

KEEP
smiling



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Cover
Story

GreenLight™ Laser Therapy

by Dr Chua Chong Beng



We are proud to announce the introduction of the revolutionary GreenLight™ laser therapy for men with enlarged prostates at Sunway Medical Centre.

The GreenLight™ HPS is the latest generation of laser technology specifically designed for treating BPH. Its success has resulted in rapid adoption in urology units worldwide.

TURP has been the gold standard operation for BPH for over 50 years. As bleeding is the main problem during and after surgery, it is customary to keep the patient in hospital for 3 to 4 days for bladder irrigation to prevent clot retention.

Urologists have been researching lasers for the treatment of BPH since the early 1990's. However earlier laser systems did not gain wide acceptance either due to poor results or difficult operative techniques. Unlike these earlier generation laser systems, the

GreenLight™ HPS resolves several key limitations.

Rapid improvement of urinary flow underlies the success of TURP which is achieved by immediate debulking of the obstructive prostate gland. With GreenLight™ HPS this is achieved by immediate vaporization of prostatic tissue. Its specific wavelength allows rapid absorption of the laser energy thus heating the tissue efficiently till it vaporizes. Unlike TURP, coagulation occurs simultaneously hence bleeding is minimal. This translates to increased safety and reduced hospitalization



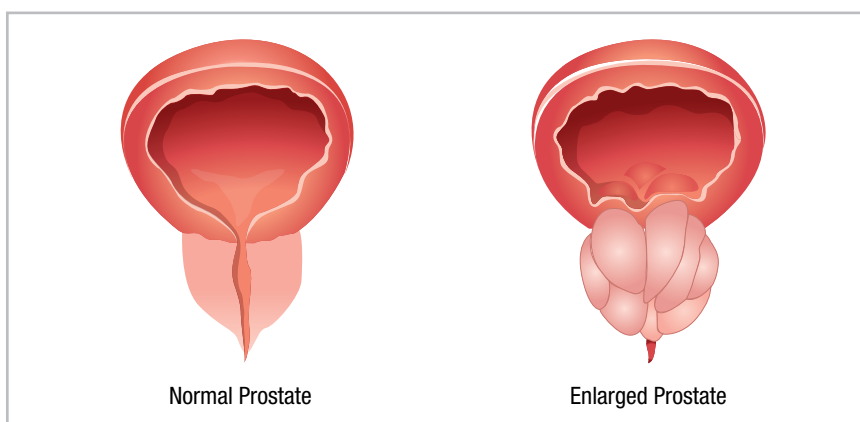
and catheterization time. The low risk of bleeding allows patients on antithrombotic therapy (e.g. aspirin, Ticlid®, Plavix®) to be treated without stopping their medication. Patients can also return to normal activities far quicker.

The GreenLight™ HPS is FDA approved and long term efficacy is confirmed by randomized trials with follow up for up to 5 years. The risk of erectile dysfunction is also significantly lower compared to TURP.

The introduction of this latest technology in BPH therapy will be very much welcomed by patients many of whom are reluctant to undergo TURP.

- A new standard in BPH therapy
- Advanced laser technology
- Increased safety
- Minimal bleeding
- Short catheterization time
- Short hospitalization
- Rapid symptomatic relief
- Proven long term results
- Quick return to normal activities
- Very low risk of ED
- Suitable for patients on antithrombotic therapy (aspirin, Ticlid®, Plavix®)

For more information, please contact
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The GreenLight™ HPS is the latest generation of laser technology specifically designed for treating Benign Prostatic Hyperplasia

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GreenLight™ Laser Therapy

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Attention to S. Shobana, Senior Manager of Corporate Communications –
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Bone Grafts: The Healing and Incorporation of Bone Substitutes

by Dr Michael Ong Ah Hup

Dr Michael Ong Ah Hup, a Consultant Oral Maxillofacial Surgeon/ Implantologist who joined the Sunway Medical Centre in May this year was invited to the First International Dental Implant Conference. He presented a lecture as a Podium Guest Speaker entitled 'Bone grafts: The healing and incorporation of bone substitutes'.

