

THE

SUNWAY[®]
HEALTHCARE

VITALS

THE INAUGURAL ISSUE
ISSUE 1 | APRIL - JUNE 2021

*In times of adversity,
let us soar above this storm*

TOGETHER

[SPOTLIGHT]

Do heart murmurs matter?

[PROFILE]

A shout-out to the
COVID-19 taskforce

[RESEARCH]

Sunway plays a role in the
genomic sequencing of
SARS-CoV2

[EDUCATION]

Nursing scholarships
opened now!



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A very big welcome to all our readers. I hope you are doing well. It has been an incredibly fast and furious, as well as mentally and physically challenging year during this COVID-19 pandemic.

Nevertheless, Sunway Healthcare Group is committed to fight this virus in all fronts. We are proud to be supporting the government in battling this pandemic that has taken so many lives. From the COVID-19 taskforce and the various best practices of infection control measures, to managing non-COVID-19 cases from the public health system and treating COVID-19 cases in our private facilities, we are prepared to continue protecting our patients, doctors and staff.

As a healthcare group that always strives to be at the forefront of innovations, the Clinical

Research Centre Regional Site Partner of University of Cambridge in Sunway Medical Centre joined forces with its UK counterpart in an impactful project of genomic sequencing of SARS-CoV-2 in Malaysia.

In the digital realm, and to ensure our patients continue to receive important healthcare, Sunway Medical Centre became the first hospital in Malaysia with a 24-hour Telemedicine Command Centre (TCC).

While COVID-19 seems to be in the headlines every day, let us not forget the other important health issues. Our Cardiac and Vascular Centre of Excellence at Sunway Medical Centre crossed a milestone by saving a life of an 11-month old infant who was born with two holes in his heart.

MESSAGE FROM THE MD

Mental health, observed in May, has become an even more profound, and increasingly recognised medical condition. Our Clinical Psychologist encourages everyone to start a new hobby.

With the pandemic forcing many to work or attend classes at home, a particular concern is prolonged use of earphones, earpods or headphones. In conjunction with Better Hearing and Speech Month in May, our ENT specialist shares her views on this particular subject.

We want to take this opportunity to recognise the challenges that cancer patients face throughout their treatment journey, especially during the pandemic. In this issue, we highlighted surprising things that two cancer patients learned, in recognition of Cancer Survivor's month in June.

Now that the COVID-19 vaccination programme has rolled out for our population in the country, this is not the time to let our guard down. Hear from our group of consultant specialists on their views of the vaccine. I hope we all can continue to do our part in keeping everyone safe, especially the vulnerable group of children, elderlies, and people with serious medical conditions.

At Sunway Healthcare Group, over 90% of our healthcare workers consisting of doctors, nurses and other frontliners have been vaccinated as at April 2021. We are pleased to be able to offer our Sunway Medical Convention Centre as a vaccination site for

Selangor district, enabling 3,000 frontliners from private hospitals to obtain this important inoculation.

In this inaugural issue of The Vitals by Sunway Healthcare Group, I would like to thank our doctors and staff for what they have done to weather this crisis through their selfless acts by taking care of patients every day. This includes our valuable nursing team who is the backbone of our hospitals. Let us celebrate and appreciate their dedication during Nurses Day in May. All these commitments by our healthcare staff is what makes our health services great.

Life is always at some turning point. I am confident that better days are in the horizon. Continue to stay safe. Wear a mask, wash your hands and socially distance just a while longer. Together we can beat and end this deadly pandemic.

Warmest regards,



Mr Lau Beng Long
Managing Director,
Sunway Healthcare Group



Surveyors from the Malaysian Society for Quality in Health with the Standards Champions.



Upholding quality & standards for **TOP-NOTCH HEALTHCARE PROVISION**

From 15 – 17 March 2021, nine surveyors from Malaysian Society for Quality in Health (MSQH), led by its Chief Surveyor, Dr Salehuddeen Abd Aziz, had become familiar faces at Sunway Medical Centre (Sunway City) during their three-day survey in the flagship hospital's 6th cycle of MSQH survey.

Accreditation surveys such as this provide valuable opportunities for external peer review, mutual learning and education, validation of current performance assessment and sharing of best practices in the healthcare industry.

As shared by the lead surveyor, quality is a journey. The hospital has always put quality as a priority in both clinical and non-clinical operations. Steered by the hospital's Quality Resources team, actual preparation for the survey kicked off since 2019. A total of 48 service standards were assessed by the surveyors.

All levels of the hospital's operations, from top management, to consultant doctors and staff poured in all their efforts which showed during the surveyors' preliminary evaluation

shared at the Summation Conference. As reported by the surveyors, there were no major areas of concern, no issues related to patient safety, or any issues that required immediate remedial action.

"Quality has always been an ongoing process even though it is not survey or audit season", shared Pn Rugayah bt Md Yassin, Director of Quality Resources. She conveyed her confidence that Sunway Medical Centre will be rewarded with another four years of accreditation by MSQH with overall rating scoring of Excellent.

Pn Rugayah continued, "I am especially proud that despite the pandemic time, the team spirit and quality culture among all the hospital leaders were consistently displayed. This was definitely crucial in us achieving zero areas of concern in more than 50% of the service standards."

MSQH will be releasing its final report to Sunway Medical Centre in the near coming months with the accreditation status.



Mr Derrick Chan, Chief Executive Officer, Sunway Medical Centre Velocity, Southern Region & Singapore showing his support for the hospital's frontliners after their vaccination.

VACCINES Bring Us Closer

World Immunisation Week 2021

Celebrated every year in the last week of April, it aims to promote the use of vaccines to protect people of all ages against disease. Immunisation saves millions of lives every year and is widely recognised as one of the world's most successful health interventions.

Leaders around the world have all heeded the call to immunisation and have led by example to instill confidence in their people. In Malaysia, spearheading the National COVID-19 Immunisation Programme was the Prime Minister Tan Sri Muhyiddin Yassin who became the first person in the country to get the vaccine.



Sunway Medical Centre Velocity (KL) frontliners commenced vaccination for its frontliners in March 2021

Close to 250 frontline healthcare staff including doctors from Sunway Medical Centre Velocity were one of the first few in the country to receive the COVID-19 vaccine under the Phase 1 National COVID-19 Immunisation Programme.





From L-R: Dr Seow Vei Ken, Medical Director of Sunway Medical Centre; Dr Tan Lian Huat, Consultant Internal Medicine & Infectious Disease Physician of Sunway Medical Centre; Mr Lau Beng Long, Managing Director of Sunway Healthcare Group; Ms Chan Lai Hong, Group Director of Nursing of Sunway Healthcare Group and Ms Sherry Woo Hui Yeng, Director of Allied Health Services of Sunway Medical Centre were present to show their support.

Sunway Medical Centre (Sunway City) championed the Phase 1 COVID-19 vaccination for Petaling District in Selangor from March until April 2021

As an appointed vaccination centre, the hospital is able to administer the COVID-19 vaccine for its own frontliners as well as from ten other private hospitals, namely Assunta Hospital, Columbia Asia Hospital Puchong, Columbia Asia Hospital Petaling Jaya, Kelana Jaya Medical Centre, KPMC Bandar Puteri, SALAM Shah Alam Specialist Hospital, Thomson Hospital, Tun Hussein Onn National Eye Hospital, QHC Hospital and Hospital Bersalin, Klinik Pakar and PoliKlinik Pusat Rawatan Islam (PCSB) Pusrawi. More than 3,000 frontliners were scheduled for vaccination here.





**Do HEART
MURMURS
Matter?**

WHAT IS IT?

Heart murmurs are abnormal sounds made by the turbulent blood flow in or near the heart. Heart murmurs can be harmless (innocent) or abnormal.

An innocent murmur usually requires no follow-up or treatment. Though heart murmurs may be common in normal, healthy children, they can be a cause of concern when they are pathologic. This is when the murmurs are linked to a structural problem with the child's heart.

HOW IS IT DIAGNOSED?

A doctor can hear normal heart valves closing and producing regular heart sounds by listening to the heart with a stethoscope. If your child's Paediatrician detects abnormal sounds and suspects that the heart murmurs are serious, your child will be referred to a Paediatric Cardiologist. Further tests will be done:

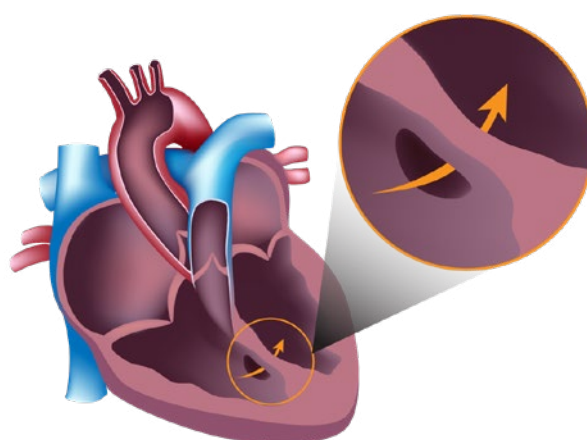
- Chest X-ray: An X-ray that creates images of the heart and lungs
- Electrocardiogram (ECG): Measures the electrical activity of the heart
- Echocardiography (echo): An exam that uses sound waves (ultrasound) to look at the structure and function of the heart.

