

THE

SUNWAY[®]
HEALTHCARE

VITALS

ISSUE 3 | OCTOBER - DECEMBER 2021

NAVIGATING *IN A* POST-PANDEMIC TIME



[SPOTLIGHT]
Being Kind to Your
Mind in a Post-
Pandemic Society

[HEALTH TIPS]
Traditional Remedies
to Help with Your Post-
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MESSAGE FROM THE MD



As we bid goodbye to 2021 and welcome the new year, I want to take this opportunity to reflect on the past year that continued to be challenging in many ways, but at the same time, has shown how strong we are as a team, even in the toughest of times.

As a healthcare provider, it was certainly not an easy task to manage the COVID-19 pandemic and continuously provide a safe experience for our patients, staff and consultants. To add to that, the country experienced one of the worst flooding in years that has left many in the country displaced. Working together with Sunway Group and NGOs, we have put in place various efforts to help our colleagues and fellow Malaysians who have been affected by the recent devastation.

So, while the year will be remembered for its extraordinary challenges, we also celebrate achievements and successes that foretell a bright future for the whole of Sunway Healthcare Group.

Our hospitals and other healthcare services have stayed busy. Our two hospitals in **Sunway City and Velocity KL** continue to serve outpatients and inpatients during the various phases of MCO, as they welcomed more specialists and introduced new services. With the border restrictions easing up, the hospitals are seeing a gradual increase in international patients.



Sunway Home Healthcare has witnessed quite a growth, as some patients prefer having their health needs managed at their homes especially during a pandemic.



Our first **Sunway TCM centre**, opened in Geo at the start of the pandemic in 2020, introduced tele-consultation to their patients during the total lockdown in June 2021.

To better serve the community, the **Sunway Specialist Centre Damansara** will be

MESSAGE FROM THE MD

expanding to two stand-alone centres, namely Sunway Ear, Nose & Throat Centre and Sunway Women & Children Centre which are targeted to open in January 2022.



Not forgetting the national service contribution where the subsidiaries under Sunway Healthcare Group respectively played a vital part in the **COVID-19 vaccination drive**, as well as managing patients from the government hospitals.

There are so many other successes that were achieved in a time when we were forced to adapt quickly to very adverse circumstances.

All our **consultants, nurses, clinicians and support staff** have sacrificed a lot throughout the year. Their contribution and going that extra mile is definitely recognised with much gratitude.

Year 2022

is an exciting year with multiple expansions. We will be setting foot in Borneo States, with **Sunway Fertility Centre and Sunway TCM Centre** opening in Kuching. Up north, **SMC Seberang Jaya** will be opening in quarter three, while in the central region, with the opening of the new **Tower E**, our flagship hospital, **SunMed**, will become one of the

largest private hospitals in Southeast Asia, with about 850 beds. Towards the end of 2022, the long-anticipated **Sunway Sanctuary Suites**, a dedicated senior living residence will welcome its first occupant. Lastly, our branch hospital, **SMC Velocity KL's Phase 2** will be opened by end 2022.

I am proud and inspired by the way our people have stayed committed and dedicated, in working together across all parts of the business for the good of our patients.

I also want to thank all our patients and partners for your strong support over the past year.

And lastly, my sincere best wishes for a healthy and rewarding New Year.

Stay safe.

Warmest regards,

Mr Lau Beng Long
Managing Director,
Sunway Healthcare Group

BEING KIND TO YOUR MIND

in a Post-Pandemic Society



Dr Lim Wai Jenn
Consultant Psychiatrist and
Child & Adolescent Psychiatrist
Sunway Medical Centre Velocity

The pandemic came, it hasn't left, and we are forced to enter the 'new normal'. Rates of depression, suicide and other mental health issues shot up especially during the MCO's, a grim reflection of trying times.

What may be less apparent was that the mental health crisis was emerging long before COVID-19.

By 2015, **1 in 3 Malaysian adults suffered from mental health problems**. The National Health & Morbidity Survey published in 2015 already projected mental health problems to be the 2nd biggest health problem in Malaysia by 2020.

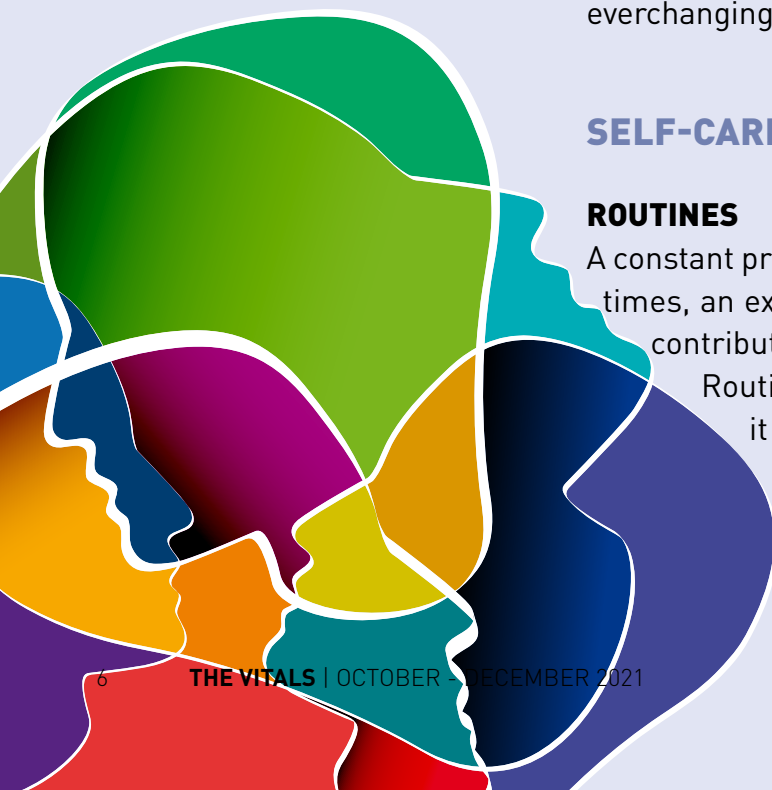
The pandemic merely compounded pre-existing factors of poor mental health. Even as restrictions are lifted, these factors and the risks to our mental health still remain.

