dr Rosmadi, a graduate of Dalhousie University, Nova Scotia, Canada pursued his postgraduate studies in internal medicine, respiratory medicine and interventional pulmonology both locally and internationally. This led to his current areas of focus which include asthma, pneumonia, central airway pathology, and the diagnosis and management of lung cancer. In 2006, Dr Rosmadi was awarded the Service Excellence Award by the Ministry of Health Malaysia.



Dr Tan Eng Soon

Gastroenterology & Hepatology

Dr Tan, a graduate of Penang Medical College, went on to receive his postgraduate sub-specialisation in gastroenterology from the Ministry of Health Malaysia. For two years, he was the Head of Gastroenterology Unit at Hospital Kuala Lumpur. He also received his advanced endoscopy training at Changhai Hospital, Shanghai which led to his current procedure focus which includes therapeutic and diagnostic oesophagealgastrroduodenalscopy (OGDS) and colonoscopy.



Dr Tee Bee Chin

Psychiatry

Dr Tee specialises in the area of Developmental Child Psychiatry including matters concerning autism spectrum disorder, attention deficit hyperactivity disorder and learning disorder. She also works on eating disorder, mood disorder, school refusal, family therapy, parenting skills, cognitive behavioural therapy and mindfulness-based therapy in children and adolescents as well as other psychosocial management.



Dr Teoh Wei Leng

Endocrine and Diabetes

Dr Teoh is experienced in the use of flash glucose monitoring to improve the life for diabetes patients. she is also trained to manage and optimise the use of insulin pumps. She is a strong advocate for using technology in aiding the management of diabetes. Her areas of interest include management of thyroid disorders, gestational diabetes, pituitary disorders, maturity onset diabetes of the young, secondary hypertension due to hormonal imbalances, parathyroid disorders, imbalances of reproductive hormones and management of diabetes food disease.



Dr Umi Kalthum binti Mohd Noh

Ophthalmology, Cornea & External Eye Disease, Laser Vision Correction

Dr Umi received her undergraduate degree from Trinity College, Dublin, Ireland before beginning her housemanship training at St James's Hospital, Dublin. She went on to complete her Masters in Ophthalmology at University Kebangsaan Malaysia, where she also served as a lecturer for many years. From 2018-2019, she was the Head of Department and Consultant Ophthalmologist and Cornea at the Nilai Medical Centre.



Dr Zaharuddin bin Rahmat

Gynaecology Oncology, Obstetrics & Gynaecology

Dr Zaharuddin received both his undergraduate and postgraduate training in the field of obstetrics and gynaecology at the University of Malaya. In 2007, he was honoured by the Malaysian Ministry of Health with the Outstanding Employee award. His area of focus is gynae-oncology, covering conditions including benign and malignant gynaecological cancers, abnormal pap smears and abnormal menses.

CANCER IN THE ELDERLY

by **Dr Aqilah Othman**, Consultant Clinical Oncologist



DOCTOR TALKS

Challenges and Barriers

The word 'cancer' is always associated with fear – fear of pain and suffering, fear of recurrence, fear of death – to name but just a few. Such fear is drastically heightened in older adults, as most of them are worried that their other chronic health conditions, coupled with a weakened immune system, might complicate their recovery process.

This is at times complicated by the lack of knowledge on oncology treatment breakthroughs as patients struggle to make an informed decision about the most suitable treatment for their case.

Maintaining updated knowledge and skills in the ever-evolving cancer treatment developments are just the basics. Modern-day oncologists must also be equipped with the soft skills to explain complicated medical jargon to the patients in layman terms.

Ideally, oncologists should also be fluent in various languages and dialects as there are many older adults who could not understand English very well.

For example, communicating the differences in various available radiotherapy treatment systems such as Radixact-X9 Tomotherapy, TrueBeam, IORT and Gamma Knife allows both the oncologist and the patient to work hand in hand to personalise treatment plans on a case-by-case basis, thereby achieving optimal results.

There are so many myths surrounding cancer, stirring up unnecessary fear. We need to educate our patients on the available treatment options. As advancements continue to be made in cancer treatment, we, as oncologists, must guide our patients to ensure that they fully understand the best management for their care.

Cancer treatment may be more challenging in the elderly and many factors need to be carefully weighed. However, in the right setting and with the appropriate individualised treatment, cancer in the elderly can be managed just like any other chronic condition.



Dr Aqilah Othman

Dr Aqilah Othman received her oncology training at Beatson West of Scotland Cancer Centre, an internationally renowned specialised cancer care centre in the United Kingdom.

As a recipient of The Royal College of Radiologists RCR-Cyclotron Trust Visiting Fellowship, a coveted award granted to promote a greater understanding of proton and carbon ion therapy in the wider spectrum of advanced radiotherapy to clinical oncologists whilst she was still working in the United Kingdom, Dr Aqilah is no stranger to proton therapy, the modality used to treat Datuk Lee Chong Wei's cancer, having undertaken her fellowship on this in a tertiary centre in Italy. An oncologist of Chinese-Malay parentage, Dr Aqilah is proficient in Cantonese, English and Malay.



The Reality of **COLORECTAL CANCER**

Types of Colorectal Cancer

Colorectal Adenocarcinoma

It is a cancer that grows in epithelial cells that line the colon or rectum. It usually begins in the inner lining and eventually spread to other layers. Adenocarcinoma covers 95% of colorectal cancer cases.