WHEN IS IT SERIOUS?

A heart murmur can come from abnormal blood flow within the heart and blood vessels. This might be related to either a narrow or leaking valve, or a hole in the wall between the two chambers of the heart or between the two main arteries of the heart. One of the most common congenital defects that cause heart murmurs is Ventricular Septal Defect (VSD).

WHAT IS VENTRICULAR SEPTAL DEFECT (VSD)?

2 to 5 out of every 1,000 babies are born with VSD. The exact cause of the problem is not well established. VSD is an abnormal opening (hole) in the heart that forms between the heart's lower pumping chambers (ventricles), allowing oxygen-rich and oxygen-poor blood to mix.



WHAT IF IT IS NOT TREATED?

If the opening is large, the child may breathe faster and harder than normal. Your child may have trouble feeding which can affect his growth. High pressure may occur in the blood vessels of the lungs because more blood than normal is being pumped there. Over time this may cause permanent damage to the lung blood vessels.

WHAT CAN BE DONE?

Small openings can be left alone and they often close on their own. For more serious conditions such as large VSD, surgery is required to close the septal opening before the lungs are damaged. This can be done through heart surgery or cardiac catheterisation.

CELEBRATING MILESTONES



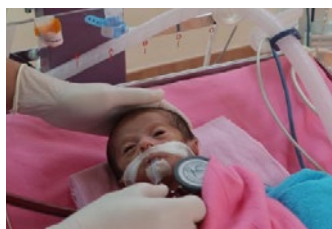
Patient Muhammad Shah Al Rizqi



Patient Rizal Shafwan



*Patient Nurjannah
Imani Ahmad Kadim*



Patient Nyeo Jia Ho



*Patient Nur Aafiyah Husna
Muhamad Rozaidi*

Sunway Medical Centre offers comprehensive services for patients with cardiac and vascular diseases.

SUNWAY
MEDICAL CENTRE

Sunway City

www.sunwaymedical.com



No.5, Jalan Lagoon Selatan, Bandar Sunway,
47500 Selangor, Malaysia



+603-7491 9191



smc@sunway.com.my



[sunwaymedical](https://www.facebook.com/sunwaymedical)

LIFE-SAVING SURGERY

for a child with hole in the heart

Baby Rizqi has a new lease of life when doctors performed a life-saving hole-in-the-heart closure operation on him.

When he was just a week old, Rizqi's parents noticed that he had rapid breathing. After several rounds of tests, doctors detected a hole in Rizqi's heart. The diagnosis was clear – Ventricular Septal Defect (VSD), one of the most common congenital heart defects.

There are only a handful of hospitals in Malaysia with facilities and expertise to treat such a condition. The Cardiac & Vascular Centre of Excellence at Sunway Medical Centre is one of the few and was strongly recommended by doctors that Rizqi's parents had sought second opinions from.

Together with the dedicated team in the hospital, Dr Ang Hak Lee, a Consultant Paediatric Cardiologist and Rizqi's primary care provider, accomplished this astonishing feat smoothly within four hours.

Despite being informed by doctors that it might take several months for Rizqi to become active after surgery, he was already showing great improvements soon after the surgery.

Corrective heart surgeries for congenital heart defects are performed through teamwork consisting of Paediatric Cardiologists, Cardiothoracic Surgeon, Paediatric Cardiac Anaesthetists, Operating Theatre and ICU staff.

The team has since performed five more paediatric corrective heart surgeries as at April 2021.

Building
towards a

HARVARD OF THE EAST

The original article appeared in The Edge Malaysia Weekly, on 11-17 January 2021.



Driven by his personal motto,

“ **I aspire to inspire
before I expire** ”

Tan Sri Dr. Jeffrey Cheah AO is on a mission to build a better future for all Malaysians through education with the Jeffrey Cheah Foundation.

Through various partnerships and ties with world-renowned universities and research institutes to enhance the level of education in the country, the foundation is taking great strides towards fulfilling Tan Sri Dr. Jeffrey Cheah’s dream of making Sunway University the Harvard or Cambridge of the East.

Some of the numerous major ventures are:

- The **Southeast Asia Leadership (SEAL)** programme (now known as Leadership in Medicine), conducted annually since 2016 by Sunway University and Sunway Medical Centre in partnership with Harvard Medical School.



- A **Clinical Research Centre** at Sunway City Kuala Lumpur, jointly established by Sunway Medical Centre and the University of Cambridge.



- Sunway Medical Centre will work with the **University of Cambridge's health partners, the Royal Papworth and Addenbrooke's hospitals.** A medical school is planned in collaboration

with University of Cambridge School of Clinical Medicine. The foundation is also in discussion with Harvard Medical School on relocating Harvard University's Global Health Delivery Centre from Dubai to Sunway City Kuala Lumpur.

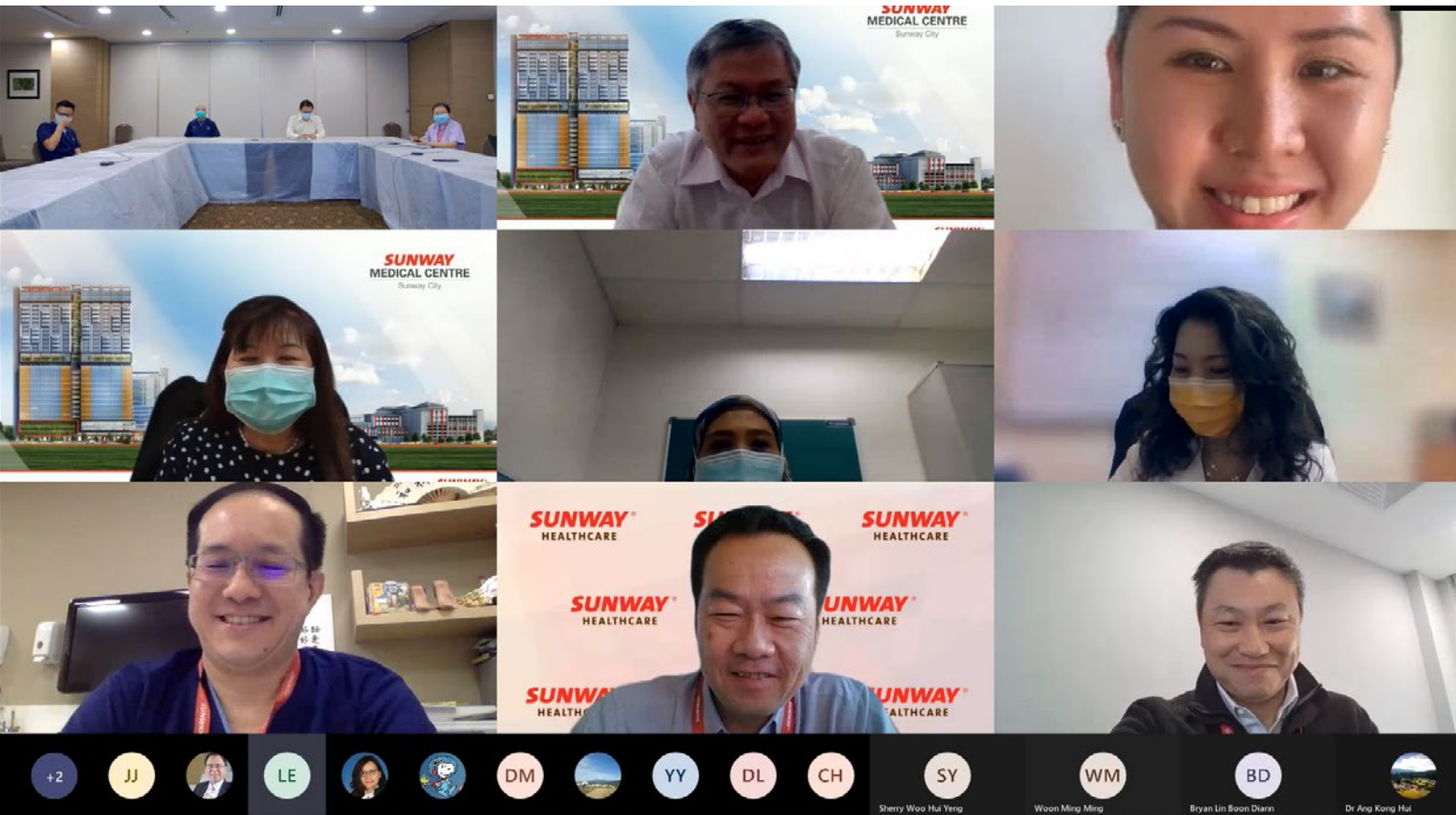
- In collaboration with the University of Cambridge, the **Jeffrey Cheah Biomedical Centre** has been set up on the University of Cambridge bio-medical campus, which is the largest biotech cluster outside the US. The Jeffrey Cheah Biomedical Centre houses over 150 scientists and clinicians at the Cambridge Institute of Therapeutic Immunology and Infectious Disease (CITIID), leading the University of Cambridge's response against the COVID-19 pandemic.