Just as there were SOP's to protect ourselves and loved ones from COVID-19 on an individual level, so too are there steps that can help us take care of our mental well-being in the face of an everchanging and challenging world

SELF-CARE TIPS:

ROUTINES

A constant predictable aspect to the day (e.g. regular sleep-wake times, an exercise routine) has a steadying effect on the brain, contributing to better emotional and behavioural regulation. Routines can reduce the workload on the brain, freeing it to focus on more pertinent problems



DETOX

We live in the man-made age of information overload and overstimulation which our natural nervous system is not designed to handle. Studies have linked social media use to depression, anxiety, inattention, and hyperactivity. We can often help our minds and frazzled nerves greatly by turning off or limiting our exposure to media.

HEALTHY BODY, HEALTHY MIND

Good quality sleep strengthens our immunity and helps combat stress and anxiety. Adults generally require 7-9 hours nightly (we should feel well-rested upon awakening). Exercise can lower stress hormones, increase feel-good endorphins, increase energy and sharpen focus.

SOCIAL CONNECTION

Studies show this improves resilience towards stress, boost our immune system, alleviate emotional distress, lower anxiety and depression and lower blood pressure.

TAKE PAUSE

Especially when we are stressed, because in this state we are less able to access our higher faculties (such as problem-solving, critical and creative thinking, good judgement) and may lose perspective of our situation. Leaving this unchecked not only makes us less effective and productive, we risk spiraling into burnout or panic. A pause can range from taking a moment to just breathe and clear our mind, to a much-needed vacation.

IDENTIFYING AND ADDRESSING SYMPTOMS EARLY

It's normal to feel depressed or anxious at times. These symptoms are recognized as a disorder when they persist and affect our functioning (e.g. work/school performance, relationships, or ability to care for self).

It is important to recognize that psychological stress can present with not just emotional but also physical and behavioural symptoms, for example:

Physical: Insomnia, Headache, "Gastric", Muscle tension/pain, Fatigue, Sexual problems

Emotional/Mental: Anxiety, Depression, Restlessness, Irritability (quick to get upset), Anger, Poor focus, Loss of motivation, Feeling overwhelmed, hopeless or worthless.

Behaviour: Eating problems, Anger outbursts, Alcohol/Drug misuse, Social withdrawal, Less physical activities, Addiction (Internet, Gaming, Gambling, Substances, etc).

SPOTLIGHT

Some symptoms can be confused for something more sinister, such as a heart attack, for example panic attacks. These are sudden, intense episodes of physical symptoms including shortness of breath, chest tightness, and palpitations, along with extreme anxiety/fear and sense of doom (like one might suffocate or die) that can come on without any warning or trigger.

Stress also often worsens pre-existing medical disorders, which is why mental/emotional wellbeing is an inseparable component of our overall health.

Recognizing our current state and acknowledging our stress and personal limitations (we all have them) is the first step in stress management. We can prevent the development of a full-blown disorder by addressing symptoms early.

DID YOU KNOW?

MEN

with depression are more likely to report fatigue, irritability, and loss of interest in work/hobbies, rather than feeling sad.

YOUNG CHILDREN with stress may exhibit regressive behaviours (e.g. tantrums, bedwetting, selective mutism), eating problems, or physical symptoms like frequent stomachaches.

SEEK ASSISTANCE FOR MENTAL HEALTH CONCERNS WITH THE RIGHT EXPERT

Two professions with the training and experience to evaluate, diagnose and treat mental health problems are **psychiatrists** and **psychologists**.

People may be confused about the differences between the two.

PSYCHIATRISTS	PSYCHOLOGISTS
Medical doctors specialised in Psychiatry (branch of medicine focused on diagnosis, treatment and prevention of mental, emotional and behavioral disorders)	Professionals who studied and practice Psychology (study of the mind and behaviour)
Can prescribe medication.	Cannot prescribe medication. Administer psychological tests.
Perform psychotherapy and counselling on stress management or problem-solving.	

CELEBRATING OUR Allied Health Professionals

We thank all allied health professionals for the work they are doing, especially during the COVID-19 pandemic. From the ICU to community-based rehabilitation, allied health professionals have an important role to play in physical and mental recovery for COVID-19 survivors.

In conjunction with Allied Health Professions Day on 14 October 2021, we would like to honour our clinicians with a few words from them.





Colleagues described her as approachable, courteous, and helpful

Poh Phaik Yuan **Pharmacist, Sunway Medical Centre (Sunway City)**

The most exciting part of my job as a clinical pharmacist in the paediatric ward is when doctors referred patients to me to improve their patients' medication compliance. It is exciting because I have to come up with creative solutions such as suggesting compatible solutions to improve the taste of syrup medications. Sometimes, I would suggest alternative medications which require lower volume or offering medicine with a different route of administration. When managing paediatric patients, we also work with parents by providing them with tips to ease medicine administration on their children.



Colleagues described her as organized, responsible and helpful.

Ervina Binti Raja Api Wirjaya **Medical Laboratory Scientist,** **Sunway Medical Centre (Sunway City)**

Being a medical laboratory scientist is actually a unique profession, as we work with biological specimens. We perform scientific testing on samples and report results to physicians. I find great satisfaction in my work, knowing that I can help others and also save lives, especially during COVID-19 pandemic. For me, the excitement of my work is when a test is completed with accurate laboratory results and correct interpretations along with appropriate advice within a satisfactory turnaround time.





Colleagues described him as calm, friendly, and reliable.

Yong Lai Sin **Radiographer, Sunway Medical Centre Velocity (KL)**

For me, the most exciting part of my job is the ability to operate and take care of the latest imaging system and advanced software available at SMCV. Also, because my job is related to the usage of technology, I am excited to know about what other new and advanced imaging technology that will be introduced in the future. Even now, I am fascinated with the accuracy of MRI and how it can define even the smallest details in the human body. The most enjoyable thing about working in the healthcare industry is when I'm able to help patients and at the same time see them smiling sincerely from their heart. One of the most unforgettable memories in my 15 years of career is when I met a patient again after almost 10 years for his x-ray. During my first encounter with him, he was a young boy with a tumour. And now, he is a survivor free from the disease.



Colleagues described him as calm, friendly, and steady.

Thomas Chua Wei Yeh **Physiotherapist, Sunway Medical Centre Velocity (KL)**

I really enjoy working with colleagues from a multidisciplinary team, for example doctors, nurses, occupational therapists, speech therapists, audiologists, etc. All of us work closely with each other to provide the best treatment to our patients. The most exciting part is when I get to see my patient getting better day by day under proper rehab care. Seeing people free of pain, be more mobile and independent in daily living are the common goals that we all aim for. For me, physiotherapists have the brains of scientists and the hands of artists.