Gastrointestinal Carcinoid Tumour

Carcinoid tumours develop in nerve cells called neuroendocrine cells, which help regulate hormone production. These tumours are among a group of cancers called neuroendocrine tumours (NETs). They account for 1% of all colorectal cancers.

Gastrointestinal Stromal Tumour

It is a type of tumour that occurs in the gastrointestinal tract, most commonly in the stomach or small intestine. The tumours are thought to grow from specialised cells found in the gastrointestinal tract called the interstitial cells of Cajal (ICCs) or precursors to these cells. GISTs are usually found in adults between ages 40 and 70. Rarely, children and young adults develop these tumours.

Staging and Grading

Once you have been diagnosed positive for cancer after a biopsy test, the condition will be given a stage and grade. This vital information will help you and your healthcare team to choose the best treatment for you. The stage of colorectal cancer tells you how big it is and whether it has spread. The grade means how abnormal the cancer cells look under the microscope.

There are 5 stages for colorectal cancer:

Stage 0

At this stage, it is known as carcinoma in situ or intramucosal carcinoma. It is the earliest stage of colorectal cancer. In stage 1, the cancer has not grown beyond the inner layer of the colon or rectum

DISEASE AWARENESS

It is a type of cancer that forms in the colon or the rectum. As both have many features in common, they are often grouped together as colorectal cancer.

Reality Check

The latest Malaysian National Cancer Registry Report (2012-2016) revealed that colorectal cancer contributes to a high amount of the number of cancer cases in Malaysia.

This cancer is the No.1 cancer among Malaysian men and the No.2 cancer among Malaysian women, with 70% of cases detected at late stages (Stage 3 and 4). This cancer is more frequently diagnosed among Malaysian men with statistics showing that 16.9% of them have or still have colorectal cancer.

Colorectal cancer can be prevented through regular screening – and a colonoscopy is the best screening test available for colorectal cancer. Screening is crucial because when found early, colorectal cancer is highly treatable.



About the Colon and Rectum

The colon is also called the large intestine. The colon is also called the large intestine, which is a part of the digestive system. Its walls are lined with muscles that squeeze its contents along, removing water, salt, and some nutrients and waste that form the stool. The rectum is the final part of the large intestine that ends in the anus.

Stage 1

The cancer has grown past the muscular mucosa and into the submucosa. There is a chance of it already growing into the muscularis propria as well. The cancer has not spread to nearby lymph nodes or further areas.

Stage 2

The cancer has grown through most of the layers of the colon or rectum, and may have grown into nearby organs or tissues. The cancer has not spread to the lymph nodes or distant organs.

Stage 3

The cancers have spread to nearby lymph nodes, but they have not yet spread to other parts of the body.

Stage 4

The cancers have spread to distant organs and tissues. Most of the time it spreads to the liver, but it can also spread to other organs such as the lungs, brain, peritoneum (the lining of the abdominal cavity), or to further lymph nodes.

- Personal history of colon cancer or adenomatous polyps
- Those with a history of radiation therapy targeted at the abdomen to treat for previous cancers
- Chronic inflammatory diseases of the colon, e.g. ulcerative colitis and Crohn’s disease
- Inherited genetic syndromes, e.g. familial adenomatous polyposis (FAP), hereditary non-polyposis colorectal cancer (HNPCC) or Lynch syndrome, Peutz-Jegher syndrome, Juvenile Polyposis, MUTYH-associated polyposis (MAP)

What Can I Do?

- Maintain healthy body weight (Normal BMI 18.5-24.9kg/m²)
- Healthy diet: A diet rich in fruits and vegetables and low in red meat & processed meat.
- Increase physical activity to more than 150 minutes of moderate intensity exercise per week

I have a higher risk of getting colorectal cancer. Can it still be prevented?

- Take preventive measures to further lower the risk. If you have a family history of colon cancer or inherited genetic syndromes, talk to our Genetic Counsellor for genetic testing, which looks for specific inherited changes in a person’s genes. Regular screening is also essential to reduce the risks and complications caused by colorectal cancer, our Gastroenterologists would be able to advise you on this.

The 4 grades of colorectal cancer:

- Grade 1** – Low grade, looks most like normal cells
- Grade 2** – Looks a bit like normal cells
- Grade 3** – Looks very abnormal and not like normal cells
- Grade 4** – High grade, looks completely different from normal cells

Warning Signs

Signs and symptoms:

- A change in bowel movement, such as diarrhoea, constipation, or narrowing of the stool
- A feeling that the bowel movement was not relieved completely
- Rectal bleeding
- Blood in the stool, either bright red or very dark
- Frequent abdominal cramps, gas pains and bloating
- Weakness and fatigue
- Unexplained sudden loss of weight

Risk Factors

- Elderly aged 50 years old and above
- Unhealthy diet with low fibre diet and high intake of red meat and processed meat
- Sedentary lifestyle – less than 150 minutes of exercise a week
- Smokers
- Diabetics
- Heavy alcohol users
- Obesity (BMI >25kg/m²)
- Family history of colon cancer