For the full article [CLICK HERE](#) or scan this QR code:



PROFILE



One of the many virtual meetings held by the COVID-19 taskforce from February 2020 onwards

A Shout-Out to the COVID-19 Taskforce



Sunway Medical Centre (Sunway City) proactively formed a COVID-19 taskforce well before the pandemic hit our shores in March 2020. This arduous task landed in the hands of the Medical Director of Sunway Medical Centre (Sunway City), Dr Seow Vei Ken who was appointed as the Head of the COVID-19 taskforce. He shares with us

the journey and some of the efforts the team has diligently worked on during the past year:

WHAT IS THE PURPOSE OF THE COVID-19 TASKFORCE?

The COVID-19 taskforce was actually set up on the first day of Chinese New Year in 2020. During that time, the virus was not widespread as it is today. However, we felt that there was an important need to have this taskforce early on as we predicted that Malaysians are not spared of this virus. Then came the first Movement

Control Order in March 2020. This definitely sent a strong message to us that it is a serious matter, and the taskforce could play a significant role to handle this unprecedented situation.

The main aim of the taskforce is to protect our healthcare system for our patients, staff and doctors. This is done by implementing policies and strategy as well as coordinating and integrating our efforts for everyone's safety and health protection.

WHO ARE THE PEOPLE IN THE TASKFORCE?

I work closely with our advisors: Dr Tan Lian Huat, Consultant Infectious Diseases, Dr Chua Yeok Pin, the Chairman of the Medical & Dental Advisory Committee, and the hospital Chief Executive Officer. The taskforce, together with the senior management team, is guided by the Managing Director of Sunway Healthcare Group, Mr Lau Beng Long. During the beginning of the pandemic, the taskforce would meet virtually first thing every morning, to discuss, adjust and finalise our SOPs as the situation kept changing at that time. We gradually scaled down our meetings to once or twice a week depending on the situation. I believe we have just had our Virtual Meeting No.115, as at 31 March 2021.

HOW CAN THE TASKFORCE HELP THE HOSPITAL MANAGEMENT IN ENSURING SAFETY OF ITS PATIENTS, STAFF, DOCTORS AND VISITORS?

Over the course of the pandemic, we have rolled out many initiatives that are meant to protect the safety and health of our stakeholders. They include screening of every person entering the

hospital premises, including staff and doctors; e-declaration of symptoms and travel history; mandatory wearing of mask; social distancing; and many more.

WHAT ARE SOME OF THE KEY INITIATIVES THAT HAVE BEEN ROLLED OUT BY THE TASKFORCE?

In addition to the standard precautionary measures which I have mentioned earlier, I am especially proud that Sunway Medical Centre was the first hospital in Malaysia with a dedicated Pre-screening medical tent to carry out a wide-scale testing and segregation of patients. In fact, our efforts happened to be one day earlier than the National Centre for Infectious Diseases in Singapore. Triage officers placed at the hospital entrances screened and moved symptomatic and high risk patients to the medical tent located outside the hospital for further testing. Some of the other initiatives that the taskforce rolled out were:

- Admission of high-risk and symptomatic patients in dedicated wards to reduce cross-contamination
- Universal COVID-19 screening of all inpatients and those undergoing procedures
- Negative pressurised cabins outside the hospital main entrance
- Hyper Light Disinfection Robot for effective sanitisation
- Isopods to transfer patients with infectious diseases safely
- Isolated testing booths

VACCINE



Speed & Efficacy:

HOW DOES THE COVID-19 VACCINE MEASURE UP?

A dialogue with

HOW CAN THE COVID-19 VACCINE BE DEVELOPED SO FAST?



Dr Tan Lian Huat

Consultant Infectious Diseases,
Sunway Medical Centre (Sunway City)

It may seem as if the vaccine for COVID-19 was manufactured in lightning speed. What people don't see is years of previous research on related viruses as well as improved and faster methods to manufacture vaccines. Another big factor that can affect the speed is the scale and urgency, and in this case, with the pandemic becoming a global emergency, more funding and resources are poured in to allow running of concurrent trials. Even regulators are moving more swiftly than usual. Public should rest assured that despite the speed, all the COVID-19 vaccine candidates went through the same three phases of trials to test the efficacy and safety.

HOW ARE VACCINES MADE?

There are a few types of vaccines: some use the whole virus or bacterium (either inactivated form or live attenuated form); some use just the parts of the germ that triggers the immune system; some use the genetic material that provides instruction for making specific protein that trigger the immune response.

WHY ARE THERE SO MANY TYPES OF VACCINES BEING DEVELOPED FOR COVID-19?

HOW DO THEY TEST OUT THE VACCINES?

Many COVID-19 vaccine candidates need to be evaluated before any of them were found to be safe and effective. All these vaccine candidates were studied in the laboratory and animals first before being considered as a good candidate to enter clinical trials in humans. Usually of those that make it into clinical trials, only a few are successful. Having lots of different vaccines in the development increases the chance of getting more than one successful vaccine that will be shown to be safe and effective. With the current COVID-19 of pandemic scale, the more options on safe and effective vaccines that we have, the faster the opportunity for us to roll out vaccination programmes successfully and achieve herd immunity and overcome the pandemic before the emergence of new variants.

IS THERE REALLY ONE VACCINE THAT IS MORE SUPERIOR OR IS SAFER THAN ANOTHER?

It's difficult to determine superiority of one vaccine over the other as there were no head

to head comparison studies done at present. Furthermore, there are differences in the clinical trial design and studied populations for various vaccines.

WHAT ABOUT PEOPLE WITH CHRONIC DISEASES? IS IT SAFE FOR THEM TO TAKE THE VACCINE?

People with chronic diseases such as diabetes mellitus, hypertension, etc. are at increased risk of severe COVID-19 disease. As practised worldwide, they are in the priority group that any vaccination programme would want to target in order to reduce their morbidity and mortality. Anyone with stable and controlled chronic diseases are strongly recommended to go for the COVID-19 vaccination.

WHICH GUIDELINE SHOULD WE REFER TO IN TERMS OF SUITABILITY TO TAKE THE VACCINE? EVERY COUNTRY HAS VARYING GUIDELINES.

The Malaysian Ministry of Health has a useful and easily accessible guideline on COVID-19 vaccination and is being updated regularly as newer vaccines are being approved for use in our country. It can be useful to look at other international guidelines but we need to bear in mind that other countries may have approved and used different types of COVID-19 vaccine for their own population and their guidelines may not be entirely suitable for us to refer to.

Let's hear from
our various

SPECIALIST CONSULTANTS



Dr Loh Huey Wen,

Consultant Obstetrician & Gynaecologist,
Sunway Specialist Centre Damansara

Pregnant medical and non-medical frontliners, mothers who are high risk and those who are breastfeeding should not be denied the opportunity to be vaccinated as a preventive measure for severe COVID-19 infection.

Severe COVID-19 infection in pregnancy is associated with an increase in ICU admissions, mechanical ventilation, stillbirth and prematurity.

Although the evidence continues to evolve, vaccination during pregnancy and breastfeeding is not absolutely contraindicated and women should be offered a choice.

**Dr Usha Rani George,**

Consultant in Internal Medicine and Respiratory Medicine,
Sunway Medical Centre (Sunway City)

The Pfizer and Moderna vaccines utilise a novel messenger RNA (mRNA) coding for the spike protein which triggers our immune system to create antibodies. This technology is actually not new, as it has already been in use for tumour vaccines. The mRNA from these vaccines cannot integrate into human genome because human cells lack the reverse transcriptase necessary. In fact, mRNA never enters the nucleus of our cell, which is where our DNA is kept. The scientists who developed this vaccine conducted the necessary clinical trials according to protocols and the efficacy shown was more than 90% at preventing symptomatic and serious infections. As for the side effects, I hope the public would rely on credible sources and reports instead of focusing on sensationalised headlines. It is important to have a full understanding on

the linkages and causes of the adverse reactions that we have read in the news; where it is reported that all these cases are still pending thorough investigations, therefore they may or may not be directly linked or related to the vaccine.

As a frontliner treating COVID-19 patients, I want to reiterate that we need to come together to overcome a pandemic that has taken more lives than any of the world wars. We have to move on socially and economically. One cannot be safe until all are safe, including our foreign workers. No one would have predicted that this pandemic can last this long. And now, we have been handed a lifeline in the form of a medical miracle, i.e. a vaccine. So I would like to remind everyone not to forsake it.



Dr Ng Eng Khim,
Consultant Nephrologist,
Sunway Medical Centre (Sunway City)

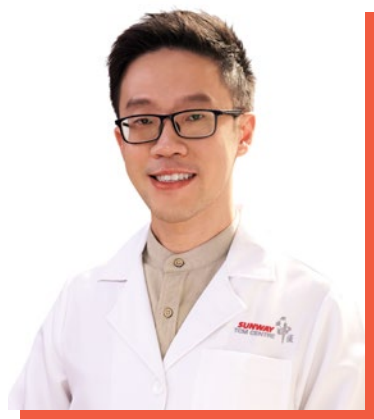
As we ride into this year long pandemic, there are at least 7 vaccines being rolled out in various countries. All these vaccines have been extensively studied to ensure their safety and effectiveness. As for patients with chronic kidney disease, there are constant questions on the safety and suitability of them receiving this vaccination. In fact, the Malaysian guidelines on SARS-CoV-2 vaccines released jointly by Malaysian Society of Nephrology and National Kidney Foundation have stated that these vaccines are safe for patients with kidney impairment including those already on dialysis treatment. Therefore, patients with chronic kidney disease stage 3 to 5 will receive priority in getting vaccinated in our national vaccination programme. Patients with multiple medical conditions especially those with kidney impairment are at risk of serious life threatening complication from COVID-19 infection. Hence I strongly encourage that all of us should get vaccinated to get Malaysia on track to reach herd immunity at the earliest time possible. "Please vaccinate and do not vacillate".