Taking Care of Your **RESPIRATORY** **HEALTH** After COVID-19

As COVID-19 is a respiratory disease, the lungs are naturally the most affected organ when one is infected with COVID-19.

Hear from two respiratory specialists from Sunway Medical Centre, Sunway City and Velocity (KL) as they share how COVID-19 affects the lungs.



Dr Rosmadi Ismail
Consultant Respiratory Medicine,
Sunway Medical Centre (Sunway City)



Dr Nurul Yaqeen Mohd Esa
Consultant Respiratory Medicine,
Sunway Medical Centre Velocity (KL)

IS THERE ANYTHING I CAN DO TO HAVE LESS SEVERE LUNG DAMAGE IF I'M INFECTED WITH COVID-19?

Dr Rosmadi Answered: The best possible way to prevent lung damage from COVID pneumonia is not to get the infection in the first place. If you are already infected with the virus, it is advisable to get proper treatment in a centre dedicated to treat COVID infection. Patients with underlying chronic illnesses or comorbidities such as diabetes, hypertension, asthma or COPD (chronic obstructive pulmonary disorder) are advised to pay extra attention and take an extra step to make sure those conditions are monitored and controlled by taking their medications as directed.

Proper nutrition, healthy lifestyles, proper breathing techniques, adequate hydration, enough sleep and rest, as well as avoidance of indoor and outdoor pollution can also help in avoiding complications of COVID-19.

I HAVE JUST RECOVERED FROM COVID-19. HOWEVER, I STILL FEEL BREATHLESS, AMONG OTHER SYMPTOMS AT TIMES. WHAT ARE SOME PERSISTENT RESPIRATORY SYMPTOMS THAT I MIGHT CONTINUE EXPERIENCING?

Dr Rosmadi Answered: Patients with long COVID may experience various persistence respiratory symptoms such as shortness of breath or difficulty breathing (either at rest or during exertion), cough, wheezing, runny nose, and sore throat. These symptoms are highly heterogeneous from mild to severe. It may also cause worsening of underlying respiratory conditions.

WHAT SHOULD I DO ABOUT MY ON-GOING RESPIRATORY HEALTH CONCERNS?

Dr Rosmadi Answered: In general, patients are advised to seek assistance on their medical related issues from a healthcare professional, who might be the general practitioner in a neighborhood clinic or physician in a hospital. They may require referral to a respiratory physician or pulmonologist if it is deemed necessary by the initial treating doctor. For patients with possible long COVID, they may visit a medical centre that provides post-COVID care.

Self-medication as well as seeking advice from online or social media alone is not recommended as it may lead to wrong diagnosis and possible worsening of the illness.

ARE THERE ANY BREATHING EXERCISES THAT CAN HELP GET MY LUNGS BACK TO FULL FUNCTION AND CAPACITY?

Dr Nurul Yaqeen Answered: Deep breathing techniques, chest physio, incentive spirometry, as well as upper and lower limb muscle strengthening exercises can help to improve lung capacity for COVID-19 and post COVID-19 patients. The goal is to build up the ability to breathe deeply during any activity, not just while at rest. Deep breathing exercises can also lessen feelings of anxiety and stress, which are common for someone who experienced severe symptoms or was admitted to a hospital. Sleep quality may also improve with these breathing exercises.

Anyone can benefit from deep breathing techniques, but they play an especially important role in the COVID-19 recovery process. The exercises can be started at home during self-isolation and easily incorporated into your daily routine.

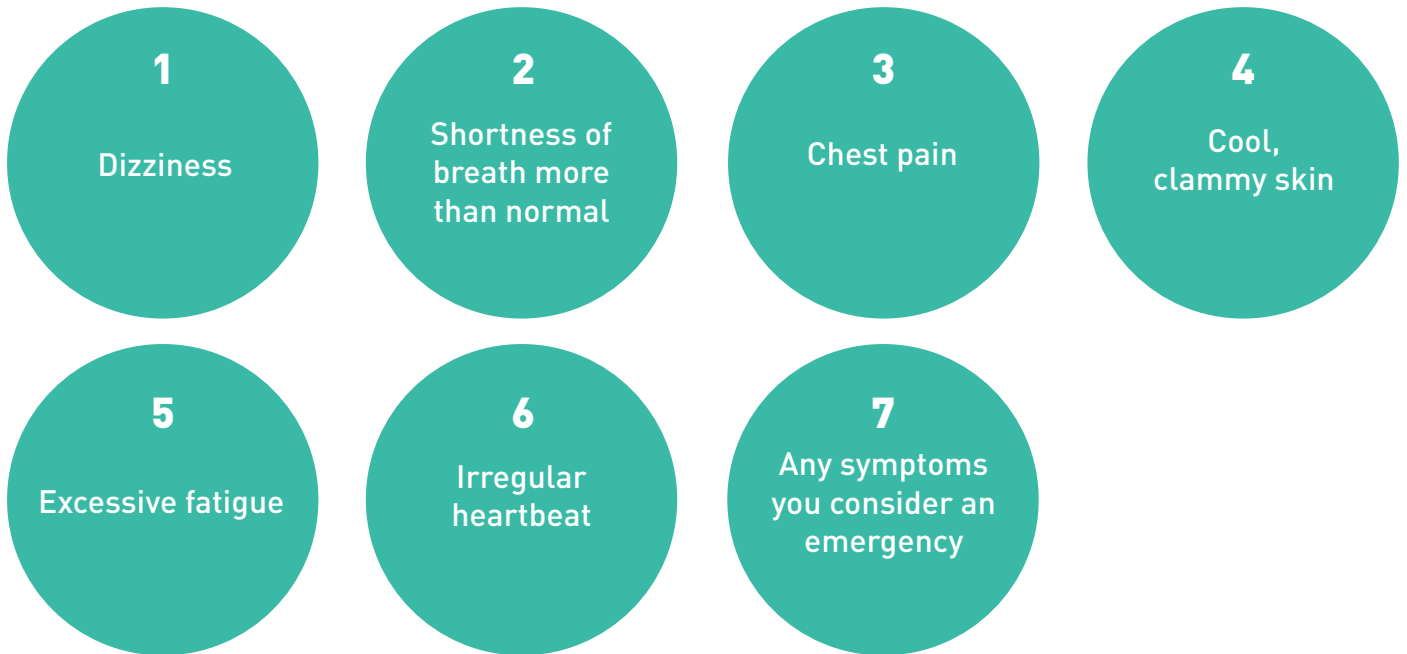
DO NOT BEGIN EXERCISES, AND CONTACT YOUR DOCTOR, IF YOU:

- 1
have a fever
- 2
have any shortness of breath or difficulty breathing while resting
- 3
have any chest pain or palpitations ("fluttering" of the heart in the chest)
- 4
have new swelling in your legs



DOCTOR'S ORDERS

STOP EXERCISE IMMEDIATELY IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS:



Call 999 immediately if these symptoms don't stop with rest or if you experience any change in mental status from your normal capacity.

