

A GUIDEBOOK ON MANAGING DIABETES



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FAST

FACTS

ON DIABETES

SUNWAY
HEALTHCARE



You may have diabetes or pre-diabetes and not know it. Check out page 03 to know your risk level.

Diabetes can be managed and pre-diabetes can be stopped, if detected early. Simple measures such as losing weight, cutting back on daily calories and staying physically active can help. Check out page 06 for more tips.

The medical term for diabetes is Diabetes Mellitus. It is derived from the Greek word diabetes meaning “to pass through”, and the Latin word mellitus meaning “honeyed or sweet”.

Stress can increase your blood sugar levels. This is true whether you have diabetes or not.

There is no known cure for Type 2 diabetes, though it may be reversible. Promising new research suggests that with major lifestyle changes, some people can go into remission for years, if not permanently.

Diabetes strikes many senses in your body, including your vision and nerve function. Check out page 12 to find out more about the various complications caused by diabetes.

Know Diabetes

Diabetes is a chronic disease that affects how the body turns food into energy. It occurs when the pancreas is no longer able to make enough insulin, or when the body cannot make good use of the insulin it produces. When this happens, the body is unable to get sugar from the blood into the cells. That leads to high blood sugar levels.

Most of the food we eat is broken down into glucose. Insulin acts like a key that allows blood sugar into your body's cells for use as energy. A lack of insulin or resistance to insulin causes sugar to build up in the blood (known as hyperglycaemia). This can lead to many health problems.

There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes (diabetes while pregnant).

Understanding Types of Diabetes

DIABETES

Type 1 Diabetes



Body doesn't generate sufficient insulin for glucose regulation

Type 2 Diabetes



Insufficient insulin secretion for blood glucose regulation

Gestational Diabetes



Body is not able to produce insulin for glucose regulation during pregnancy

Symptoms

- Always hungry
- Unexpected weight loss
- Numb or tingling hands/feet
- Frequent urination
- Sexual disorder
- Extreme fatigue
- Always thirsty

Complications

- Wounds heal slowly
- Peripheral Neuropathy
- Cerebrovascular disease
- Diabetic Nephropathy
- Coronary heart disease
- Eye damage

Know Your Risk

Understanding Prediabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes. It puts you at increased risk of developing Type 2 diabetes, heart disease, and stroke.

It is important to talk to your doctor about getting your blood sugar tested if you have any of these risk factors:



Overweight



45 years or older



Have a parent or siblings with Type 2 diabetes



Physically active less than 3 times a week



Had gestational diabetes or gave birth to a baby who weighed more than 4 kilogrammes



Have polycystic ovary syndrome (PCOS)



Have related diseases e.g. high blood pressure, high cholesterol, gout

"I was determined to share my positive approach and not let diabetes stand in the way of enjoying my life." - Paula Deen (American Chef)

Signs and symptoms that suggest you have moved from prediabetes to Type 2 diabetes include:



Increased thirst



Frequent urination



Excess hunger



Fatigue



Blurred vision

Type 2 Diabetes Risk Test

Figure out your next steps by taking this simple test to understand your risk of Type 2 diabetes. The higher your score, the higher your risk.

Q: HOW OLD ARE YOU?

Why: The older you are, the higher your risk for Type 2 diabetes.

Less than 40 years	0 Point
40-49 years	1 Point
50-59	2 Points
60 years older	3 Points

Write your score in this circle

Q: WHAT IS YOUR GENDER?

Why: Men are more likely than women to have undiagnosed diabetes; one reason may be that they are less likely to see their doctor regularly.

Female	0 Point
Male	1 Point

Write your score in this circle

Q: DO YOU HAVE A DIRECT RELATIVE WITH DIABETES?

Why: A family history of diabetes could contribute to your risk for Type 2 diabetes.

No	0 Point
Yes	1 Point

Write your score in this circle

Q: HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

Why: Having high blood pressure contributes to your overall risk for Type 2 diabetes.

No	0 Point
Yes	1 Point

Write your score in this circle

Q: IF YOU ARE A WOMAN, HAVE YOU BEEN DIAGNOSED WITH GESTATIONAL DIABETES OR GIVEN BIRTH TO A BABY WEIGHING 4 KILOGRAMMES OR MORE?

Why: While gestational diabetes goes away after pregnancy, women who have been diagnosed have an increased risk of developing Type 2 diabetes.