Dr Ong who has more than fifteen years of oral implant experience shared his experiences with the audience. Guest speakers from various countries including USA, Britain, Japan, Korea and China had a great time besides receiving a plaque and honourarium of US 1000 for their contribution. The international conference was a great success attended by more than 1100 participants with over 750 dentists, 250 dental technicians and 200 dental auxiliaries.

Besides being an experienced implantologist with credentials of a Diplomate and Fellow, Dr Ong has been invited and appointed by the International Congress of Oral Implantologists (ICOI) to sit with other international colleagues on the Advance Accreditation Board of ICOI for MALAYSIA. This is due to his academic background as a former Professor of University of Malaya. Anyone interested to know more about Dental implants can go to the ICOI web site www.icoi.org.

BRIEF SYNOPSIS

BONE GRAFTS: THE HEALING AND INCORPORATION OF BONE SUBSTITUTES

Bone healing and new bone formation following grafting



Dr Michael Ong Ah Hup at the 1st International Dental Implant Conference on July 25 - 27, 2008 in Taipei, Taiwan

take place through osteogenesis, osteoinduction and/or osteoconduction. The graft materials have been used to provide a scaffold for bone regeneration, to augment and reconstruct the alveolar ridge, restore bone loss resulting from dental disease and augment bony defects resulting from trauma or surgery. There are many graft materials that have proliferated and various bone grafting techniques have been developed to facilitate the use of dental implants where such treatment would otherwise not be possible.

Clinicians are using graft materials to fill fresh extraction sites so that the height and width of the alveolar ridge can be preserved for optimal implant placement and results. They have placed implants with or without bone grafts immediately at the time of tooth extraction rather than wait until the socket heals.

The selection of a bone graft material for dental procedures will depend on the characteristic of the defect. Clinically, insufficient alveolar contours may require bone grafting material of particulate composition to restore adequate bone volume before implant placement and larger defects of bone often require block grafts. The option of having bone substitutes with other materials or different techniques and the recipient bone may result in various outcomes of bone regeneration. The types of bone graft materials used by implant practitioners such as autogenous, allograft, xenograft of bovine or plant origin and/or alloplast were presented.

Contact **Dr Michael Ong Ah Hup** for oral implant consultation at Sunway Medical Centre –
Phone: 03 7491 9191 Ext 8875
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Email: profmoah@gmail.com

Sunway Medical Centre Laboratory Success Story

Sunway Medical Centre (SUNMED) is proud to be Malaysia's first hospital to be awarded with the ISO 15189:2007 accreditation standard for the scope of Chemical Pathology, Haematology and Microbiology.

SUNMED's dedication to laboratory accreditation is represented by its commitment model to customers, in particular to its patients. The model is based on patient safety, regulatory requirements, operational needs, and financial considerations.

While the process may have seemed laborious and time consuming, it was all well worth it. However, to get to its current position, a stringent implementation strategy was deployed which consisted of three stages, Preparation, Awareness, and Audit, each one assessed by



MS ISO 15189
SAMM No. 306

the Department of Standards, Malaysia. This involved evaluating the adequacy of the laboratory's documented management system and technical requirements against the accreditation criteria ISO 15189 as well as SAMM (Skim Akreditasi Makmal Malaysia) requirements.

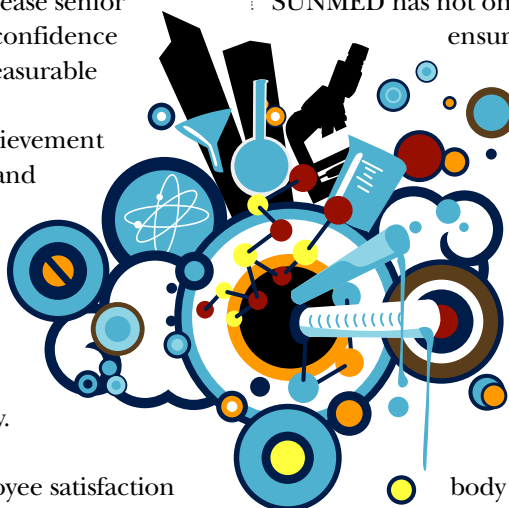
The eventual assessment results were positive, meeting guidelines set by the benchmark commitment

model. Specifically, issues on patient safety were adequately addressed, financial benefits realised accountably, and overall productivity showed significant improvements. This was a proud moment for the team members, helping build their confidence to continue providing the best for their customers. To ensure consistent adherence to these standards with sustained results, every year, the SUNMED TQM (Total Quality Management) and laboratory team embark on identifying additional ways to improve identified service areas and upgrade facilities, operations and services, based on quality control findings and observations.