*Check out page 15 - 17 for breathing techniques by Dr Nurul Yaqeen.

BESIDE BREATHING EXERCISES, WHAT ARE SOME OTHER SELF-CARE PRACTICES THAT CAN HELP IN REBUILDING MY LUNG CAPACITY?

Dr Nurul Yaqeen Answered: Regular physical activities such as jogging, running, swimming and playing sports such as football, futsal, volleyball, badminton, etc. can help to rebuild overall muscle health and lung capacity. You will need 20-30 minutes regular exercise per day to improve your overall muscles health, including your lungs & breathing muscles. This will also improve your exposure to sunlight and ensure adequate vitamin D for your body. Adequate sleep for at least 6-7 hours a day is also vital to improving your lung recovery. Studies have shown that adequate sleep will boost your antibody production against viral infections. Balanced diet in each meal serving consisting of half portion of vegetable & fruits, a quarter of protein, and a quarter of carbohydrate will ensure adequate nutrition to build up healthy lung muscles and expedite lung healing.

BREATHING TECHNIQUES

to help During Recovery of COVID-19



Dr Nurul Yaqeen Mohd Esa
Consultant Respiratory Medicine
Sunway Medical Centre Velocity (KL)



DIAPHRAGMATIC BREATHING (BELLY BREATHING)

Deep breathing restores lung function by using the diaphragm. Breathing through the nose strengthens the diaphragm and encourages the nervous system to relax and restore itself.

When recovering from a respiratory illness like COVID-19, it's important not to rush recovery. This deep breathing exercise is broken up into phases to take into account individual ability. Start with Phase 1, and only increase repetitions or move to the next phase when you can complete the exercise without feeling too out of breath.

PHASE 1: DEEP BREATHING WHILE ON YOUR BACK

- 1 Lie on your back and bend your knees so that the bottom of your feet are resting on the bed.
- 2 Place your hands on top of your stomach or wrap them around the sides of your stomach.
- 3 Close your lips and place your tongue on the roof of your mouth.
- 4 Breathe in through the nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.
- 5 Slowly exhale your breath through the nose.
- 6 Repeat deep breaths for one minute.

DOCTOR'S ORDERS

PHASE 2: DEEP BREATHING WHILE ON YOUR STOMACH

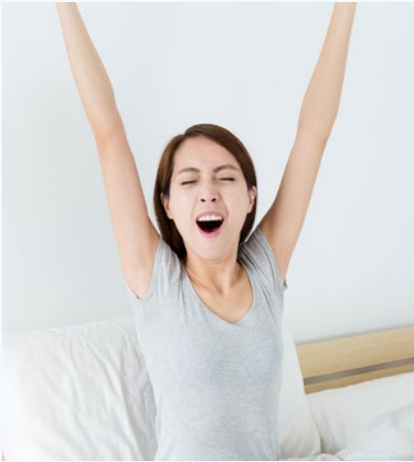
- 1 Lie on your stomach and rest your head on your hands to allow room to breathe.
- 2 Close your lips and place your tongue on the roof of your mouth.
- 3 Breathe in through your nose and pull air down into your stomach. Try to focus on your stomach pushing into the mattress as you breathe.
- 4 Slowly exhale your breath through your nose.
- 5 Repeat deep breaths for one minute.

PHASE 3: DEEP BREATHING WHILE SITTING

- 1 Sit upright on the edge of a bed or in a sturdy chair.
- 2 Place your hands around the sides of your stomach.
- 3 Close lips and place your tongue on the roof of your mouth.
- 4 Breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.
- 5 Slowly exhale your breath through your nose.
- 6 Repeat deep breaths for one minute.

PHASE 4: DEEP BREATHING WHILE STANDING

- 1 Stand upright and place your hands around the sides of your stomach.
- 2 Close your lips and place your tongue on the roof of your mouth.
- 3 Breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.
- 4 Slowly exhale your breath* through your nose.
- 5 Repeat deep breaths for one minute.



YAWN TO A SMILE

This exercise incorporates motion with deep breathing, which helps increase coordination and build strength in the arms and shoulders. It also opens up the muscles in your chest to give the diaphragm space to expand.

- 1 Sit upright on the edge of your bed or in a sturdy chair.
- 2 Reach arms overhead and create a big stretching yawn.
- 3 Bring your arms down and finish by smiling for three seconds.
- 4 Repeat for one minute.



HUMMING

Humming while exhaling helps increase nitric oxide production in the body. Nitric oxide helps with neural plasticity (building and repair of the nervous system) and it dilates blood vessels, enabling more oxygen to be delivered throughout the body. Humming is also calming and soothing, it reduces stress and it can help the patient remain in restoration mode.

- 1 Sit upright on the edge of your bed or in a sturdy chair.
- 2 Place your hands around the sides of your stomach.
- 3 With your lips closed and your tongue on the roof of your mouth, breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.
- 4 Once your lungs are full, keep your lips closed and exhale while humming, making the “hmmmmmm” sound. Notice how your hands lower back down.
- 5 Again, inhale through your nose, then exhale through your nose while humming.
- 6 Repeat for one minute.

Can You Have Diabetes WITHOUT KNOWING IT?

Warning signs of early diabetes can be so mild that you may not notice them. This is especially true for Type 2 diabetes. Some people don't find out until they develop problems from long-term damage caused by diabetes.

Hear from our two Endocrinology specialists as they share some general information about diabetes, and if you are at risk.