No	0 Point
Yes	1 Point

Write your score in this circle

Q: ARE YOU PHYSICALLY ACTIVE?

Why: Being inactive can increase your risk for Type 2 diabetes.

Yes 0 Point
No 1 Point

Write your score in this box

Q: FOLLOWING THE WEIGHT CHART BELOW, WHAT IS YOUR WEIGHT STATUS?

Why: Being overweight increases your risk for Type 2 diabetes.

Write your score in this box

Bring this risk test to your nearest healthcare provider and give them the above information. This will help them gauge your risk and help you begin your journey.

HEIGHT (CM)	WEIGHT (KG)		
147	54.0-64.4	64.9-86.2	86.6+
150	56.2-66.7	67.1-89.3	89.9+
152	58.1-68.9	69.4-92.1	92.5+
155	59.9-71.2	71.7-95.3	95.7+
157	61.7-73.9	74.4-98.4	98.9+
160	64.0-76.2	76.7-101.6	102.1+
163	65.8-78.5	78.9-104.8	105.2+
165	68.0-81.2	81.6-108.4	108.9+
168	70.3-83.9	84.4-111.6	112.0+
170	72.1-86.2	86.6-115.2	115.7+
173	74.4-88.9	89.4-118.4	118.8+
175	76.7-91.6	92.1-122.0	122.5+
178	78.9-94.3	94.8-125.6	126.1+
180	81.2-97.1	97.5-129.3	129.7+
183	83.5-99.8	100.2-132.9	133.4+
185	85.7-102.5	103.0-136.5	137.0+
188	88.0-105.2	105.7-140.6	141.1+
191	90.7-108.4	108.9-144.2	144.7+
193	93.0-111.1	111.6-148.3	148.8+
	(1 POINT)	(2 POINTS)	(3 POINTS)
YOU WEIGH LESS THAN THE AMOUNTS IN THE COLUMNS (0 POINT)			

No Diabetes

While Type 1 diabetes cannot be prevented, it has been proven that Type 2 diabetes prevention is possible. The smallest, most influential steps you can take is in a lifestyle change. Eat healthily. Move more. Get support.

Here are some ways in which you can prevent or delay Type 2 diabetes:



Start a moderate exercise routine - at least 30 minutes most days of the week



Lose between 5% to 10% of your body weight if you're overweight



Eat healthy food like fruits, vegetables, and whole grains

Detection & Diagnosis

Initial Evaluation

Your healthcare provider can diagnose diabetes, prediabetes, and gestational diabetes through blood tests.

What tests are used to diagnose diabetes and prediabetes?

RANGE	NORMAL	PREDIABETES	DIABETIC
Fasting Plasma Glucose (FPG) Test	< 6.1 mmol/L	6.1 to 6.9 mmol/L	7.0 mmol/L and higher
A1C Test	< 5.7%	5.7% to < 6.3%	≥ 6.3%
Oral Glucose Tolerance Test (OGTT)	< 7.7 mmol/L	7.8 to 11 mmol/L	> 11.1 mmol/L

"Life is not over because you have diabetes. Make the most of what you have, be grateful."
- Dale Evans (American actress, singer, and songwriter of the 1940's)

Newly Diagnosed

You can act on your diagnosis – manage your diabetes through healthy eating, exercising, and reaching out for medical and emotional support.



Healthy eating & exercise

Healthy eating and regular exercise are the foundation of good diabetes care but needs to be personalised. When providing personalised advice, your diabetes care team will consider factors such as weight, food preference, age, mobility and other medical conditions that you may have.



How much carbohydrates do you need?

Carbohydrates make up 45% to 65% of your total daily calories. So, if you get 2,000 calories a day, between 900 to 1,300 calories should be from carbohydrates. That translates to between 225 to 325 grams of carbohydrates a day.

"My secret is no secret. I just do all the things you're supposed to do. I eat right, I sleep, I work out, I'm happy. I choose the good things." – Sharon Stone (American actress)

How to make healthy carbohydrates work in a balanced diet:

Eat more legumes

Choose whole grains

Emphasis on fibre-rich fruits & vegetables

Stick to low-fat dairy products

Limit added sugar

Types of Exercise Recommended for People with Diabetes

Be cautious of starting new exercises that are beyond your current fitness level. Always consult your doctor before starting any kind of physical activity.