On the operations side, SUNMED is now able to achieve faster and more efficient turnaround time along with a



reduction in medical errors. It has also helped increase senior management's confidence by providing measurable evidence of the laboratory's achievement in maintaining and improving operational excellence, translating to bottom line benefits for the company. Internally, it has increased employee satisfaction through a workplace culture that encourages continuous learning, a good working environment, better leadership, and above all, accountability and ownership of processes.



Through this accreditation, SUNMED has not only managed to ensure the best for its customers, it also strongly believes this to be a critical mark-of-quality, being an independent endorsement from an accredited body such as the Department of Standards, Malaysia.

With that, SUNMED hopes to boost its stature as an international player in the global healthcare business.

This accreditation hence comes at an opportune time, as come 2009, SUNMED will realise its expansion plans of going from a single tower block into a full, five-wing hospital facility, tripling its existing size to a built-up area of 654,000 square feet.

SUNMED is committed to nurturing human capital excellence through provision of world-class healthcare of such international standards. It also services its community on a broader, social level, by providing pro bono initiatives such as free health screenings to the underprivileged, conducting public forums and programmes to help spread the awareness of certain health risks amongst the broader Malaysian community.



Ultrashape: Non-Invasive Fat Reduction & Body Contouring

Finally, a safe, effective way to get rid of fat in “problem areas”

Struggling to get rid of unwanted fat deposits that even diet and exercise can't help? With UltraShape® we now offer a totally non-invasive body contouring solution that will reduce localized fat deposits, slim you down, and improve the shape of your body.

UltraShape removes undesirable fat from the abdomen, flanks (love handles), and outer thighs (saddle bags). And it gives you measurable and visible results: a clinical study showed that after 3 UltraShape treatments, the circumference of the treated area is reduced by an average of 4 cm.

The “walk-in, walk-out” 60 to 90 minute procedure requires no anesthesia, surgery or injections. And there's no disruption of your everyday life - you can get back to your daily routine immediately after treatment. What's more, you won't need maintenance treatments. The destroyed fat cells are gone forever.



Before

After a single treatment

Before

After 4 weeks of treatment

Safe and effective for men and women, UltraShape uses pulsed, focused ultrasonic energy to break down fat cell membranes and release their contents into the lymphatic system where they are safely cleared by the body's natural metabolic processes. Only the targeted fat cells are broken down. Surrounding tissue, nerves, blood vessels and connective tissue are unharmed. And unlike liposuction, there's no risk of dimpling or contour irregularities on your body: UltraShape tracking and guidance technology ensures complete,

uniform treatment of the targeted area.

For complete product and safety information about UltraShape, visit www.ultrashape.com.

To find out if UltraShape is right for you, please call for a consultation at **012 7747 962**.

SunMed Specialist & Wellness Centre

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Phone: 03 2773 6800

Email: smc@sunway.com.my

Website: www.sunway.com.my/sunmed

Medical Camp in Bandar Sunway

Sunway Group is once again organising a Medical Camp in Bandar Sunway.

Date: 9 November 2008 (Sunday)

Time: 9.00am - 3.00pm

Venue: SMK Bandar Sunway, Jalan PJS 7/15

This Medical Camp is aimed to benefit the underprivileged. The

beneficiaries of this project are residents of Kampung Lindungan, Kampung Medan and Taman Dato' Haron. We are targeting 500 local residents from these areas.

Sunway Medical Centre, under Sunway Group will be the main sponsor of this event. We will be providing:

- Dietitian Consultation
- Hearing Test by Audiologist

- Glucose Test
- Blood Pressure Examination
- Medical Examination by Medical Officers

For further information, please contact **Corporate Communications** at **03 5631 4064**.

Essential Steps to Safe Clean Care

by Sister Kerinjeet Kaur

DEAR VALUED CUSTOMERS,

Patients in the hospital are at risk of infection and this may prolong stay and delay recovery.

Therefore kindly follow the guidelines provided.