Dr Alexander Tan
Consultant Endocrinologist
Sunway Medical Centre (Sunway City)

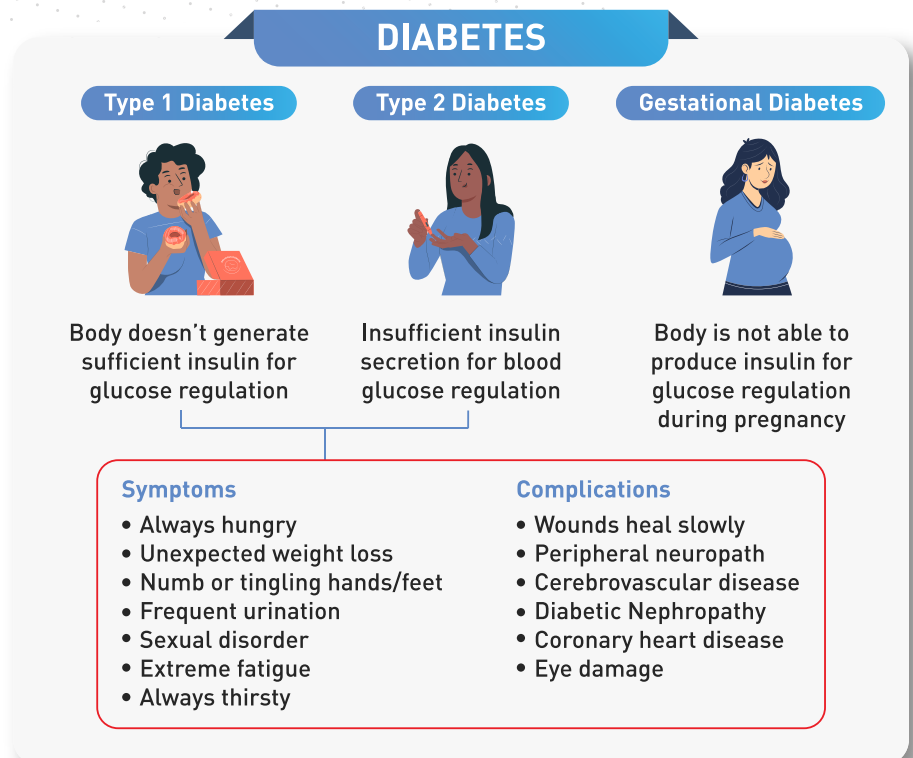


Dr Lim Kim Piow
Consultant Endocrinologist
Sunway Medical Centre Velocity (KL)

GET TO 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.

UNDERSTANDING TYPES OF DIABETES



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 4kgs



Have polycystic ovary syndrome (PCOS)

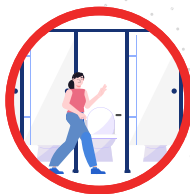


Have related diseases e.g. high blood pressure, high cholesterol, gout

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



Increased thirst



Frequent urination



Excess hunger



Fatigue



Blurred vision

DOCTOR'S ORDERS

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.

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.

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: 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 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: FOLLOWING THE WEIGHT CHART PAGE 21, WHAT IS YOUR WEIGHT STATUS?

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

Write your score in this circle

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)			

To make information on diabetes even more accessible, consultant endocrinologists – Dr Alexander Tan of Sunway Medical Centre (Sunway City) (SMC), and Dr Lim Kim Piow of Sunway Medical Centre Velocity (KL) (SMCV), developed a comprehensive guidebook to provide key information on the different types of diabetes, detection and diagnosis, options for treatment, as well as the various methods to manage the condition from home. The guidebook also details the complications associated with diabetes, as well as tips on prevention and how best to support people with diabetes – especially with COVID-19 in the picture.

The e-guidebook is available for free public access to better encourage awareness and education of diabetes in Malaysia. Visit <https://linktr.ee/KnowDiabetes2021> to download a copy.

Tips and Tricks to a healthy **POST-COVID-19 RECOVERY**



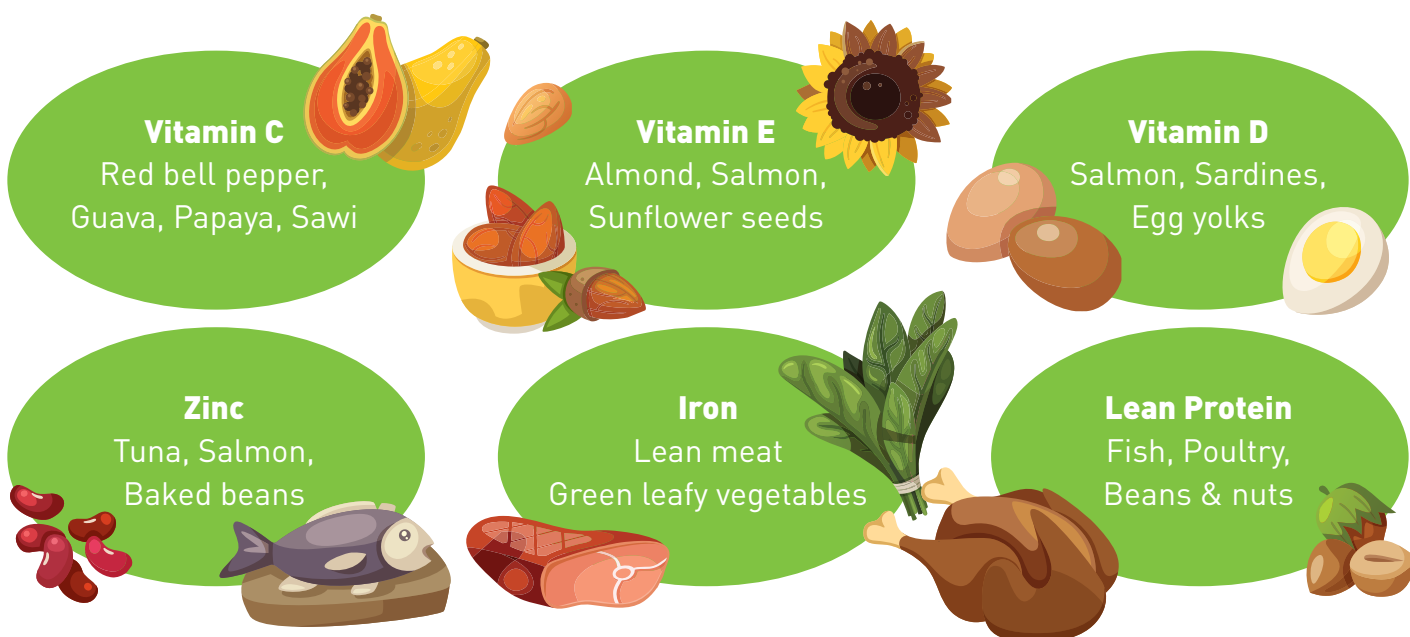
By Celeste Lau Wai Hong
Manager, Dietetics & Nutrition Services,
Sunway Medical Centre (Sunway City)

Still feeling weak after recovering from a long battle against COVID-19? Don't worry, it's normal to feel a little weak or lethargic after being unwell. During your post-recovery period, your immune system will still be at its weakest and recovery can take time. As always, the most important thing is to keep a healthy and balanced diet to help you with a smooth and swift post-recovery.