Take Your Medication

Medication should be taken exactly as prescribed by your doctor. Follow all directions on your prescription label and read all medication guides or instruction sheets. Your doctor may occasionally change your dose. Use the medicine exactly as directed.

Metformin is one of the oral medications used to treat Type 2 diabetes. It helps control blood sugar levels by improving the way your body handles insulin. Metformin is used together with diet and exercise to improve blood sugar control.

There are currently many different medications used to treat Type 2 diabetes and you should discuss with your doctor the pros and cons of each medication (see next section).

You should be aware of possible side effects of your medication and consult your doctor if you experience any.

For Type 1 diabetes, insulin is required from the point of diagnosis.

My Diabetes Care Team

You may work with several types of healthcare providers, but your diabetes care team can include:

- Primary Care Provider (PCP)
- Endocrinologist / Paediatric Endocrinologist
- Ophthalmologist / Optometrist
- Podiatrist
- Registered Dietitian / Nutritionist

Emotional Support

Being diagnosed with diabetes can be overwhelming. Letting friends & family know will make it easier to cope with making changes to your diet, exercise and they can help with your blood sugar monitoring and medications.

Treatments & Targets

Oral Medication

When meal planning, weight loss and exercising are not enough to help manage Type 2 diabetes, oral medications are prescribed to help lower blood sugar levels without the use of insulin. Ask your doctor what medications are recommended for you.

GLP-1 RA

Glucagon-like peptide-1 receptor agonist (GLP-1 RA) is a hormone injection that works by slowing down digestion, suppresses appetite and promotes satiety. It is worth consulting your doctor to determine which type of GLP-1 RA will work for you.

Insulin

Insulin is the only treatment for Type 1 diabetes. Insulin may be needed for Type 2 diabetes when other medications are unable to control blood glucose. There are five types of commonly used insulin type. Your diabetes care team will provide you with all the necessary advice on how to prepare, use and store insulin.

Monitoring Blood Sugar Levels

One of the most important methods of managing Type 1 and Type 2 diabetes is regular blood sugar monitoring. You can test your blood sugar easily at home with a portable blood sugar meter or a continuous glucose monitor (CGM) that is inserted under the skin.

Diabetes Management



Monitor your blood sugar levels



Get vaccinated



Pay attention to your feet



Stay active and eat well



Avoid tobacco and alcohol



Keep stress at bay



Be wary of hypoglycaemia



Take yearly exams

Weight Management

Maintaining a healthy body weight is one of the most important aspects of diabetes management. Being overweight not only makes diabetes harder to manage, but it also increases your risk for heart disease and stroke. There are also added risks of high blood pressure, unhealthy cholesterol, and high blood sugar.

The key to weight loss or maintaining a healthy weight is simply finding the right balance of a healthy diet and exercise.

"People think it's hard to cut out sugar, but it can be done. You just have to put some effort in." – Halle Berry (American actress)

Adopt a Balanced Diet

Figuring out what to eat is not easy but you can work with a registered dietitian or nutritionist to develop an eating plan that works for you.

While there isn't a single "magic" diet for diabetes, there is a method that you can follow to enjoy perfectly portioned meals without any counting, calculation, weighing or measuring. This is the Diabetes Plate Method!



Avoid a Sedentary Lifestyle

Combining regular physical activity with your diet strategy can improve your weight management. Staying active for a person with diabetes helps:

- Insulin to work better, which will improve your diabetes management
- Maintain a healthy weight
- Lower your blood pressure
- Reduce your risk of heart disease
- Reduce stress

JUST KEEP MOVING

Some simple exercises for beginners to start with:

SIMPLE EXERCISES FOR BEGINNERS

Exercising regularly can help you drop excess kilos and better manage your blood glucose levels and condition. Here are some simple exercises to get you started.



"You just have to remember that wherever you are at your lowest, it will always get better." - Victor Garber (Canadian actor and singer)

TIPS TO REMEMBER

1. Know your limits: Choose an exercise that suits your fitness level.
2. Gradual growth: Start small and build up gradually. You can start with 10 minutes of swimming to 15 minutes of brisk walking, to 20 minutes of cycling, and so on.
3. Talk to your doctor: Check with your doctor before you begin an exercise regime.
4. Bring emergency sugar: Bring along glucose tablets or sweets to manage low blood sugar attacks (hypoglycaemia).
5. Check your blood glucose level: If you take insulin, you may be able to adjust your dose before a planned activity to prevent lows.