Colorectal Cancer Myths Vs Facts

Myth	<i>You don't need to be screened for colorectal cancer if you have regular bowel movements and are feeling fine.</i>
Fact	<i>Colorectal cancer is a silent killer, as the symptoms may only be obvious during the advanced stage of the cancer where chances for cure are much lower.</i>
Myth	<i>You don't need to get screened for colorectal cancer if there is no family history of colorectal cancer.</i>
Fact	<i>Only 10 to 20 percent of those diagnosed with colorectal cancer has a family history with colorectal cancer. It is possible to get colorectal cancer even if there is no relative who ever had it.</i>
Myth	<i>Once you are diagnosed with colorectal cancer, there's no way to cure it.</i>
Fact	<i>Colorectal cancer is preventable and treatment is possible if there is early detection. Those who are diagnosed at an early stage have over 90 percent chance of curing and surviving this cancer.</i>

Plantar Fasciitis (Heel Pain)

WELLNESS

What is Plantar Fasciitis?

Plantar fasciitis is the most common cause of heel pain. It is caused by excessive strain on the plantar fascia, a band of soft tissue that runs from your heel bone to the front of your foot and it helps to stabilise your foot and acts as a shock absorber.

Every step you take, the plantar fascia over stretches with extra force that causes micro-tears to the plantar fascia and results in pain and localised inflammation.

Symptoms of Plantar Fasciitis

- Pain around the heel bone, usually on the inner side of the heel.
- Pain when you wake up in the morning and take your first few steps or getting out of a chair after long periods of rest.
- Pain after long standing and activities such as running.

Risk factors for developing Plantar Fasciitis

Plantar fasciitis affects roughly 1 in every 10 adults and affect both athletes and non-athletes. Here is the list of risk factors:

- It is common between the age of 40 and 60
- It is more common in women than men
- Higher risk if you are overweight
- Diabetes increases the risk of plantar fasciitis
- Standing long hours on a hard surface
- High impact activities such as running, cross training and jumping
- Old worn out shoes or thin soled shoes with no cushion
- Tight Achilles tendon and the plantar fascia
- High arched and flat feet both



How is plantar fasciitis diagnosed?

Patient interview: A thorough medical history and the onset of the symptoms, pain patterns, and how the symptoms affect lifestyle.

Physical examination: Examine the patient's feet for range of motion, muscle power, pain spots, swelling and other abnormalities. Evaluate walking patterns that might be contributing to the symptoms.

Imaging test: To rule out other possible causes of heel pain, sometimes X-ray, ultrasound or MRI scans may be requested.

How does a podiatrist treat Plantar Fasciitis?

There is no one treatment to cure plantar fasciitis and it can take some time to recover from the debilitating pain. Podiatrists usually combine a few different regimes to treat plantar fasciitis effectively.

Rest: The podiatrist will advise you to reduce physical activities when you have severe pain. This is to prevent further damage to the plantar fascia and allow quicker recovery.

Footwear: It is important to reduce tension on the plantar fascia while you are on your feet and footwear plays a very important role in supporting your plantar fascia. It is best to wear supportive footwear like sports shoes.

When you select the sports shoes, look out for rigid outer sole, firm heel counter and plenty of cushion inside the shoes. Do not choose sports shoes with flexible sole and do not go for old pair of sports shoes. These can cause more harm than good.

Podiatrists are able to advise you on the specific shoe models for your foot type and occupation. It is advisable to wear both outdoor and indoor footwear to minimise the damage to the plantar fascia.

Ice massage: This helps to reduce inflammation and pain and a podiatrist will advise you to apply ice pack or ice massage at the end of the day and after sports. You can use a frozen water bottle and roll your foot back and forth over it for 10-15 minutes. It works as icing as well as massaging the plantar fascia.



Stretching exercises: Stretching calf muscles is important to increase flexibility to allow smooth heel to toe movement.

- Stand a few inches away from the wall and place both hands against the wall.
- Put your toes on the right foot against the wall, keeping your heel on the floor.
- Lift the left heel up and shift your body forward and you will feel a good stretch along the right Achilles tendon.
- Stay in this position for 30-60 seconds. Repeat the same on the left side.

Orthotics/insoles: Cushioning insoles can be purchased from pharmacies to give extra cushion to relieve pain. If this does not relieve any pain, podiatrists are able to provide customised orthotics specific to your foot shape.

Often times, how your feet move is the cause of your heel pain and if we do not address this issues, pain does not resolve. Podiatrists will assess how your feet moves when you walk and prescribe custom orthotics to control your foot movement and this will help to reduce pain and prevent future injuries.



Shock-wave therapy: This is a non-invasive treatment that applies a series of acoustic wave to the affected area to increase blood flow and accelerate healing and reduce pain. Chronic plantar fasciitis is one of the most effectively treated condition with shock wave therapy.

High-intensity laser therapy: This is also a non-invasive treatment that applies specific wavelength laser light to the affected area. The laser energy penetrates to deeper tissue and stimulate blood flow to the area and increase tissue healing and regeneration. When the pain is very intense, multiple sessions of laser therapy can ease the pain quickly.

Night splint: Plantar fasciitis night splint keeps your foot at 90-degree angle. This helps to stretch your calf and the plantar fascia while you are sleeping. While this is one of the most effective treatment, it does not suit everyone as it might affect your sleep if you are a light sleeper. Podiatrists will discuss with you and decide if it is suitable for you.