SUPER FOODS TO BOOST IMMUNITY: FACT OR MYTH?

There is no single food or nutrient that works as a "Super Food" that can see immediate results in boosting your immune system. Instead, it is the cumulative of various nutrients that works to boost the immune system. At the same time, although evidence has shown that herbs can help to boost immunity, especially towards common colds, there have been no evidence that applies for COVID-19.

However, there are some nutrients that have been classified as critical for the growth and function of the immune cells and can be easily found in plant and animal-based foods.



SOME DO'S AND DON'TS TO HELP IN YOUR POST-COVID-19 RECOVERY**DO'S**

- Maintain a healthy and balanced diet - Include wholegrain food and products, protein sourced from both animals and plants, healthy fats and most importantly, fruits and vegetables in your daily diet.
- Have small and frequent meals – Eating in smaller portions more frequently helps in easing digestion and also for better nutrients absorption.
- Drink more water – Drink either plain water or naturally flavoured water. Adding lemongrass or a lemon slice into the water adds Vitamin C content into the drink and makes it taste good.
- Add variety in your daily menu – Ensure your diet consists of food from all groups such as carbohydrates, protein, fats, vitamins and minerals.
- Eat easily digestible food – If you are recovering from severe COVID-19 infection, opt for a soft diet by avoiding deep fried or spicy foods that may delay digestion.
- Do keep yourself within a healthy weight range - it is proven that people with healthy weight range has stronger immunity as compared to those who are obese.

DON'TS

- Avoid living unhealthy lifestyles – Abstain from smoking or alcohol during the post-recovery period.
- Avoid sedentary lifestyle – Try to exercise more frequently to help your body rebuild its strength.
- Don't deliberately consume sweetened or spicy food – Avoid forcefully triggering your tastebuds with overly sweetened or spicy food from experiencing changes in smell and taste post-COVID-19.

Here's hoping you have a smooth and swift recovery post-COVID-19!

TRADITIONAL REMEDIES

to Help with Your Post-COVID-19 Recovery



By Hu Kee Yie,
TCM Physician,
Sunway TCM Centre



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SunwayTCMCentre

Traditional Chinese Medicine has been used as a complementary therapy in the treatment, prevention and supportive care in patients with COVID-19. There have been some clinical evidences that TCM provides good clinical efficacy in the management of this virus. We speak with Ms Hu Kee Yie, TCM Physician from Sunway TCM Centre to learn more about the role of TCM when recovering from COVID-19.

WHY IS TCM A BENEFICIAL FORM OF THERAPY FOR POST-COVID-19 RECOVERY?

Study shows that using certain TCM herbal treatment could significantly promote the recovery of COVID-19 patients in the convalescent stage and its mechanism might be the overall regulations on body, including balanced immune response, enhanced liver function, increased nutrient intake and lipid metabolism. ^[1]

TCM treatments help to restore balance and harmony to the body by tonifying Qi and nourishing Yin for Lung and Spleen. For example, acupuncture can be done to boost lung Qi and relief from the nasal congestion and help you get back your sense of smell, while using Chinese herbs for nourishing Yin and activating Blood circulation can improve lung and heart function.

Symptoms such as fatigue, cough, insomnia, chest or musculoskeletal pain and anxiety are the common complaints among post COVID-19 patients.

References:

[1] An, Y. W., Yuan, B., Wang, J. C., Wang, C., Liu, T. T., Song, S., & Liu, H. Q. (2021). Clinical characteristics and impacts of traditional Chinese medicine treatment on the convalescents of COVID-19. *International journal of medical sciences*, 18(3), 646-651. <https://doi.org/10.7150/ijms.52664>

HOW DO SPECIFIC TCM SPECIALITIES AND TREATMENTS HELP AID POST-COVID-19 RECOVERY?

By assessing each patient's individual characteristics and to achieve their recovery goals, different TCM treatments can be used in tandem with Chinese herbal therapy to form a treatment plan during the recovery journey.

For example, post COVID-19 patients with symptoms like neck-shoulder pain and insomnia could be advised to get an acupuncture session or referred to TCM orthopaedics for realigning body structure concurrently with Chinese herbal therapy.

While some whom planning to conceive after COVID-19 infection could be referred to consult TCM practitioner who specialised in TCM Gynaecology and Fertility for preconception care.

WHAT ARE SOME TCM-BASED HERBAL TREATMENTS THAT CAN ASSIST POST-COVID-19 RECOVERY?

Being part of the healthcare management, despite solely focusing on a holistic approach to healthcare, we practice a multidisciplinary approach to providing medical care for our patients.

We will suggest to do a blood test and investigation when a person is suffering from Post-COVID-19 symptoms. From there, we will gather the investigation info, patient's body constitution, symptoms, etc. to get a personalised and tailored Post-COVID-19 recovery treatment plans.

Post-COVID-19 recovery programme in Sunway TCM Centre providing consultation (TCM assessment) and weekly individualised rehabilitation programme includes: **1. Herbal Medicine**
2. Acupuncture & Moxibustion **3. Dietary Therapy** **4. Auricular Therapy**

WHAT TCM-BASED DIETARY APPROACHES CAN PROVIDE THE NUTRIENTS NEEDED FOR SMOOTH POST-COVID-RECOVERY?