Medication for Weight Management in Diabetes

There are several approved medications to help manage weight for people living with diabetes. Some weight management medications that curb appetite are for short-term use only. Although some doctors prescribe them for longer periods, note that you should always consult your doctor before any intake of any medication. Never take weight management medications if you are pregnant. If you are planning to get pregnant, you should also avoid these medications, as some of them may harm the foetus.

Weight Loss Surgery for Treating Diabetes

TYPES OF BARIATRIC SURGERY

Gastric band: A band is placed around the upper part of the stomach, which means you can eat less to feel full.

Gastric bypass: The digestive system is re-routed to bypass most of the stomach, so you feel full sooner and absorb fewer calories from your food.

Sleeve gastrectomy: Part of your stomach is removed but the intestines are not re-routed, which also means you can eat less to feel full.



Gastric
band



Gastric
bypass



Sleeve
gastrectomy

Do You Need Bariatric Surgery?

Here are some criteria doctors use when considering a patient for bariatric surgery

- Your BMI is greater than 32 and you have at least one obesity-related health condition (diabetes, high blood pressure, hypercholesterolemia, etc.).
- You have truly tried and exhausted all other options, including diet and exercise.
- You understand the risks.
- You can commit to lifestyle change post-surgery including long-term follow ups, exercise, healthy diet, and vitamins.

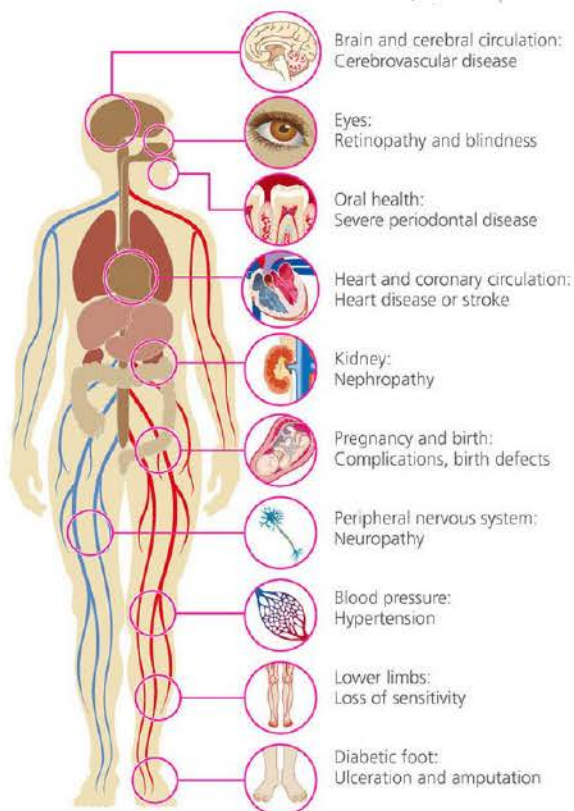
BENEFITS

The surgery becomes beneficial for people with Type 2 diabetes because:

- You feel full faster, which means you eat less.
- Hormones in your gut work changes, which in turn affects how your body makes insulin.
- Your body will make more bile acids, which make your body more sensitive to insulin.
- Your body uses insulin better, leading to lower blood sugar levels.

Do seek professional medical advice to find out if bariatric surgery is suitable for you.

Diabetes Complications



Cardiovascular Disease

Cardiovascular disease (CVD) is the number one cause of death in people living with diabetes as they are twice as likely to have heart disease or a stroke than people without diabetes. Types of CVD:

Atherosclerosis or hardening of arteries happen when blood vessels stiffen and become narrow due to fatty plaque build-up. Decreased blood flow to the heart can cause a heart attack while decreased blood flow to the brain can cause a stroke.

Heart Failure occurs when muscles in the heart become too weak to pump blood properly and your heart is unable to supply enough blood to all parts of your body.

Arrhythmias is an irregular heartbeat caused by structural changes or damage to the heart. At its worst, arrhythmias can cause death via cardiac arrest.