Dr Hasmawati Hassan,
Consultant Neonatologist,
Sunway Medical Centre Velocity

The National COVID-19 immunisation which started in early March 2021 will be done in stages to immunise the Malaysian adult population. Using the Pfizer vaccine alone, the government hopes to immunise about 50% of the population. This will be followed with other COVID-19 vaccines, to be given to the rest of the population.

Essentially, children should be vaccinated too but only after studies are available to show that the vaccine is safe for these children to prevent COVID-19. The vaccines currently available have not been studied thoroughly yet, in general. In fact, the speed in developing these vaccines is unprecedented, but the scientific community understands and believes that there is a need to vaccinate as many adults as possible to create a herd immunity in the society. This will in turn protect the children, infants and newborn from getting COVID-19 infection.



Dr Lim Ren Jye,
Medical Director &
Consultant TCM Physician,
Sunway TCM Centre



Here are some views about the
COVID-19 vaccine, from the

TRADITIONAL & COMPLEMENTARY MEDICINE'S PERSPECTIVE.

1. WHAT IS THE TCM'S VIEW ON THE COVID-19 VACCINE?

Prevention is always better than cure. Although there are studies in China suggestive of promising therapeutic effects of traditional Chinese medicine on COVID-19 patients, yet it is important to stop the disease from the source/host. The COVID-19 vaccine may be an important measure to reduce the healthcare burden worldwide.

2. CAN I TAKE THE COVID-19 VACCINE IF I'M ON A REGULAR TCM HERBAL THERAPY?

There is no data to date on concurrent use of TCM herbal therapy and vaccination. From a TCM perspective, it depends on the type of prescription patients are taking as some prescriptions might potentially leverage the body's immune system (e.g. the natural anti-inflammatory herb), thus it is advisable to not take it on the day of vaccination.

3. CAN TCM HELP IN REDUCING OR PREVENTING THE POSSIBLE SIDE EFFECTS OF THE COVID-19 VACCINE?

As most of the side effects of the COVID-19 vaccine are self-limiting and transient, it may not be necessary to take any form of medication after the vaccination.



Start something new. Pick up a **NEW HOBBY.**

By Aina Nur Azmi
Clinical Psychologist, Sunway Medical Centre (Sunway City)

Ever thought of picking up a new hobby but don't know what it could be? How many of us, while tied to our work responsibilities still make the time for a new hobby or interest? Perhaps now, when we are tied between our own homes and having less ability to go out unless when it's really necessary, it can be a great opportunity to start searching for a new hobby.

HOW DO HOBBIES BENEFIT OUR MENTAL HEALTH?

Many recent studies find having and engaging with activities that interest us has

a positive benefit for our mental health. They help to reduce stress and let us engage the creative networks of our brain, improving our mood. How so?

1. The feel good hormones known as dopamine and serotonin are regulated when you do activities that you have interest in.
2. When you are able to rest your mind and take a break from thoughts that stress you, it feels like you are slowing down the pace of your life and giving yourself space for a good "me-time".

3. It teaches you about patience, unleashing characteristics and abilities you never knew you had.
4. It opens your mind to new possibilities and challenges you to come out of your comfort zone.
5. It helps increase your motivation.
6. A great way to establish new friendships and feel less isolated.

DOES ENGAGING IN A HOBBY TAKE UP YOUR WHOLE DAY?

It doesn't have to. You may spend 30 minutes to 2 hours doing something you enjoy and schedule your time so you can look forward to it.



HOW TO START FINDING A HOBBY?

Take the opportunity to reflect on things that you may want to do but never had the chance to try. This is also a time to challenge your mind in many different ways. For example,

1. If you are used to logic and order, find a creative hobby (origami, drawing, knitting, freeform writing).
2. If you call yourself someone who is artistic, find a logic and order-based hobby (Sudoku, jigsaw puzzle, reading).
3. If you are always on your own, find a hobby that involves others (poetry, photography, language, upcycling).
4. If you are always surrounded by people, find a hobby that provides you some time with yourself (cooking, gardening, journaling).

Most importantly,

CHOOSE HOBBIES THAT COMPLEMENT YOUR CURRENT LIFESTYLE.

Doing something fun will lift your mood and help you to calm down. If you are experiencing low mood and constant worry over what is happening around us now, do not hesitate to speak to a professional about what you are experiencing.

So let's start picking up a new hobby and find your potentials!

HEARING

A Gift to be Treasured



By Dr Priatharisiny Velayutham

Consultant Ear, Nose and Throat Surgeon, Paediatric Ear, Nose and Throat Surgeon
Sunway Medical Centre (Sunway City), Sunway Specialist Centre Damansara



May is Better Hearing & Speech Month (BHSM). This gives us an opportunity to raise awareness about communication disorders and available treatment options that can improve the quality of life for those who experience problems speaking, understanding, or hearing.

“

Hearing is
**THE FIRST SENSE
TO DEVELOP**
in utero &
**THE LAST SENSE
TO GO** in the
dying process.

”

According to the World Health Organization, by 2050, nearly 2.5 billion people are projected to have some degree of hearing loss and at least 700 million will require hearing rehabilitation. Over 1 billion young adults are at risk of permanent, avoidable hearing loss due to unsafe listening practices.

The pandemic has changed many things, and one of them is a significant surge in usage of virtual meetings and classrooms. Use of headphones and earphones have also seen a big spike as they have become an inescapable part for most of us who require them during these virtual meetings or lessons.

The most common cause of hearing loss in adults are exposure to loud noise and ototoxic medications; both of which are preventable. Our need for excellent audio experience from these earphones ironically comes with the risk of hearing loss.

Unfortunately, hearing loss in children may also be increasing. 60% of hearing loss in children can be avoided by early detection. Apart from ear infections, prolonged exposure to loud noise, including use of earphones or headphones at potentially damaging levels, can damage hearing.

Subsequently, children with hearing loss who go on without rehabilitation are more likely to face academic difficulties, resulting in compromised speech recognition and poorer language skills. This can have such a compounding effect on their lives, which includes unemployment.

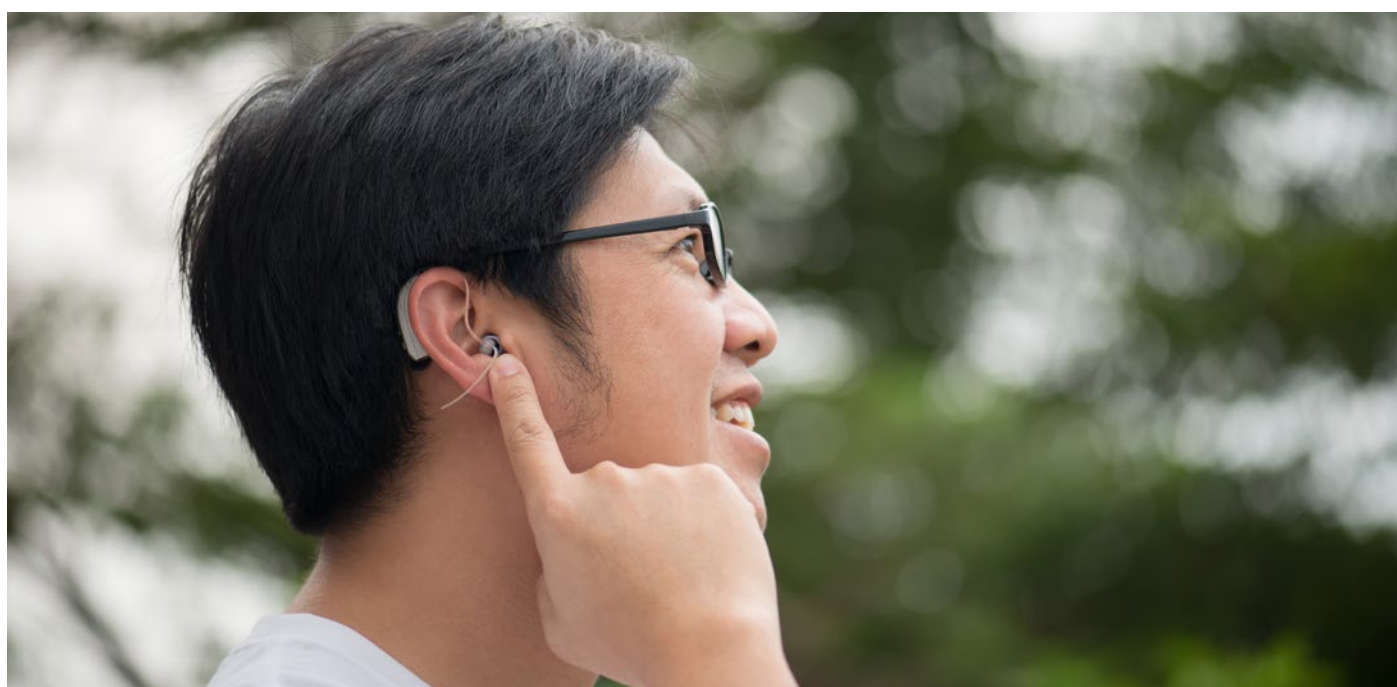
Parents have a role to play and intervene in order to protect their children's hearing. Limiting both the loudness and duration of sound exposure can

reduce the risk of hearing damage. Children and teens who develop healthy hearing habits early on can help to protect their hearing for life.