TCM puts the utmost importance on healthy eating and lifestyle choices, therefore the role of food and medicine in TCM is overlap. For example, BaiHe (lily bulb) as food, is often cooked with white fungus or lotus seed in dessert soup but it can also have a medicinal effect for post COVID-19 patients to relieve dry cough, insomnia, heart palpitations due to its nourishing and cooling properties with the association of the Lung and Heart meridians.

Chinese dietary therapy sees food as our daily medicine, balanced diet with moderation is the key. This same principle applies to post COVID-19 survivors although post COVID-19 survivors can have different symptoms after recover. Specific diet recommendation shall be advised after assessing patient's body constitution.

Educating Doctors of TODAY AND TOMORROW

SUNWAY MEDICAL CENTRE IS THE FIRST PRIVATE HOSPITAL IN MALAYSIA TO HOST MRCP (UK) PACES EXAM TO DOCTORS



14 November 2021, Sunway City, Selangor – The Federation of the Royal Colleges of Physicians of the United Kingdom has approved Sunway Medical Centre as a recognised PACES (Practical Assessment of Clinical Examination Skills) examination centre for medical officers who want to specialise in General Medicine and become General Physicians, making

it the first private hospital in Malaysia to host the exam. PACES is designed to test the clinical knowledge and skills of trainee doctors as part of the MRCP(UK) examinations.

Sunway Medical Centre, a 617-bedded private tertiary hospital now offers this internationally recognised examination that is designed to test the clinical knowledge and skills of trainee doctors.

The exam sets rigorous standards to ensure that trainees are competent across a range of clinical skills and ready to provide a high standard of care to patients.

This follows the successful running of a PACES preparatory course and mock PACES exam delivered by Sunway Medical Centre at the end of 2019, which saw

15 candidates from all over Malaysia and Singapore.

“As part of our strong collaboration with the Royal College of Physicians since 2019, we were delighted that physicians from the UK joined our doctors from Sunway Medical Centre who are also PACES examiners during the 2019 mock exam,” said Mr Lau Beng Long, Managing Director, Sunway Healthcare Group.

As a leading tertiary hospital with more than 60 specialities, coupled with multiple Sunway Medical Centre’s consultants who are experienced PACES examiners in Malaysia, the hospital was recently appointed as a certified examination site in 2021.

Dato Dr ST Kew, Consultant Gastroenterologist and Hepatologist at Sunway Medical Centre added, “PACES is accepted worldwide as a benchmark assessment of medical knowledge and clinical skills in internal medicine. After a highly successful mock examination in 2019, in collaboration with the RCP and Cambridge University, we are pleased that the Federation of the



Royal Colleges of Physicians of the UK has taken this positive decision to accredit Sunway Medical Centre as PACES exam centre for its clinical examination”. Dato Dr Kew is also the Chair, MRCP (UK) PACES Examination Coordinating Committee, Malaysia.

Mr Lau also noted that improving the quality of health professional education is one of Sunway Healthcare Group’s (SHG) priorities. “Our aim is to improve the quality of healthcare in this country and the region. This appointment is a validation of the capabilities we have developed here as well as a testament to the quality of services we offer.”

PACES involves senior physicians in real patient situations evaluating trainee doctors’ abilities in diagnosis, treatment and management of patients. 10 candidates were assessed and evaluated during this PACES examination which took place on 14 November 2021 at Sunway Medical Centre (Sunway City), the flagship hospital of SHG.

Dr Ang Kong Hui, Chief Operating Officer of the Clinical Research and Medical Education division of SHG noted, “PACES requires extensive coordination to recruit patients for the practical exam, which we were appreciative of the doctors’ support in finding

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suitable patients from our two hospitals.”

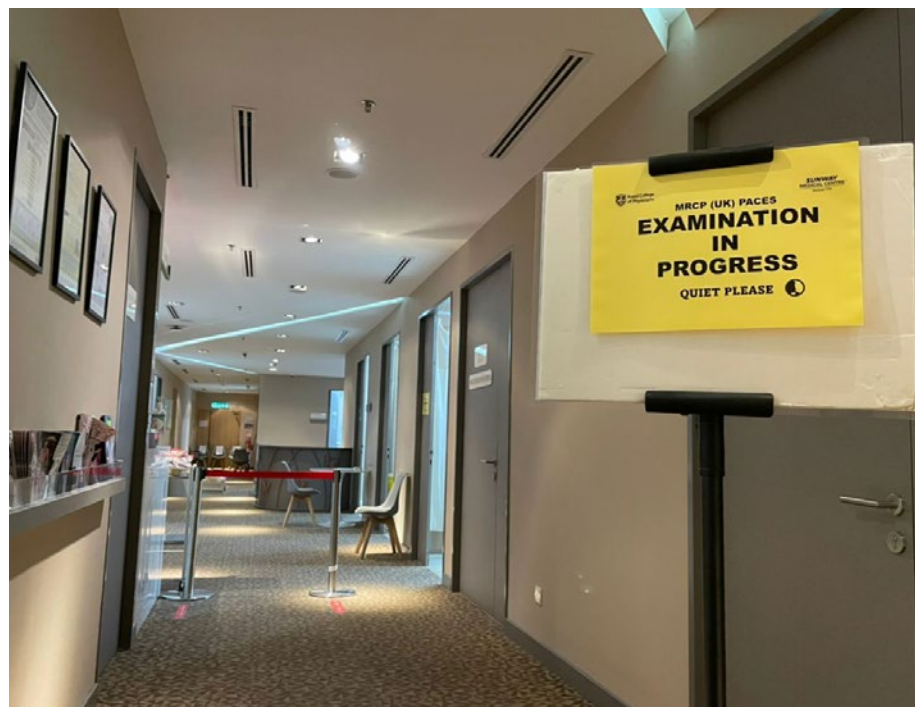
“The examination was conducted under strict vigilance as per the guidelines laid down by the Federation of the Royal Colleges of Physicians of the UK. There were five stations through which the candidates had to go through where they were assessed for clinical skills, history taking and communication. Due to the pandemic, an exception was made where only local examiners formed the evaluating team,” added Dr Ang.