Kidney Disease (Nephropathy)

The kidney's job is to remove waste products from the blood to make urine. When you have high levels of blood sugar, your kidneys will filter too much blood – causing protein loss in the urine. Having small amounts of protein in the urine is called microalbuminuria, which can be better treated when diagnosed at this stage. Having larger amounts of protein in the urine is called macroalbuminuria and diagnosed at this stage, end-stage renal disease usually follows, and you will require a kidney transplant or undergo dialysis.

Diabetic Eye Disease

High glucose levels can change fluid levels or cause swelling in the tissues of your eyes, thus causing temporary blurred vision. However, if your blood glucose stays high over time, it can damage the tiny blood vessels in the back of your eyes – causing more serious diabetic eye diseases.

Diabetic Retinopathy is the most common and serious type of eye problem associated with diabetes. It occurs when high blood sugar levels damage the blood vessels in your retina. Often, there are no symptoms, but some have blurred or distorted vision, impaired colours, see spots, or have vision loss.

Diabetic Macular Edema happens when the macula – the part of your retina that you need for reading, driving, and seeing faces – swells. Macular edema usually develops in those who already have signs of diabetic retinopathy. Symptoms include blurry, distorted, or wavy central vision. Colour perception may also appear washed out.

Glaucoma is a group of eye diseases that can damage the optic nerve. Diabetes doubles the chances of glaucoma, which can lead to irreversible vision loss and blindness if not treated early. Often, there are no symptoms, but some have headaches, eye pain, blurred vision, watery or red eyes, and halos.

Cataracts are usually associated with age. It happens when the lenses within our eyes start to become cloudy due to high glucose levels that cause deposits to build up. Symptoms include blurred vision, hazy vision, and halos around lights particularly at night.

To prevent diabetic eye disease, manage your diabetes ABCs: your A1c, blood pressure, and cholesterol. It is also important to have a dilated eye exam at least once a year. This can prevent 95% of vision loss caused by diabetes.

Neuropathy

High blood sugar can lead to nerve damage, called diabetic neuropathy. When nerves are damaged, they stop sending messages to different parts of your body and can cause health problems ranging from mild numbness to pain that makes it hard to perform normal activities.

Peripheral Neuropathy generally starts in the feet and can also affect nerves in hands, legs, and arms. It is the most common type of nerve damage for people with diabetes. Some symptoms include tingling sensations like “pins and needles”, numbness or weakness, pain or increased sensitivity as well as serious foot problems such as ulcers, infections, as well as bone and joint pain.

Autonomic Neuropathy affects the autonomic nerves, which control the bladder, intestinal tract, and genitals, among other organs. Paralysis of the bladder is a common symptom in which the nerves of the bladder no longer respond normally to pressure as the bladder fills with urine. As a result, urine stays in the bladder, leading to urinary tract infections.

Autonomic neuropathy also causes erectile dysfunction (ED). Men with diabetes are three times more likely to get ED, but it is also one of the most treatable complications of diabetes.

Foot Complications

Often, foot problems happen when there is neuropathy. The loss of feeling from nerve damage can mean you may not feel a foot injury, until the skin breaks down and becomes infected. Neuropathy can also lead to changes in the shape of your feet and toes. If your foot no longer fits comfortably in your shoes, ask your doctor about special therapeutic shoes or inserts.

Diabetes can also cause your foot to become very dry, and the skin may peel and crack. This is caused by nerve damage that affects your body's ability to control oil and moisture in your foot.

How to take care of your feet:

- Wash and dry your feet thoroughly everyday
- Moisturise your feet but avoid moisturising between your toes
- Trim your toenails and file down sharp edges
- Check your feet for sores, cuts, blisters, corns, or redness daily
- Wear shoes that fit well
- Avoid walking around barefoot
- Do not soak your feet

Skin Complications

Diabetes can also affect the skin and are sometimes the first signs that a person has diabetes.

Bacterial infections that occur in people with diabetes include styes, boils, folliculitis, carbuncles, and infections around the nails.

Fungal infections are often caused by *Candida albicans* and this yeast-like fungus can create itchy rashes of moist, red areas surrounded by tiny blisters and scales. The breasts, around the nails, between fingers and toes, in the corners of the mouth, and in the armpits and groin are common problem areas. Common fungal infections include jock itch, athlete's foot, ringworm, and vaginal infection that causes itching.

Diabetic dermopathy is a harmless skin problem caused by the changes in the small blood vessels because of diabetes. It often looks like light brown, scaly patches (oval or circular), often on the front of both legs.