This applies to adults, too. Be on the lookout for signs of hearing loss which can include:

- Buzzing or ringing in the ears
- Difficulty in hearing at low volume
- A need to keep the volume up
- A sharp pain in certain areas in ears

People with hearing loss now have many options. Hearing aids and cochlear implants have made it possible for people with hearing loss to lead a normal life.



DOCTOR'S ORDERS

Early identification of hearing loss and ear diseases is the answer to effective management. This requires systematic screening for detection of hearing loss and related ear diseases in those who are most at risk. This includes:

- Newborn babies and infants
- Pre-school and school-age children
- People exposed to noise or chemicals at work
- People receiving ototoxic medicines
- Older adults

Once hearing is damaged, it's gone for good. This is why we raise awareness about the prevalence of hearing loss as well as the importance of screening and early diagnosis.

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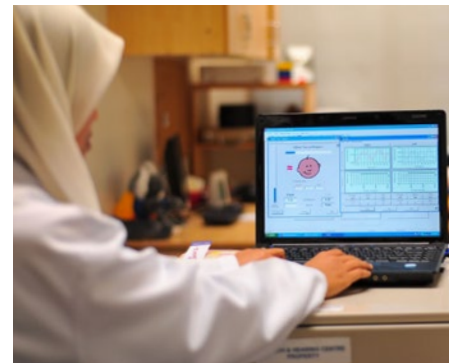
THE INVISIBLE BIRTH DEFECT

Hearing loss is one of the most common birth defects in the world. Based on the statistic from Centers for Disease Control and Prevention [CDC], 2009; National Institute on Deafness and Other Communication Disorders [NIDCD], 2010; Joint Committee on Infant Hearing (JCIH), 2019, 1-3 in 1000 newborns are detected with hearing problems at birth. Late detection and intervention for hearing loss may result in delayed development of speech, language and learning.

All newborns in Sunway Medical Centre will undergo universal hearing screening (SunMed Newborn Hearing Screening) during hospitalisation before discharged. This hearing screening will be done by an Audiologist or a certified audio technician.

Newborn hearing screening helps ensures early identification of hearing loss and early intervention for infant with hearing loss. Early management or intervention of hearing loss in children will make a big difference in their speech, language, social and communication development.

HOW IS THE NEWBORN HEARING SCREENING DONE?



STEP 1 Three jelly electrodes are placed at the forehead and mastoids.

STEP 3 Jelly electrodes measure the auditory nerve activity in responses to the sound played.

STEP 2 Soft insert probe tips are inserted into babies' ear and soft clicking sounds are played.

STEP 4 The system makes a statistical calculation based on the responses recorded (compared to the norms) to decide "Pass" or "Refer".



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Brain Tumour Treatment: **GAMMA KNIFE VS LINEAR-ACCELERATOR BASED SRS?**



By Dr Jennifer Leong,
Consultant Clinical Oncologist,
Sunway Medical Centre (Sunway City)

Hi! My name is Jennifer and I am practising as a Consultant Clinical Oncologist at Sunway Medical Centre.

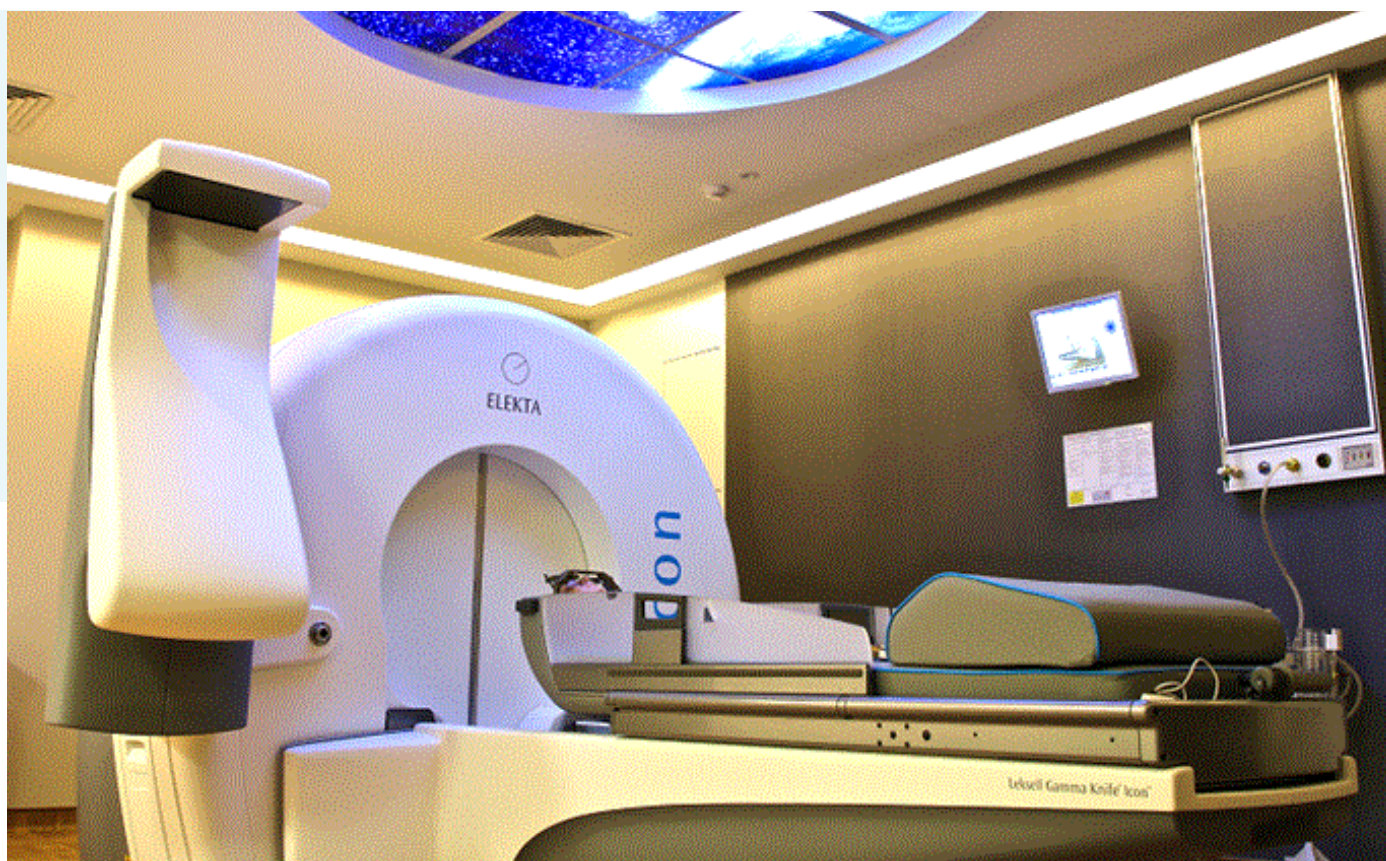
My role is to tailor the cancer treatment required for each patient and I also offer advice on suitability of radiation therapy for various tumour sites including the brain.

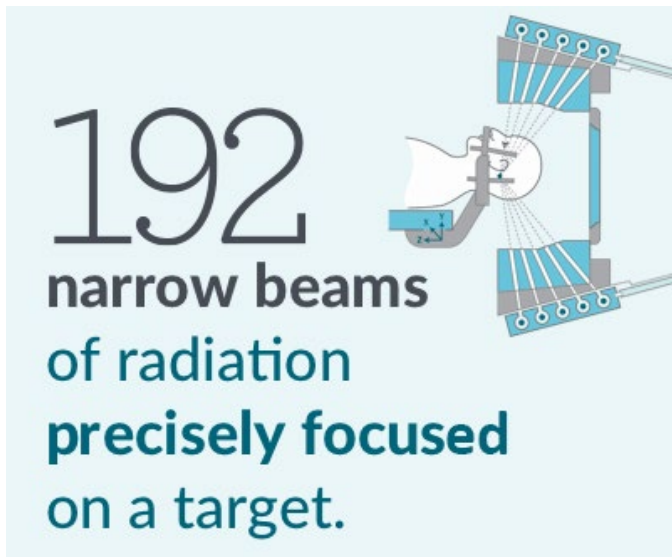
Brain tumours are not always cancerous or malignant in origin. There are many benign (non-cancerous) ones such as pituitary adenomas, acoustic neuroma, meningioma and arteriovenous malformation (AVM). An individual may experience symptoms due to compression to nearby brain structures. Besides open surgery, stereotactic radiosurgery (SRS) can be considered for selected brain tumours.