Taping: It is used to support the plantar fascia and relieve pain. Podiatrists will show you how to apply this at home.

Although there is no instant cure for plantar fasciitis, it is a curable condition. The outcomes of the treatment depend on the severity and the duration of the condition. The more chronic the condition is, longer it takes to recover from plantar fasciitis.

Plantar fasciitis can be treated effectively when treated at early stage, so if you have discomfort or pain in your heels seek medical help at early stage to prevent worsening of the condition and resolve it quickly.

INFOGRAPHICS

Radixact X9 Tomotherapy

A Safer and Smarter Way
to Manage Cancer

When it comes to cancer treatment, one of the biggest concerns for patients is the effectiveness and precision of the treatment prescribed, especially with regards to chemotherapy and tomotherapy. This could soon change with the new Radixact X9 by Accuray.

Radixact X9 targets cancerous tumours accurately, thanks to its submillimetre targeting, while simultaneously ensuring the patient's comfort. On top of this, it is also deemed safe for repeat radiation (ReRT).

Some of the machine's key features include:

- Fewer side effects
- Motion versatility
- Faster and more efficient treatment
- Shorter treatment (between 1 to 7 weeks)
- Daily monitoring of tumour activity with real-time imaging

Radixact X9 also allows for both 360-degree and angle-specific treatment delivery that will focus on the specific cancerous tissue while sparing the healthy ones.



Real-time imaging will enable both patients and doctors to adjust and monitor treatment on a daily basis. Apart from that, the machine provides exceptional flexibility with personalised treatment for cancer patients, whether they are suffering from prostate, breast or head and neck cancers.



FIVE-A-DAY

WELLNESS

Fruits and vegetables are powerful in keeping us healthy. Eating more fruits and vegetables may help to prevent major killer diseases such as cardiovascular diseases and certain cancers. How can we get enough fruits and vegetables everyday?

3 great reasons why you should eat more fruits and vegetables

1. They are high in soluble and insoluble dietary fibre
 - Soluble fibre reduces low-density lipoprotein (LDL) cholesterol level ("BAD" cholesterol).
 - Insoluble fibre promotes bowel function hence prevents constipation
2. They are high in potassium
 - Keeping your blood pressure normal
3. They are rich in antioxidants and other phytochemicals (plant chemicals)
 - May reduce the risk of heart disease and some cancers

Getting your 5-a-day

There are so many different types of fruits and vegetables that there is surely something for everyone. Remember to go for at least 5 portions of a variety of fruits and vegetables daily. A portion means a typical serving of fruits or vegetables.

1 portion is equivalent to:

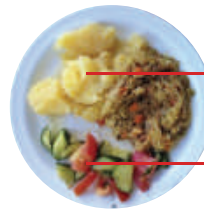
- ½ cup cooked vegetables
- 1 cup raw vegetables (salad/ulam)
- 1 medium fruit (e.g. medium apple, small banana, ½ guava, 1 average slice of melon)

FIVE-A-DAY =

3 Portions of Vegetables +
2 portions of Fruits EVERYDAY

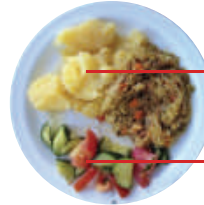


1/2 portion



1 1/2 portion

1 portion



1 portion

1 portion

* Total 5 portions of fruits & vegetable

Can I take vitamin and mineral supplements instead of eating fruits & vegetables?

No. Vitamin and mineral supplements do not have the same benefits as eating fruits and vegetables. If you take vitamin and mineral supplements as a substitute, you will miss out on the natural goodness of fibre, phytochemicals and antioxidants as well as the joy of eating fruits and vegetables.

Eat more fruits & vegetables as part of a balanced diet. Start asking for a portion of vegetable on your plate and grabbing a piece of fruit with lunch and dinner!

TALES FROM THE HOSPITAL

Patient Testimonial:
HARMID SINGH

“I am preparing you for your son’s wedding”

Harmid Singh remembers the incident in May clearly because he and his wife were busy delivering their son’s wedding invitations the day before.

That morning, Harmid looked out from his kitchen but couldn’t see his wife’s car. Harmid would usually send his granddaughter to school but he had forgotten and his wife was out to drop her off. While having breakfast after she returned, his son noticed that he didn’t look well. Harmid casually replied that he was fine and just needed to rest.

When he got to his bedroom, he stared blankly at the walls, not knowing where the air-cond switch was. Harmid’s wife came to check on him and noticed that his speech was slurred when he attempted to answer her. When his wife woke him up for lunch, he insisted that he just wanted to sleep.

Harmid slept the entire day and only woke up in the evening. This was when his family convinced him to see a doctor as something just wasn’t right.

Harmid was initially placed under the care of Dr Raymond Tan, Consultant Neurologist at Sunway Medical Centre for a presumed transient ischaemic attack. However, brain imaging showed no intracranial vascular abnormalities. More alarmingly, the scan revealed a tumour arising from the left occipital region.

Harmid was referred to Dr Ian Low Hu Liang the same day. Dr Ian diagnosed him with left occipital solitary fibrous tumour of the central nervous system, a tumour that was pressing on his nerves.



This caused Harmid to lose partial vision and have slurred speech.