Necrobiosis lipoidica diabetorum (NLD) is a rare condition that looks like spots of diabetic dermopathy but are fewer, larger, and deeper. NLD often starts as a dull, red, raised area and will look like a shiny scar with a violet border after a while. NLD can sometimes be itchy, painful and may crack open.

Diabetic blisters often occur in people who have diabetic neuropathy, commonly on the back of fingers, hands, toes, feet and sometimes on legs or forearms. These blisters are painless and have no redness around them.

Eruptive xanthomatosis consists of firm, yellow, pea-like enlargements in the skin usually on the backs of hands, feet, arms, legs and buttocks. This disorder usually happens in young men with Type 1 diabetes, has high levels of cholesterol and fat in the blood. Like diabetic blisters, these bumps disappear when diabetes control is restored.

You can prevent skin problems by:

- Keeping your glucose level under control
- Keeping skin clean and dry
- Avoiding hot baths and showers
- Preventing dry skin with moisturiser
- Treating cuts immediately and covering with sterile gauze
- Seeing a dermatologist about skin problems

COVID-19 AND DIABETES

Effects of COVID-19 on diabetics and effects of diabetes on COVID-19

Diabetic patients are more likely to experience serious complications from COVID-19 due to various risk factors that may influence immune and inflammatory responses. However, the risks can be lowered should their diabetes be well-managed.

Should patients be diagnosed with both diabetes and COVID-19, insulin and dipeptidyl peptidase 4 inhibitors can be used safely. However, they may need to withdraw metformin and sodium-glucose cotransporter 2 inhibitors should they be at high risk of severe disease.

Warning signs & action plans

COVID-19 patients have reported various symptoms, ranging from mild to severe.

Please look out for:

- Fever or chills
- Cough
- Shortness of breath or breathing difficulty
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea

If people with diabetes are developing such symptoms, please call the doctor and prepare the following:

- Glucose reading
- Ketone reading
- A record of fluid consumption

Please also be clear on the symptoms experienced.

Should you encounter COVID-19 emergency warning signs, please get medical attention immediately. The emergency warning signs include:

- Difficulty in breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion
- inability to wake or stay awake
- Bluish lips or face

SUPPORTING SOMEONE WHO IS LIVING WITH DIABETES

It can be hard to know where to start when you find out someone you love has been diagnosed with diabetes. Remember to talk to a healthcare provider about how you can keep your loved one safe and healthy.

Here are some tips on how you can continue to give and show support.

Engage in healthy choices

When having meals together, you can choose to have the same healthy meals that they do. Offer to also join them for sports and activities! You, too, will benefit from engaging in these healthy choices.

Recognise signs of a problem

You can also learn to identify signs of potential issues for people with diabetes, such as irritability, feeling thirstier than usual, urinating frequently, nervousness, and lethargy.

Accept diabetic-checks as normal

Learning to accept routine blood checks and medication regimes as normal goes a long way to offer support to people with diabetes.