Contrary to its name, a patient that undergoes stereotactic radiosurgery does not undergo a 'real' surgery (no open incision) but instead receive a significantly higher dose of radiation (as compared to conventional dose) to a specific target in

the brain. To do so, the technique has to be a highly precise one, and also one that offers great sparing of the surrounding healthy brain tissues. SRS is often given as a one-day session but in some cases, the treatment can be divided into two to five sessions and given over a week (fractionated stereotactic radiotherapy or SRT).

CURRENTLY, THERE ARE TWO AVAILABLE OPTIONS FOR SRS; GAMMA KNIFE OR LINEAR-ACCELERATOR BASED SRS SUCH AS CYBERKNIFE.





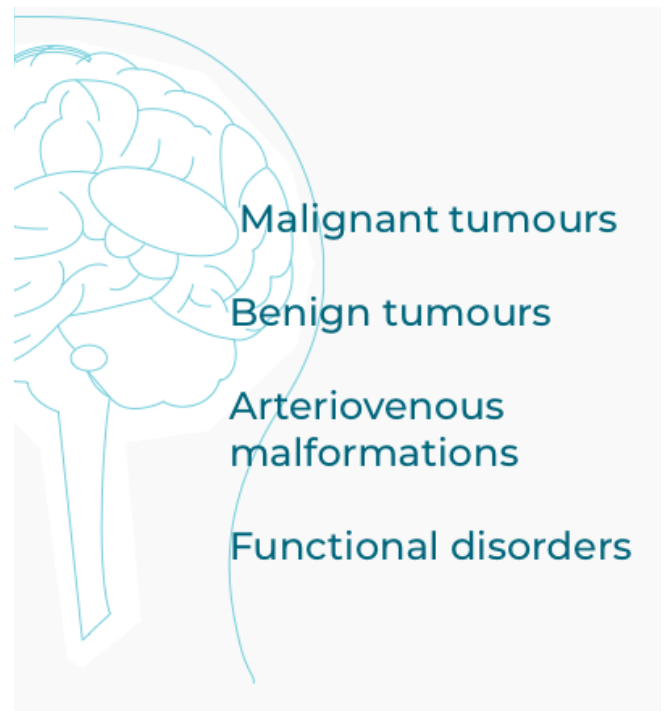
WHAT ARE THE DIFFERENCES BETWEEN THESE TWO, ONE MAY ASK?

Accuracy is one of the most important aspects of SRS treatment delivery. Gamma Knife has an accuracy down to 0.15mm as compared to 1.10mm in most linear accelerators. Gamma Knife utilises up to 192 tiny radiation beams on the target. Each of these tiny beams has minimal effect on the normal brain tissue it passes through, yet resulting in a high ablative dose at the focus where all the beams meet.

Beside accuracy and precision of treatment delivery, Gamma Knife also offers better sparing of surrounding normal brain tissues, as compared to linear-based accelerator which may result in 2-6 times higher dose to normal brain tissue. The higher the dose that is received by the normal brain tissues, the higher the risk of developing short- and long-term side effects.

One of the commonly used indications for Gamma Knife is for a condition known as arteriovenous malformation (AVM) which is

essentially a bundle of malformed blood vessels network that may potentially leak and lead to massive haemorrhage in the brain. In almost fifty-percent of cases, haemorrhage is the first sign but people with AVM may also present with other symptoms such as seizure or severe headache. Surgery may not always be feasible especially in deep-seated AVMs and hence Gamma Knife is a treatment option.



Gamma Knife treatment is also often used to treat brain metastases, which is a term used for cancers that have spread from a primary site (i.e. lung or breast cancer) to the brain. If the lesions are limited in numbers, offering SRS or SRT have been shown to confer better disease control, as well as preserving the cognitive function in the patients compared to the traditional way of treating with whole brain radiotherapy.

DOCTOR'S ORDERS

Following Gamma Knife treatment, patients may experience tenderness if a pin or screw is inserted (for frame type). They may also experience a mild headache, nausea or tingling sensation on the scalp following the treatment, but these symptoms are often short-lived. Swelling surrounding the treatment site can also occur up to six months post-treatment and the doctors may prescribe some anti-swelling medicine if required. Most patients who undergo the Gamma Knife treatment are able to receive the treatment well.

In today's era of personalised medicine, stereotactic radiosurgery is rapidly emerging as a preferred treatment of choice for many brain tumours. This treatment is offered by both the neurosurgeons and the oncologists, so do speak to one if you would like to know more in depth about this treatment option.



The Epitome of HEALTHCARE INNOVATION FOR PATIENT-CENTRIC CARE

In line with digital transformation, and improving patient outcomes while addressing their needs, the launch of Sunway Telemedicine Command Centre in January 2021 solidifies Sunway Medical Centre in its digitalisation journey.



L-R: Dr Seow Vei Ken, Medical Director and Mr Bryan Lin Boon Diann, Chief Executive Officer, Sunway Medical Centre (Sunway City)

As a pioneer in the area of telemedicine in Malaysia, Sunway Medical Centre has once again upheld its key player status among the tertiary healthcare fraternity.

Mr Bryan Lin Boon Diann, Chief Executive Officer of Sunway Medical Centre said,

“ **We believe that necessity is the mother of innovation and as the healthcare industry evolves, we too must move in tandem to meet these growing needs. The needs of our local and regional patients and customers have encouraged us to set up this Command Centre. And we pride the credibility of our Telemedicine Services as all medical or clinical enquiries will be attended by a certified nurse or medical officer.**

Mr Lin adds, “With this service in tow, we will be able to provide easier, more efficient access to healthcare when and where the patient needs it”.

WHAT DOES THE 24HR TELEMEDICINE COMMAND CENTRE (TCC) DO?

This 24 hour, 7-days-a-week service can be reached through call, email or social media platforms. The anytime, anywhere live chat enables callers to speak with medical officers and nurses on health matters. Some of the healthcare solutions include:

- Appointment with a matched specialist
- Telehealth advice over the phone
- Ambulance arrangement
- Allocation to suitable in-hospital, subsidiary, or partnered services
- Cost estimate on recommended medical procedure

“In April 2020, the UK’s Royal College of general practitioners reported that doctors were seeing just 7% of their patients face-to-face, compared with 80% in 2019, proving that the demand for telemedicine is growing significantly. Even countries closer to home such as Indonesia and Thailand have adopted telemedicine to reach patients. With social distancing becoming the new norm, we foresee this trend increasing exponentially,” said Dr Seow Vei Ken, Medical Director, Sunway Medical Centre.

This value is also extended to local and overseas patients for follow-up and second opinion cases. Now, they can consult their doctors, clinical psychologists, speech therapists, audiologists, rehabilitation team (podiatrist, physiotherapists and occupational therapists) and dietitians without the need to be physically present.



WHAT WILL THE FUTURE HOLD FOR TCC?

The Telemedicine Command Centre is now set up in Sunway Medical Centre, Sunway City. Plans are underway to extend this service to Sunway Healthcare Group's network of hospitals and centres to meet the growth and demand in the future.

As with the concept of telemedicine being borderless, future plans include connecting the Telemedicine Command Centre to other hospitals, universities, or other world-class research centres for medical related education programmes such as meetings, conferences and consultations.



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SUNWAY HOME HEALTHCARE:

A Safer and Quality Home Care for the Community



From its humble beginnings in 2003, SunMed@Home is now known as Sunway Home Healthcare (SHH).

The rebranded Sunway Home Healthcare will extend its service offerings beyond home nursing, to include a wide range of in-home health services. The team has also relocated their operations office from Sunway Medical Centre (Sunway City) to Sunway Geo Avenue, a retail-business-residential complex opposite the hospital complex.

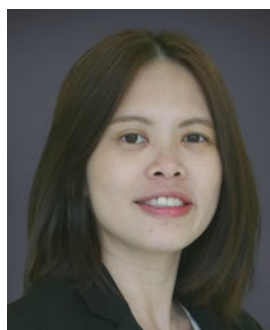
“

The launch of our new name and logo kicks off a new era at Sunway Home Healthcare that reflects who we are as a home care brand and is a direct reflection of the value we deliver to our clients – quality, modern, safe and multi-disciplinary,

”

said Mr Choy Wah Wei, Chief Executive Officer,
Community Health and Residential Care Services,
Sunway Healthcare Group

Sunway Home Healthcare provides a full suite of healthcare solutions from nursing, rehabilitation, dietetics, teleconsultation, sale and loan of medical supplies and equipment as well as medical/specialist services. The skilled and experienced team who are trained in a tertiary and internationally-accredited hospital setting provides personalised services for patients at the comfort of their own home.



“The relaunching of our brand represents the natural evolution of the home healthcare industry and especially during this COVID-19 pandemic that is affecting the world in an unprecedented way,”

said Ms Ng Yee Voon, Senior Manager, SunMed@Home



With the pandemic that has upended conventional healthcare delivery, Sunway Home Healthcare has seen a surge in demand, due to its special ability to keep vulnerable senior and chronic populations safely at home while they receive continuous medical care.