Upon further investigation, it transpired that Harmid may have had health problems dating back to November 2018. According to his wife, he would complain of headaches but would brush it off and self-medicate. While driving, she noticed that he would drive too close to the right side. It was only after undergoing further tests that he realised there was a black area on the right side of his vision.

Harmid was advised to undergo surgery immediately to remove the tumour but asked if it could be delayed until after his son’s wedding. Dr Ian’s reply was firm and simple: “I am preparing you for the wedding”.

On the wedding day in July, many of Harmid’s friends and family commented on his quick recovery.

“From the bottom of my heart, I would like to thank the staff at Sunway Medical Centre who looked after me before, during and after the surgery. I am now fully recovered and thank you is but a small word to express how grateful I am to everyone at the hospital who took excellent care of me, especially Dr Ian Low who is such a great doctor,”

- expressed Harmid.



“I’M SAD, DOCTOR.”

by Dr Samuel Ong, Cardiologist

P sees me for his cardio check-up once a year. He always comes unaccompanied. In between these annual visits, he does his regular check-ups at a government clinic in his hometown. He is 69 years of age and a big man – tall, with a big tummy and this time quite unshaven.

“ Good morning.
(Selamat pagi.) ”

I greeted him as he walked into my clinic room.

“ Good morning, doctor.
(Selamat pagi, doktor.) ”

He replied before plonking his huge frame in the patient’s chair next to my table.

I asked him how he was, and he replied that he was well. Then I asked more specific and directed questions and he answered them all in the negative. I proceeded to examine him and then said to him that all was fine except that his blood pressure was a bit high this time.

“ I’m sad, doctor.
(Doktor, saya banyak sedih.) ”

I heard him say as I was recording my findings in his case notes. It came out of the blue. I had never heard him say that before. I stopped writing, looked up at him and asked him why.

“ My wife passed away two weeks ago. She was so young; she was only 58-year-old.
(Isteri saya meninggal dua minggu lepas. Dia baru saja umur lima puluh lapan tahun; masih muda lagi.) ”

He tried to say it as a matter-of-fact, but he could neither disguise his breaking voice nor hide the hint of tears in his eyes. I paused for a moment, then asked him what happened.

He tried to explain as best as he could. Apparently, a lump was discovered in his wife’s abdomen. She had surgery, but then this was complicated by infection, with pus draining out of the wound. Treatment was not improving things, and she was subsequently transferred to another hospital but after a few days she passed away. Unexpected illness. Short illness. Unsuccessful surgical intervention. Death. And no one was prepared for this! The big man was brought low by a “Mike Tyson” blow. Little wonder then that his blood pressure higher than usual, and he was looking a wee bit unkempt.

We then chatted a little bit more. I asked about his marriage and the family. He was twenty-one and she was only fifteen (yes, fifteen) when they tied the nuptial knot according to traditional rites, and their first child was born just two years after that. Wow! Four more children were to follow, the last two being twins. He spoke fondly of her. It was obvious he loved her and was missing her.

When it was time for him to leave, I got up, shook his hand, patted his shoulder and wished him well. His wounds were still raw, but I believe time will heal. Today I dealt with both his hearts – the one that goes “lup-dub” and the other that fuels his being. In doctoring, one has to be prepared always to deal with the whole person, and not just the “little hole” visible to the human eyes.



EVENTS

Tan Sri Dr Jeffrey Cheah AO, Sunway Group Founder and Chairman with the team from Sunway Medical Centre during the recent award ceremony

BMCC AWARD

Sunway Medical Center Bags UK-Malaysia Partnership Award at BMCC Business Excellence Awards 2019

The Business Excellence Awards organised by the British Malaysian Chamber of Commerce (BMCC) brought much elation to Sunway Medical Centre as the team bagged the UK-Malaysia Partnership Award. The award ceremony also honoured Sunway Group founder and chairman Tan Sri Dr Jeffrey Cheah AO with the highly coveted UK-Malaysia Business Personality of the Year Award for his contributions to bilateral trade and business between the two countries.

Sunway Medical Centre was awarded for its contribution in research and clinical training opportunities following a partnership with the University of Cambridge, which has led to the setting up of a clinical research centre at the hospital, which is the first of its kind in the world.

“It is truly an honour for us to win this award. We are delighted that our deep partnership with leading academic institutions in the UK has not only enabled us to share knowledge, expertise and research, but also helped raise the standards of healthcare in the region,” said Sunway Healthcare Group Managing Director, Lau Beng Long, regarding the recognition.

Sunway Medical Centre established its partnership with the University of Cambridge and the Royal College of Physicians, London (RCP) in 2014 to organise a series of joint Continuous Medical Education (CME) seminars featuring the world’s most renowned specialists and to cover the latest trends and developments in acute and general medicine.

In addition, a Clinical Research Centre was established in Malaysia to serve as the regional site partner for the University of Cambridge. This centre allows researchers from Malaysia and the UK to work together in tackling some of the world’s major health challenges. It also helps provide an integrated approach to healthcare, clinical trials and research in Malaysia for a range of diseases that have an affinity with the Asian genetic composition.