Educate yourself

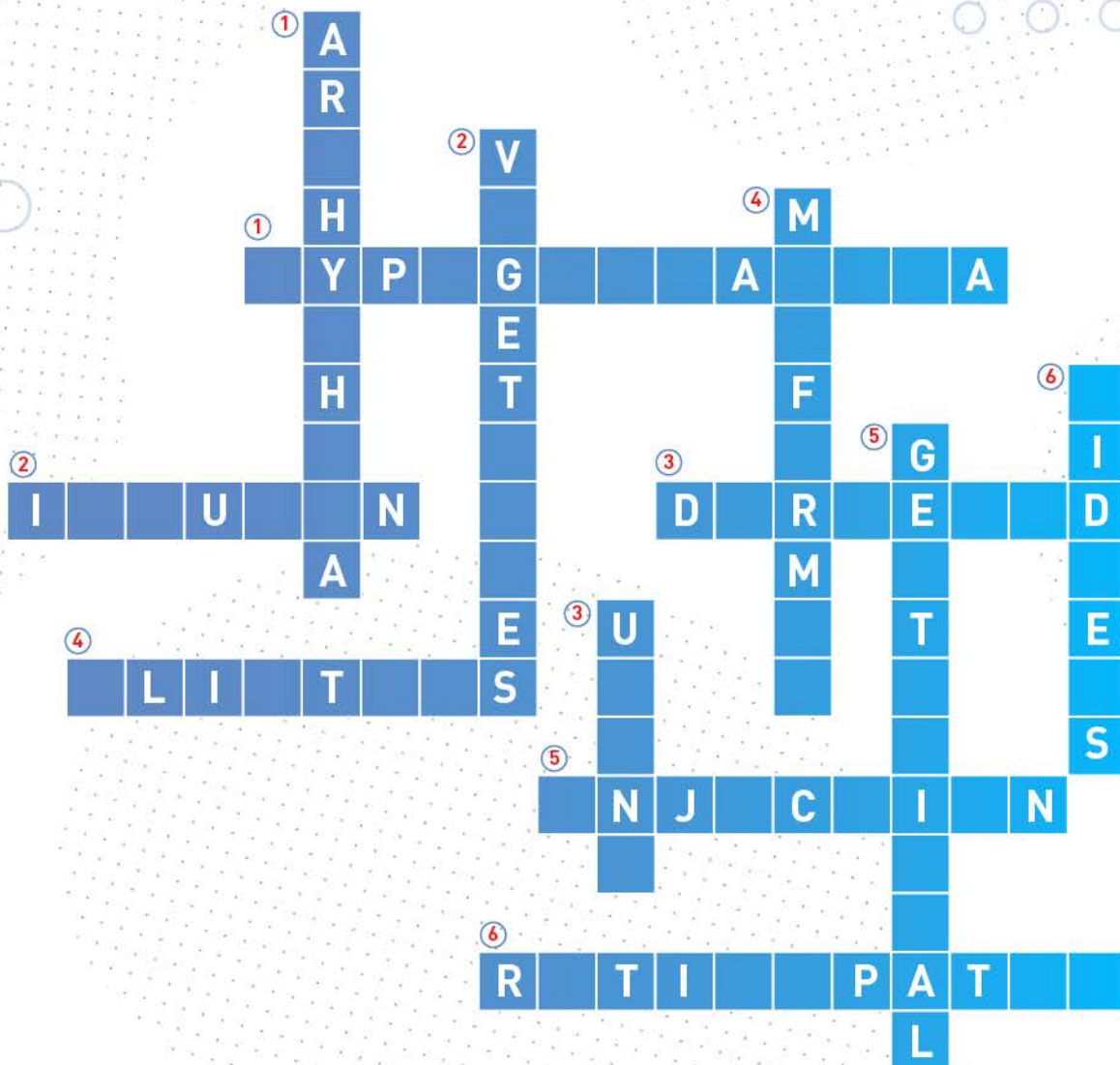
Speak to healthcare professionals, friends, or relatives you know who have diabetes to get the facts and debunk misinformation.

Ask how you can help

Different people with diabetes require different kinds of support, so the best way to provide support is to ask how you can help them as part of their diabetes management plan.

“The crucial thing to me is being a diabetic doesn’t stop you from doing anything.”

- Theresa May (Former Prime Minister of UK)



Across

1. People with diabetes should carry supplies for treating low blood sugar, which is also known as _____.
2. Type 1 diabetes is thought to be caused by an autoimmune reaction where the body's defense system attacks the cells that produce _____.
3. One possible sign of prediabetes is _____ skin on certain parts of the body.
4. Diabetic _____ often occur in people who have diabetic neuropathy, commonly on the back of fingers, hands, toes, feet and sometimes on legs or forearms.
5. Insulin can be administered through _____.
6. Diabetic _____ is the most common and serious type of eye problem associated with diabetes.

Down

1. _____ is an irregular heartbeat caused by structural changes or damage to the heart, and is one of the Cardiovascular complications that people with diabetes face.
2. For a balanced diet, half of your plate should be filled with non-starchy _____.
3. A sweet-smelling _____ may be one of the first signs of diabetes.
4. _____ is an oral medication used to help control blood sugar levels by improving the way your body handles insulin.
5. _____ diabetes develops in pregnant women who have never had diabetes.
6. When you have high levels of blood sugar, your _____ will filter too much blood, which leads to extra work on the filters and can lead to loss of useful protein in the urine.

RESOURCES

Diabetes Care Centre

Sunway Medical Centre has developed the Diabetes Care Centre as part of our commitment to provide high quality care and services to our diabetic patients. The Diabetes Care Centre helps patients with diabetes to achieve and maintain good control of their diabetes so that they can continue to live as normal a life as possible.