Sunway Home Healthcare's staff getting their COVID-19 vaccination recently.

As with the global trend where the service of choice for the elderly and chronic patients leans towards home or community healthcare-based type of service, Sunway Home Healthcare fits well into the healthcare ecosystem. Its unique hospital-based home care structure which is affiliated to the group of hospitals and speciality centres of Sunway Healthcare Group gives patients and family members the much needed assurance and peace of mind when it comes to safety and quality.

Sunway Home Healthcare plans to introduce more offerings through innovation and quality care as it aligns with Sunway Healthcare Group's aim in continuously advancing medical care.



sunwayhomehealthcare.com.my

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A REWARDING CAREER AWAITS

at the multi award-winning healthcare group

For soon-to-be school leavers, questions and hesitations about their future will always be at the top of their minds. A career in healthcare is rewarding in many ways. Sunway University together with Sunway Medical Centre has one of the best nursing programmes in Malaysia that provides clinical attachments, guaranteed employment and full scholarship.

The scholarship covers full tuition fees, monthly student allowance, meal and book allowances, academic bonus, accommodation, and medical benefits. All scholarship recipients will also secure a five-year placement at one of the healthcare facilities under Sunway Healthcare Group upon graduation.

For more information, please contact,

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FOR MORE
DETAILS](#)**

Let's check up on two of our bright

NURSING SCHOLARS & GRADUATES

who have since joined Sunway Medical Centre,
and see how they are doing so far.

Fong Wei Jian,
Ward 2C, Sunway Medical Centre (Sunway City),
Graduated in April 2020



I remember my aunt sharing with me about her exciting days as a nurse. Somehow, this motivated me to choose nursing as a career. This decision was also partly influenced by the Grey's Anatomy TV series. The characters and action scenes inspired me to join the healthcare workforce. Both my parents were also supportive of my career choice. It was also from my aunt that I found out about the nursing scholarship programme offered by Sunway University. She shared that Sunway Healthcare Group is expanding with more branch hospitals and how it would be a great opportunity to develop myself and grow a career under Sunway.

Even after a short 10 months in this job, I find joy seeing my patients get better. There was a patient who underwent head surgery and was partially paralysed. During his long stay, he went through daily physiotherapy, and slowly regained his motor power. As a nurse, I played

a role in helping him each day to get stronger. He is now able to transfer himself from the bed to the chair, which is a great accomplishment. This is a very rewarding experience and it is what motivates me to do my best for my patients.

One misconception I hear often is how nurses' job is easy. As a matter of fact, it is completely the opposite as nurses need to frequently update themselves with the latest medical updates and treatment modalities. Patients and their family members rely on us to educate them with accurate health information. Every day at work is like a new day that I look forward to because every patient is different in terms of their conditions and how we manage them.

Lastly, I would like to encourage more males to take up this noble career path.

Male nurses are in fact high on demand. Together with our female colleagues, we are able to complement their service with the extra strength that is sometimes required for certain patients.



EDUCATION

Noor Sharifah Binti Mohd Ridzuan Madawan,
Intensive Care Unit, Sunway Medical Centre
(Sunway City), Graduated in July 2013

I have been exposed to nursing my whole life. Since the age of 12, I took on a caregiver role for my sick grandparents. My grandmother had cancer and needed daily dressing changes. At the same time, I helped nurse my grandfather who suffered from stroke.

Being able to care for them made me feel like I could do more. Along with my mother's encouragement, I decided to choose nursing for my studies. We stumbled upon the Sunway nursing scholarship programme in a newspaper advertisement. I tried my luck and subsequently passed the interview and entry exam.

Eight years have passed since I graduated and joined Sunway Medical Centre as a nurse. I was given the opportunity to get my feet wet in various units, such as medical, surgical and post-operative cases. I am currently part of the Renal Transplant team, and also attached to the ICU/CCU department, and with the pandemic happening, I am exposed to managing COVID-19 patients.



As a nurse, I am with my patient almost every hour of the day, which is way more than a doctor. This is why I constantly equip myself with updates on clinical knowledge, as well as improve my communication skills because ultimately, nurses help the doctors in the healing of our patients. This teamwork is even more evident when we revive a coded patient back to life.

I wish to see the nursing role to be more highly regarded in the society. While we do change our patients' diapers, and empty their urine bags, a nurse's role goes beyond that.

We are the go-to person in assessing a patient's health condition to ensure he or she gets the proper management or intervention by the doctor.

Therefore, as a nurse, I always make sure I put my best foot forward and provide quality nursing care to all my patients because we play a role in saving our patients' lives.



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Since April 2019, together with its collaborators, University of Cambridge and Royal College of Physicians, Sunway Medical Centre has established a series of jointly organised Continuous Medical Education (CME) seminars for healthcare professionals.

As a tool for continuous learning, these collaborations are instrumental in helping to fulfil the needs of its healthcare professionals and improve their skills, which lead to better patient outcomes and patient care.

Under the banner of Royal College of Physicians-Sunway-Cambridge Medical Seminars, various experts from these three institutions continued to participate in sharing important medical updates during the pandemic. The Taster Webinar series 2020/21 on the themes of Geriatrics, Vasculitis/Lupus and Oncology concluded in January 2021 and were attended by close to 1,500 healthcare professionals from 24 countries.

With such invaluable support of our medical education endeavours, the Royal College of Physicians-Sunway-Cambridge Medical Webinars is back with its Spring Series of CME talks.

- Webinar #1
Neurology @ 17 April 2021
- Webinar #2
Diabetes/Endocrinology @ 22 May 2021
- Webinar #3
Rheumatology @ 25 June 2021

If you are interested,
follow for more information.

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- [!\[\]\(c237bda00463bf57e48185035f38d966_img.jpg\) CambridgeMedicalSeminars](#)

Harnessing the **POWER OF PARTNERSHIPS**

Collaborative Efforts between Malaysia (Sunway) and UK (University of Cambridge and University of Edinburgh) in the Genomic Sequencing of SARS-CoV-2



COVID-19 Genomic Sequencing Research Team from Sunway. L-R: Dr Chow Yock Ping, Senior Research Scientist, Clinical Consultant Genetic Pathologist, Sunway Medical Centre (Sunway City); Prof Sibrandes Poppema, President, Sunway University & Immunology, Sunway Medical Centre (Sunway City); Dr Wendy Tay Wan Ying, Director, Division of Medical Education, Resea

As the world flutters about the latest development on the offerings of COVID-19 vaccines, it is beneficial to note the immense work that the scientific community has poured in ever since the first outbreak of SARS-CoV-2 in China.

In January 2020, when an RNA (ribonucleic acid) virus was identified as the infectious agent of the disease soon to be named COVID-19, scientists immediately sequenced its genome. With its similar sequence identity to SARS-CoV, which caused the global SARS outbreak in 2003, we have now come to know this new virus called SARS-CoV-2.

The Molecular Laboratory at Sunway Medical Centre was among the few private medical centres that began contributing to the detection of SARS-CoV-2 in the community by way of Reverse Transcriptase Polymerase Chain Reaction (RT-PCR) in March 2020. Since then, the Clinical Research Centre of Sunway Medical Centre has embarked on a research project in collaboration with Sunway University, University of Cambridge and University of Edinburgh to perform genomic sequencing of SARS-CoV-2 to gain insights into genetic divergence, and more importantly, local transmission of the virus.

For the novices, genome sequencing is essentially determining or “decoding” the order of chemical “bases” of a DNA molecule. Scientists use these sequences to identify



Dr Masita Arip, Consultant Pathologist (Medical Microbiology & Infection, Sunway Healthcare Group); Dr Roziana Ariffin, Sunway Research Centre, Sunway Medical Centre; Dr Masita Arip, Consultant Pathologist (Medical Microbiology & Infection, Sunway Healthcare Group)

genes, or in the case of COVID-19, mutations to a virus.

Genomic sequencing of SARS-CoV-2 had led to many important findings of this pathogen, including its genetic composition, investigation of virus transmission dynamics, development of diagnostic tools, and identification of new mutant viruses.

Several SARS-CoV-2 mutants which exhibited mutations have been detected worldwide since its first sequence was released in January 2020. In Malaysia, the D614G variant which was reported to be 10 times more infectious was first spotted in July 2020, followed by UK B.1.1.7 variant in early January 2021, and Nigeria B.1.525 variant in early March 2021.

The preliminary findings revealed that the D614G mutant has circulated in Malaysia since mid-March 2020. The finding was a sign that D614G mutant has actually spread in the local community long before its presence was first announced in July 2020. This also implied that more virus genomes need to be sequenced in order to detect early introduction and local transmission of SARS-CoV-2 mutations, which would otherwise be missed.

With the support from the Sunway Medical Research Fund and Sunway-Cambridge Collaboration Fund of Sunway University, the research team sets to sequence more virus samples to learn more about the genetic evolution of SARS-CoV-2, emergence of new virus mutants, and to track vaccine-resistant SARS-CoV-2 mutants.

International collaborations such as this is crucial in order to maintain extensive and robust sequence databases, which fundamentally is invaluable to our disease control and prevention efforts. Concerted collaborative efforts among the international communities of researchers, public and private health providers as well as laboratories can be key in putting a stop to this pandemic.