Tan Sri Dr Jeffrey Cheah AO, Sunway Group Founder and Chairman (second from left), receiving the award from YB Tuan Lim Guan Eng, Finance Minister. They are flanked by H.E. Charles Hay, British Commissioner to Malaysia (left) and Andrew Sill, BMCC Chairman and Managing Director, Country Head of Commercial Banking, HSBC Malaysia (right)



The annual Business Excellence Awards gives recognition to companies and individuals who have excelled and progressed in the UK and Malaysian business landscape. Held for the second year, the ceremony this time was graced by Former Finance Minister YB Tuan Lim Guan Eng, Former Deputy Minister of International Trade and Industry YB Dr Ong Kian Ming, British High Commissioner to Malaysia H.E. Charles Hay and BMCC chairman Andrew Sill.

Established in 1963, the BMCC has been driven by the sole ordinance of advancing bilateral trade relations between the UK and Malaysia. Over the past five decades, the BMCC has been a catalyst in providing Malaysian-based businesses with networking opportunities and exposure, knowledge exchange and bilateral trading support services. Today, the BMCC has firmly rooted itself as one of Southeast Asia's most prolific Chambers.

CHT AWARD 2020

Sunway Medical Centre wins at the CHT Pursuit of Excellence National Award 2020

Sunway Medical Centre was accorded the CHT Pursuit of Excellence National Award 2020 under the Healthcare category at the CHT International Awards. A biennial event organised by CHT Network hosted 400 local and global leaders from various sectors including education, healthcare, government, hospitality, creative, manufacturing and property at the 8th edition of the awards.

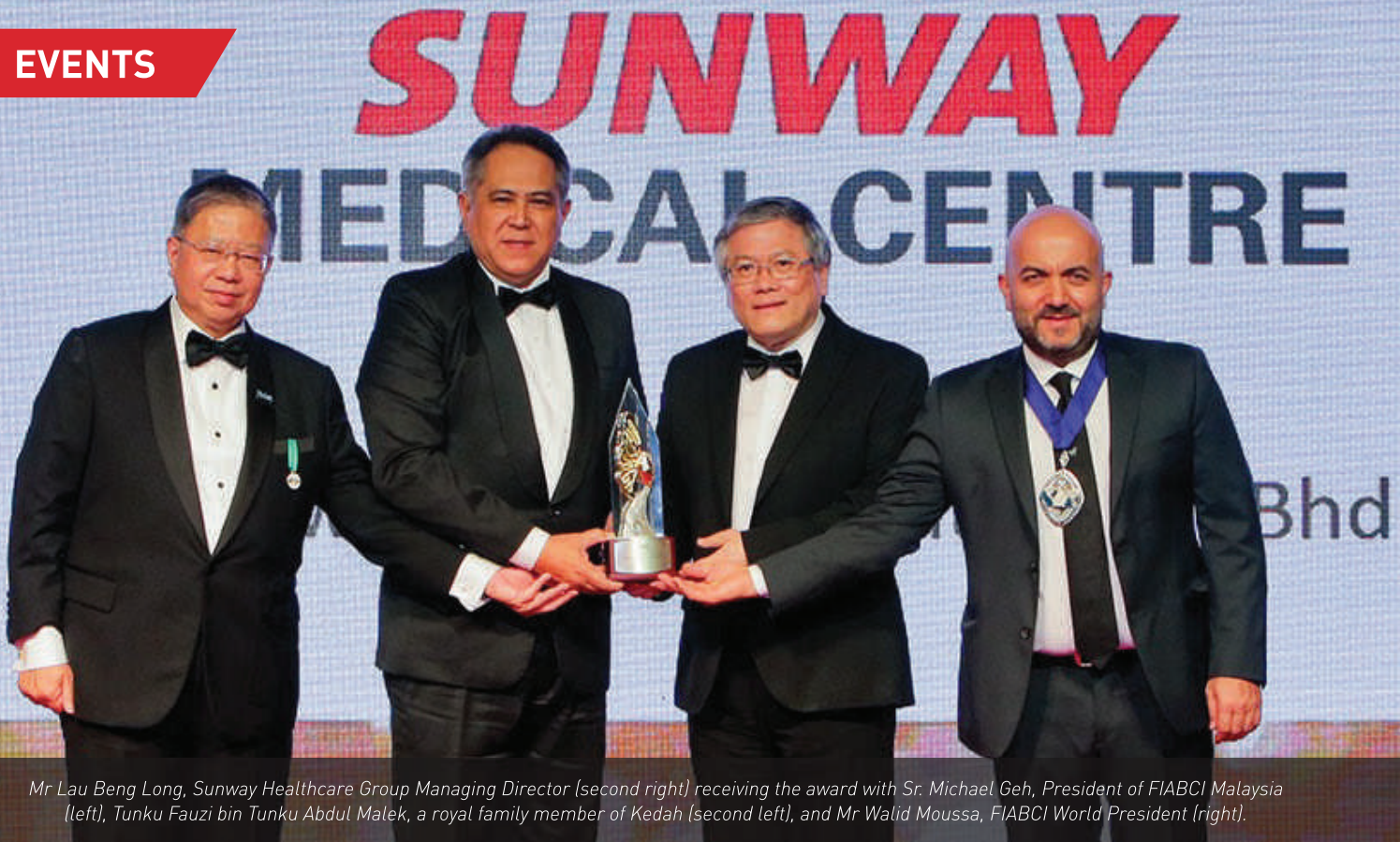
The awards ceremony was officiated by the Secretary General of Ministry of International Trade and Industry, Dato' Lokman Hakim Ali and present to receive the award on behalf of Sunway Medical Centre was its Medical Director, Dr Seow Vei Ken.