PELANGGAN TERHORMAT,

Pesakit dalam wad berisiko mendapat jangkitan kuman dan ini melambatkan masa penyembuhan pesakit.

Dengan itu sila mematuhi peraturan yang disediakan.

ADVICE FOR PATIENTS/VISITORS IN THE HOSPITAL

HAND WASHING

The single most important way of reducing infection is by hand washing.

Please clean your hands regularly.
Wash hands:

- Before and after visiting the patient.
- On entering and leaving hospital.
- After using the toilet and bathroom.

You may use soap and water, but if your hands are visibly clean you may use alcohol gel. You will find these at the entrance to all wards.

Important:

Patients should ask a nurse, doctor or visitor if they have cleaned their hands before he/she approaches you.

NASIHAT KEPADA PESAKIT/PELAWAT MENCUCI TANGAN

Mencuci tangan adalah amat penting untuk mengelakkan jangkitan dari merebak.

Cuci tangan dengan kerap:

- Sebelum dan selepas melawat pesakit.
- Semasa memasuki hospital dan keluar hospital.
- Selepas menggunakan tandas.

Sila gunakan sabun dan air untuk cuci tangan dan sekiranya tangan



STEPS ON HAND WASHING CARA-CARA MENCUCI TANGAN

1.



2.



3.



4.



5.



6.



anda kelihatan bersih, gunakan alkohol gel yang disediakan di pintu masuk wad.

Peringatan:

Pesakit berhak bertanya kepada jururawat, doktor atau pelawat samada mereka telah mencuci tangan sebelum berada di sisi mereka.

MANAGE CHILDREN

Children should be discouraged from crawling on the floor and must be supervised at all times.

PENGAWASAN KANAK-KANAK

Kanak-kanak ditegah dari merangkak di atas lantai dan pastikan sentiasa diawasi.

Patients in the hospital are at risk of infection and this may prolong stay and delay recovery. Visitors who are coughing and sneezing or feeling ill, please avoid visiting any hospital

THE ENVIRONMENT

Please help us to keep the hospital environment clean and tidy.

- Dispose of rubbish into the correct bins.
- Clean off any mud or dirt on foot wear before entering the hospital. Visitors are advised not to sit on patient's bed and use patient's toilet. Please use the public toilet.

KEBERSIHAN SEKITAR WAD

Tolong kekalkan kebersihan:

- Buang sampah di dalam tong sampah yang disediakan.
- Pastikan kasut anda dibersihkan dari kekotoran atau pasir sebelum memasuki hospital.

Pelawat dinasihatkan supaya tidak duduk di katil pesakit dan guna tandas pesakit. Sila guna tandas awam.

FLOWERS

Flowers make wonderful gifts but can be sources of infection risk to patients.

BUNGA

Bunga adalah hadiah menarik tetapi tidak sesuai dihadiahkan kepada pesakit kerana ia boleh membawa risiko jangkitan.



WOUND MANAGEMENT

Avoid touching any wounds, intravenous drip etc on patients. If you do so accidentally, please wash your hands immediately.

JAGAAN LUKA

Dilarang menyentuh luka dan peralatan hospital. Segeralah cuci tangan jika tersentuh barangan berkenaan.



ISOLATION ROOM

Ask permission from the nurse counter before entering the room.

BILIK ISOLASI

Minta kebenaran di kaunter jururawat sebelum melawat pesakit.

VISITING HOURS

Adhere to the hospital policy and the visiting times.

Try to limit the number of visitors at the patient bedside at all times as patients need rest.

MASA MELAWAT

Patuhi peraturan hospital untuk masa melawat.

Hadkan bilangan pelawat kerana pesakit perlu masa berehat.

PERSONAL HYGIENE

Shower frequently and change into clean clothes regularly.

Do not walk about in bare feet, wear slippers or shoes.

Visitors who are coughing and sneezing or feeling ill, please avoid visiting any hospital.

KEBERSIHAN DIRI

Mandilah kerap dan pakailah pakaian yang bersih.

Jangan berjalan di wad tanpa kasut. Pastikan anda memakai kasut semasa berjalan.

Sekiranya anda tidak sihat, batuk dan bersin, elakkan dari mengunjungi pesakit.

