



SUNWAY MEDICAL CENTRE

HEALTH AT YOUR FINGERTIPS

Beginning this issue, we will be bringing you useful and informative health tips from Sunway Medical Centre, covering diverse subjects which range from diet to exercise to just about everything else you would need to know to ensure a healthy lifestyle.

Did You Know That ...

... there are more than 4,000 chemical substances in a cigarette and most of them are very harmful to your health?

... when you smoke (even for a second-hand smoker), you are inhaling cigarette smoke that contains the following substances:

- Acetone - paint remover
- Toluidine - industrial solvent
- Ammonia - floor detergent
- Methanol - rocket fuel
- Naphthalene - mothball
- DDT - insecticide
- Butane - lighter fuel
- Hydrogen Cyanide - used for gas chambers

... besides the risk of getting cancers and heart diseases, cigarette smoking is also a risk factor for bone fractures because it interferes with certain hormone production that will lead to loss of bone mass and bone density?

... cigarette smoking is a risk factor for developing osteoporosis due to its toxic effects on osteoblasts, the bone cells associated with bone formation?

... last but not least, cigarette smoking also increases your chance of getting gastric ulcers?

So take charge of your life - quit smoking, stay away from second-hand and practice a healthy lifestyle!

WHAT'S IN STORE

AT SUNWAY LAGOON

RESORT HOTEL:

All-In-One Dinner & Dance Celebration Package



A hassle-free deal filled with incentives for corporate companies looking for a venue where imaginative concepts are tailor-made to clients' requirements - from costumes to props to menu. A music machine and deejay service is also thrown in at no extra cost!

Valid until 31 March 2001, this package is priced from RM65 nett per person and is applicable for a minimum of 30 tables with 10 persons per table.

For bookings or enquiries, call Alphansa Kumarie at (60-3) 7492 4236.