Sunway Medical Centre has been recognised regionally for its world-class healthcare facilities and comprehensive medical treatment procedures. The hospital has also been consistently maintaining high standards in delivering patient-centred care while demonstrating outstanding performances in initiatives that improve the way healthcare is delivered through areas such as leadership and technological innovation.

This award marks another milestone towards becoming a leading private medical centre in the ASEAN region, a vision Sunway Medical Centre has continually strived towards by consistently setting a new benchmark for other private healthcare providers in the region.

EVENTS



Mr Lau Beng Long, Sunway Healthcare Group Managing Director (second right) receiving the award with Sr. Michael Geh, President of FIABCI Malaysia (left), Tunku Fauzi bin Tunku Abdul Malek, a royal family member of Kedah (second left), and Mr Walid Moussa, FIABCI World President (right).

FIABCI AWARD 2019

Sunway Medical Centre Bags FIABCI Award 2019

Sunway Medical Centre took home the award in the Purpose Built category at the Malaysia Property Award™, last year. The event, recognised as the gold standard in the real estate industry, was officiated by Yang Maha Mulia Che Puan Besar Kedah, Hajah Haminah Binti Haji Hamidun and saw the attendance of key industry leaders.

The award was accorded to the newly developed, Tower C which houses 245 patient beds, 58 clinics, a digestive health centre, bone and joint centre, nuclear medicine centre, dialysis centre, nephrology centre, a satellite child health centre and a stem cell laboratory.

Receiving the award on behalf of Sunway Medical Centre was Managing Director of Sunway Healthcare Group, Mr Lau Beng Long. He spoke of how the hospital hopes to redefine healthcare through its services and facilities which are equipped with the latest technologies. Through this, Sunway Medical Centre hopes to provide patients with the best treatment while simultaneously ensuring their comfort.

Attaining the award is one of the highest accolades and standard of professionalism achievable in the property and real estate industry, highlighting Sunway Medical Centre's efforts to better cater to the growing needs of local and international patients. It also paves the way for Sunway Medical Centre to become a leader in private medical care in the ASEAN region.



EVENTS

Tan Sri Dr Jeffrey Cheah AO, Sunway Group Founder with YB Dr Lee Boon Chye, former Deputy Minister of Health Malaysia, and Dr Lim Ren Jye, Sunway Traditional Complementary Medicine Centre, TCM Consultant and Director.

TCM LAUNCH

Sunway Healthcare Group opens its First Traditional and Complementary Medicine Centre

Sunway Healthcare Group achieved a major milestone in its commitment to the health and well-being of society with the launch of the Sunway Traditional and Complementary Medicine Centre (Sunway TCM Centre). Representing a holistic approach to medicine and health, Sunway TCM Centre marries the traditional and cultural practices of the East with the modern, technology-driven approach of the West.

The grand launch of Sunway TCM Centre was officiated by the Former Deputy Minister of Health Malaysia, YB Dr. Lee Boon Chye and Sunway Group Founder and Chairman, Tan Sri Dato' Seri Dr. Jeffrey Cheah AO.

Globally, Traditional and Complementary Medicine (TCM) is now an industry that is estimated to be worth about USD60 billion a year with an 11% annual growth. The achievements of traditional medicine are also gaining a positive reputation as a chemist named-

Tu You You from the China Academy of Traditional Chinese Medicine won the Noble Prize in Medicine, in 2015, for deriving an anti-malaria drug from sweet wormwood.

Malaysia stands as one of the countries that has successfully embraced and capitalised on the potential TCM has to offer. On 13 March 2018, the National TCM Blueprint 2018 – 2027 was launched, serving the purpose of facilitating the regulation of TCM and health system integration. It also encouraged the economic development of the TCM industry for it to meaningfully contribute to Malaysia's healthcare, economic and social-cultural goals in the next 10 years.



Tan Sri Dr Jeffrey Cheah AO, Sunway Group Founder touring the Sunway TCM Centre with YB Dr Lee Boon Chye, former Deputy Minister of Health Malaysia, and Dr Lim Ren Jye, Sunway Traditional Complementary Medicine Centre, TCM Consultant and Director.

In his opening speech, Tan Sri Dr. Jeffrey Cheah AO elaborated on traditional and complementary medicine's global presence whereby "170 out of 194 Member States of the World Health Organization (WHO) have now accorded official recognition of TCM. Many of them have even developed laws, policies and programmes in this sector."

This was further reinforced by Dr. Lee Boon Chye as he details that this development was in line with the World Health Organization Traditional Medicine Strategy 2014-2023 which recognises the contribution of TCM to health. "We are guided by a vision that one day, TCM and modern medicine will harmoniously co-exist for a strengthened Malaysian health system," Dr. Lee said.

Integrating traditional practices with modern medicine is not an easy feat however as Dr. Lim Ren Jye explains that, "Modern medicine and TCM have different approaches and it can be difficult to integrate them when there is a lack of understanding from both worlds."

"At Sunway TCM Centre, we have the advantage of having a team of professionals qualified in both western medicine and TCM. We have a TCM practitioner who has a MBBS and a pharmacist with herbal medicine background and a Bachelor's in pharmacy. This allows them to understand the benefits of what both fields of medicine can offer and with this, the ability to provide the best possible options and treatment management for our patients."