Should you or your loved one requires support, please contact:



+603-7491 1139 / +603-7491 1149
(Sunway Medical Centre, Sunway City)

Sunway Home Healthcare

If you would like to engage dedicated skilled and experienced healthcare professionals that provide support and nursing care at the convenience and comfort of your home, please reach out to us at:



+603-5033 7988 (Sunway Medical Centre, Sunway City)
+603-9772 9301 (Sunway Medical Centre Velocity)

Alternatively,
you may
Whatsapp at
+6019 216 6477
or +6019 275 3698.

Additional Contact Information

	General Line	Ambulance	Emergency Help	Tele-consultation	Medication Delivery
Sunway Medical Centre	+603-7491 9191	+6019-305 8805	+603-5566 8888	✓	✓
Sunway Medical Centre Velocity	+603-9772 9191	+6010-266 7386	+603-9772 9111	✓	✓
Sunway Specialist Centre Damansara	+6012-262 3560			✓	✓
Sunway Home Healthcare	+6019-216 6477			✓	✓
Sunway TCM Centre	+603-5886 1818 /1811			✓	✓

24-hour Telemedicine Command Centre (TCC)

Speak to a doctor or nurse without leaving your home.

The public can now reach our healthcare team at our new 24-hour Telemedicine Command Centre (TCC), which is managed by a team of experienced and qualified medical officers and nurses to assist patients with any enquiries.

The TCC service can be reached at +603-74919191 (call),
+6019-3883281 (WhatsApp only) or sunmedtcc@sunway.com.my (email).

RECIPE

Steamed Snake Gourd with Pumpkin Sauce

Serving : 1



Ingredients	Quantity (g)	Specification
Snake Gourd	150	Rolled with mold
Carrot	68	Rolled
Hard Tofu	50	Rolled
Red Dates	20	Puree
Pumpkin Cube	100	Puree
Goji Berries	2	
Canola Oil	0.5	Tbsp
Salt	0.5	Tsp
Artificial Sweetener		
White Pepper	1/2 tsp	

1. Firstly, mold the carrot, snake gourd, and hard tofu into a shape of a roll.
2. Steam the pumpkin cube & red dates until soft and mash to puree texture. Cook it in a small pot and simmer for 10 minutes. Season it to taste.
3. Steam all the carrot, snake gourd and hard tofu until soft and set onto plate.
4. Set into mold and set on the plate. Garnish with goji berries on the side.

Nutrition Value	Calorie (Kcal)	CHO (g)	Protein (g)	Fat (g)	Fiber (g)	Sodium (mg)	Calcium (mg)
Per Serving	273	35.5	10.5	12.3	5.2	1224	261

RECIPE

Vegetarian Pumpkin, Red Dates Dessert



Ingredients	Quantity (g)	Specification
Hard Tofu	56	Puree
Pumpkin Puree	120	Puree
Red Dates	35	Puree
Peanut, Roasted	20	Flake/ grained
Artificial Sweetener		

1. Firstly, steam the pumpkin, hard tofu and red dates until soft to mash.
2. Roast the peanut and mash into flakes and keep aside.
3. Add sugar to the pumpkin and hard tofu.
4. Lastly, plate into the mold and garnish with peanut flakes and serve.

Nutrition Value	Calorie (Kcal)	CHO (g)	Protein (g)	Fat (g)	Fiber (g)	Vit A (IU)
Per Serving	165	19	7.8	8	2.5	1224

Recipes jointly curated by:

Celeste Lau WH, Head of Dietetics & Nutrition Services
Chef Cheong HK, Food & Beverage Department

Sunway Medical Centre, Sunway City

The logo for Sunway Healthcare is centered on the page. It features the word "SUNWAY" in a large, bold, red, italicized sans-serif font. Directly beneath it, the word "HEALTHCARE" is written in a smaller, bold, black, all-caps sans-serif font. The background of the entire page is white with abstract, light grey geometric shapes and a fine dot pattern. In the top right corner, there are three small blue circles and a blue line graphic resembling a paperclip or a stylized 'L' shape.

SUNWAY **HEALTHCARE**

REVIEWED BY:

Dr Alexander Tan

Consultant Endocrinologist, Sunway Medical Centre

Dr Lim Kim Piow

Consultant Endocrinologist, Sunway Medical Centre Velocity