OUTCOMES

9-YEAR-OLD FINALLY SEES CLEARLY NOW,

thanks to a CSR project by Sunway Medical Centre Velocity

Mia Syuhada in a consultation session with Dr Fiona Lee, Consultant Ophthalmologist and Paediatric Ophthalmologist before the surgery.



Mia Syuhada binti Sabdami's parents started noticing her eyes seemed off-kilter when she was about 6. The teasing by school mates and concentration difficulty were among the issues faced by this little girl.

Strabismus, or better known as squint, more commonly found in children, can occur at any age from babies up to the elderly. It can be caused by various factors such as muscle weakness, medical conditions such as stroke or even external impact from accidents.

Mia's parents are struggling financially and mentally and they have been waiting for an opportunity for Mia to undergo treatment for two years.

Through the 'A Little Wish, For Your Little One' CSR project to fulfill a child's surgical needs by Sunway Medical Centre Velocity (SMCV), Mia was able to undergo a squint surgery performed by Dr Fiona Lee, Consultant Ophthalmologist and Paediatric Ophthalmologist at SMCV.

Mia's parents shared about the life-changing effects seen in Mia in terms of her improved focus on learning, reading and writing. Most of all, her self-esteem has improved drastically.

Depending on the severity of the strabismus, surgery is only one of the many treatments that patients can undertake to correct their condition. Dr Fiona notes that there are various lifestyle modifications that can be carried out to treat it as well.

"Reducing time on electronic gadgets, spending more time outdoors, wearing special spectacles or carrying out regular special exercises can also help improve squint control. Squint can appear at any age from the young all the way to the elderly. It does not matter when the squint appears, as many squints can be treated. Do not be afraid to see your eye doctor – the sooner you get it treated, the better the results," she says.

Sunway Medical Centre Velocity is now on all the major insurance panels.



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We hear from Jason Ju, 31 who was diagnosed with Right Acoustic Neuroma and underwent the revolutionary radiosurgery.

TELL US ABOUT YOUR SIGNS AND SYMPTOMS.

Early of 2020, I started experiencing facial numbness on one side. Towards the end of the year, I started feeling sharp pain in my right ear. That is when I decided to consult a specialist in Ear, Nose and Throat.

WHAT WAS YOUR DIAGNOSIS?

I was diagnosed with Right Acoustic Neuroma after an MRI test. A 3.6cm tumour was found pressing on the nerves in my brain. A biopsy was done where they extracted specimen of the tumour. Although this diagnosis is rare, I am thankful that it is non-cancerous.

WHERE DID YOU GET TREATMENT, AND WHAT KIND OF TREATMENT?

I have always known that Sunway Medical Centre is a leading hospital in Malaysia. Plus, a friend had recommended this hospital.

My condition was managed by both Dr Ivan Shew, Clinical Oncologist, and Dr Ravi Krishnapillai, Consultant Neurosurgeon. I was informed that the treatment would be through Gamma Knife stereotactic radiosurgery, where it is a form of targeted radiation that can shrink and eventually kill off the tumour in my brain.

SHARE YOUR EXPERIENCE OF THE TREATMENT.

I had a positive experience with both my doctors. Dr Ivan's calm vibes definitely rubbed off on me. His "modern" approach in communicating with patients through WhatsApp really reassured me. He even texted me immediately after my treatment.

For the Gamma Knife treatment, Dr Ravi chose the “frame” approach for me. It definitely looked intimidating, and I won’t lie that it wasn’t painful at the beginning when they attached the frame on my head due to the pressure. But in hindsight, I don’t remember feeling the pain anymore as I just feel very fortunate that I was only scheduled for one session.

During the actual procedure, it was painless and lasted for one and a half hours. Similar to an MRI, you can sense the machine moving behind you as it works to pinpoint to the exact location of the tumour and starts doing its job.

WHAT ABOUT AFTER THE TREATMENT?

It was such a huge relief. I actually shed some tears of joy because I was just really grateful that my tumour was benign.

The parts where they attached the frame onto my head swelled but it was nothing serious. I was able to walk and carry on with my daily routine even though I experienced some normal post-treatment effects, such as slight giddiness and lethargy.

I am currently recuperating at home and just taking life slowly. At the same time, I have started to appreciate life more and the second chance that I’m given.

ANY MESSAGE FOR OTHERS?

Do not be afraid to consult a doctor when you feel something isn’t right with your body.

“HAVING STRONG FAITH IS VERY IMPORTANT AS IT CAN PULL YOU THROUGH THE HARDEST OF TIMES. MOST IMPORTANTLY, BE GRATEFUL THAT YOU ARE ALIVE.”



Salute to the CANCER WARRIORS!

It is Cancer Survivor's Month in June. In celebration of their feat, we talk to two cancer warriors who have revealed the surprising ways cancer changed their lives.



“BECAUSE OF CANCER,
I BECAME
MOTIVATED
TO LIVE.”

Ms Annie Au Kar Wei, 37,
One-year Breast Cancer Survivor

I have always worked as an employee. Ever since my diagnosis in 2020, and going through surgery, chemotherapy and radiotherapy, I started to learn not to take life for granted. Life is fragile. I feel blessed to have people around me, especially my husband and family who took care of me during my treatment journey. The idea of starting a business and setting a new goal for myself came about after my cancer diagnosis. Surprisingly, I found myself motivated and started to live a more purposeful life. I want to let people know that it's not about losing your hair or looking different, as you can always put on a hat or put on some makeup. The important thing is to be brave and positive as these can help you overcome the challenges.

“NOTHING IS
IMPOSSIBLE,
BUT I AM
POSSIBLE.”



Mr Low Yi Heng, 32,
Nasopharyngeal Cancer Warrior

I went through 33 rounds of radiotherapy and 10 sessions of chemotherapy with my last session on 7 April. You will always hear people say that cancer is not the end of the world. I lead a busy and successful career. With the cancer diagnosis at such a young age while I'm at my peak, it dawned on me that life is not about how successful you are. Family and health are everything in this world. And with such a tough journey during the cancer battle, you start to realise that the willpower of human is stronger than what we expect. And a big part of this is the support of family along the journey.

We hope that these stories can empower others who are going through this challenging journey in their lives.

WELCOME ON BOARD

Let us welcome our **new Specialist Consultants** who have joined our healthcare units:

SUNWAY MEDICAL CENTRE (SUNWAY CITY)



**DR JANANI
SIVANATHAN**

Consultant Obstetrician & Gynaecologist & Maternal & Fetal Medicine Specialist



**DR MOHAMED NAJIB
BIN MOHAMED UNNI**

Consultant Paediatrician & Paediatric Haematologist & Oncologist



**DR THOW
SUN TA**

Consultant Obstetrician & Gynaecologist



**DR CHUNG
YUN CHIEN**

Consultant Hepatologist & Gastroenterologist



**DR POH
KEAT SEONG**

Consultant General & Colorectal Surgeon



**DR CHEONG
SHU MENG**

Consultant Paediatrician & Neonatologist

SUNWAY MEDICAL CENTRE (SUNWAY CITY)



**DR CHUA
HWA SEN**

Consultant Orthopaedic &
Arthroplasty Surgeon



**DR YEOH
TZE MING**

Consultant Plastic &
Reconstructive Surgeon



**DR HENNING LOO
CHENG KIEN**

Consultant Haematologist

SUNWAY MEDICAL CENTRE VELOCITY (KL)



**DR NATASHA
AYLA ZULKIFLEE****

Consultant ENT,
Head and Neck Surgeon



**DR JAMES KOK
WAI LEONG****

Consultant ENT,
Head and Neck Surgeon



**DR MOHD GIBRAN GEH
BIN MOHD HASHIM**

Consultant Obstetrician and
Gynaecologist

WELCOME ON BOARD

SUNWAY MEDICAL CENTRE VELOCITY (KL)



**DR CHEAH
CHEE KEN***

Consultant Rheumatology &
Internal Medicine



**DR TAN
GUAN HEE***

Consultant Urologist



**DR KUAR
WEI KHIE**

Consultant Physician,
Gastroenterologist &
Hepatologist

SUNWAY SPECIALIST CENTRE DAMANSARA



**DR AHMAD
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Consultant Orthopedic
Surgeon



**DR LOH
HUEY WEN**

Consultant Obstetrician &
Gynaecologist



**DR LOH
TZE LIANG**

Consultant ENT, Head &
Neck Surgeon

SUNWAY SPECIALIST CENTRE DAMANSARA



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**DATIN DR WENDY LIM
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**DR THWIN
MAUNG AYE**

Consultant
Gastroenterologist &
Hepatologist

SUNWAY TCM CENTRE



**MS EUNICE CHIN
HUI QIAN**

TCM Physician
(Special interest in TCM
Gastroenterology & TCM
Cosmetology)



**MS HU
KEE YIE**

TCM Physician
(Special interest in
TCM Rehabilitation &
TCM fertility)

*These consultants also have clinic sessions in Sunway Medical Centre (Sunway City).

**These consultants also have clinic sessions in Sunway Specialist Centre Damansara.

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