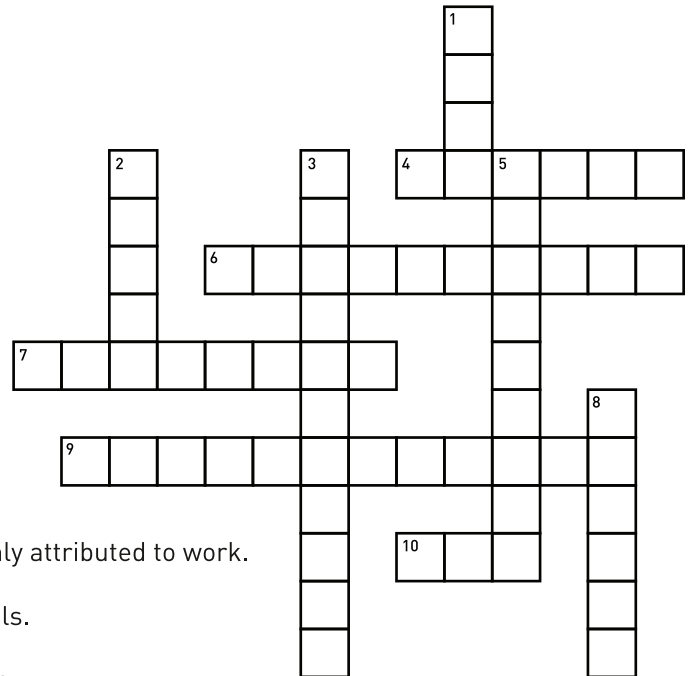
To overcome this, it is the one of the centre's goals in providing exceptional research and education. As noted by Tan Sri Dr. Jeffrey Cheah AO, Sunway TCM is one of only a handful of centres with medical professionals who are grounded in both western and traditional medicine.

Also present during the launch were Director of Traditional and Complementary Medicine Division, Ministry of Health Malaysia, Dr. Goh Cheng Soon; Managing Director of Sunway Healthcare Group, Lau Beng Long; Chief Executive Officer (Investments & Projects), Sunway Medical Centre, Bryan Lin Boon Diann; and Head Consultant of Sunway TCM Centre, Dr. Lim Ren Jye.

FUN

ALL ABOUT THE HEART

Fancy yourself a 'heart expert'? Test your heart(y) knowledge through this crossword puzzle.



Across

4. _____ is a risk factor for heart disease which is commonly attributed to work.
6. The heart muscle is also known as _____.
7. _____ is a condition caused by elevated blood sugar levels.
9. High blood pressure is also known as _____.
10. An _____ is a non-invasive test to diagnose heart disease.

Down

1. _____ is an advanced diagnostic machine used to identify early stages of coronary artery disease.
2. The _____ is the largest artery connected to the heart.
3. Plaques that cause coronary artery disease are made up of _____.
5. _____ pain is commonly seen in women suffering from a heart attack.
8. _____ is a medical term used to describe chest pain due to coronary artery disease.

- Answers**
1. MDCT
 2. Aorta
 3. Cholesterol
 4. Stress
 5. Radiating
 6. Myocardium
 7. Diabetes
 8. Angina
 9. Hypertension
 10. ECG

NEW NORM PRACTICES at the WORKPLACE

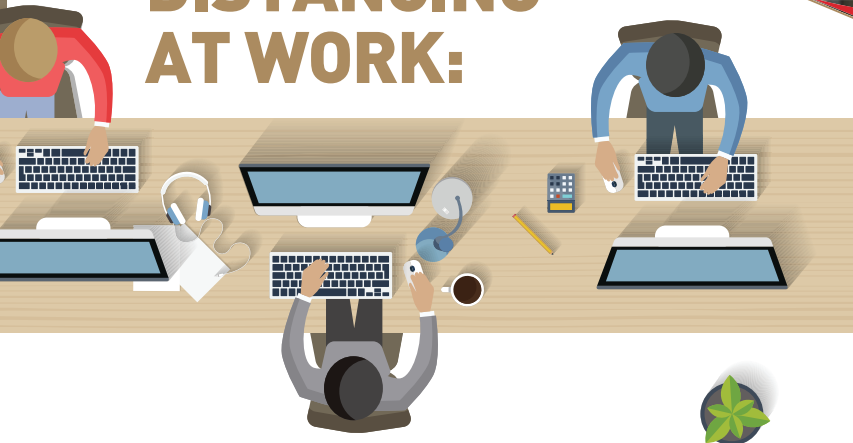
Avoid the 3Cs

- Crowded places
- Confined spaces
- Close conversation

Practise the 3Ws

- Wash hands
- Wear a mask
- Warn others

SOCIAL DISTANCING AT WORK:



- No handshake policy
- Practise proper coughing & sneezing ethics
- Prepare hand sanitisers at entryways & always give reminders to use it
- Postpone large-scale meetings & gatherings
- Sick employees should always be at home
- Disinfect frequently-touch surfaces often

- Work from home or in shifts
- Improve air circulation by opening windows
- Maintain a distance of 1 metre while eating
- Avoid sharing food at the workplace
- Evaluate the travelling risks of out-of-office workers
- Increase health & sanitary measures of food vendors & their contract

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