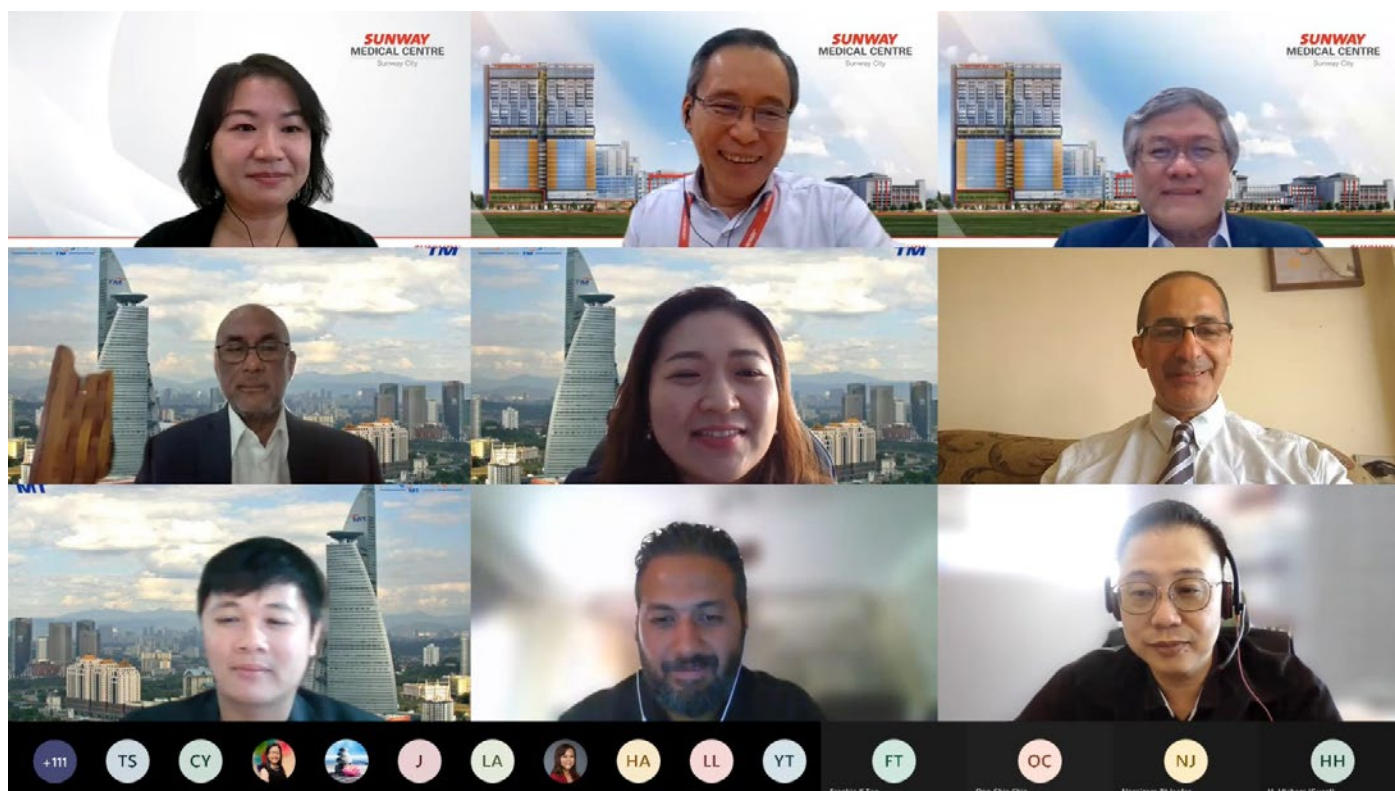
Sunway Medical Centre has **5 experienced specialist doctors as certified MRCP PACES examiners** for Federation of the Royal Colleges of Physicians, United Kingdom, namely:

- **Dr Alexander Tan,**
Consultant Endocrinologist
- **Dr Amir Azlan Zain,**
Consultant Rheumatologist
- **Dato’ Dr Chang Kian Meng,**
Consultant Haematologist
- **Dr Cheah Chee Ken,**
Consultant Rheumatologist
- **Dato’ Dr Kew S T,**
Consultant
Gastroenterologist &
Hepatologist

“Postgraduate medical training must take a holistic approach, to include teaching, supervision and assessment in a comprehensive curriculum. Our MRCP(UK) examinations, including PACES, are respected worldwide as benchmarks of medical knowledge and clinical skills. We are delighted that Sunway Medical Centre is spearheading initiatives to enhance the education and training of healthcare professionals. We look forward to continuing and growing our partnership with Sunway,” said Dr Mumtaz Patel, RCP Global Vice President.

With the aim to shape the future of healthcare, SHG has embarked on strategic collaborations in the domain of medicine, clinical research, and medical education with world-class institutions such as University of Cambridge, Royal College of Physicians, Royal Papworth Hospital and Harvard Medical School for continuous development of healthcare professionals.





A DIGITAL TRANSFORMATION JOURNEY by SHG

SUNWAY HEALTHCARE GROUP KICKS OFF NEW RM50 MILLION EMR-INTEGRATED HOSPITAL INFORMATION SYSTEM (HIS) PROJECT

27 October 2021, Sunway City, Selangor – Sunway Healthcare Group (SHG) has adopted a leading-edge healthcare management system that propels the Electronic Medical Record (EMR) technology forward, taking a pivotal step to enhance patient information management at the point of care across SHG’s subsidiaries.

The new EMR-integrated Hospital Information System (HIS) developed and implemented by global market leader Health Insights Asia is purpose-built with the latest technologies

for optimal robustness and scalability, which adjusts to SHG’s ever-growing expansion at present and in the future.

This synergy between SHG and Health Insights Asia is further augmented by the strategic collaboration with tech giants Telekom Malaysia (TM) and Huawei, serving as enablers of cloud connectivity in the HIS, opening up new ways for SHG’s digital transformation journey. The total investment over this five-year journey is expected to reach RM50 million.

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In a virtual kick-off meeting of over 130 attendees, Mr Lau Beng Long, Managing Director of Sunway Healthcare Group, expressed his delight at the prospect of working with such forward-thinking organisations on the HIS-EMR implementation, which will see continuity in SHG's future.

Sunway Healthcare Group's latest expansion – Sunway Medical Centre Seberang Jaya – slated to open in mid 2022, will be the first to benefit from the project. Its success will soon be replicated in SHG's flagship hospital in Sunway City and all future hospitals in due course.

Well-reflected in his remarks during the virtual kick-off meeting, Mr Nasser Shehata, CEO of Health Insights Asia, brought the audience closer to the company and how it formulated a 360-degree approach that transcends the traditional boundaries of HIS.

Set against multiple distributed systems, an all-encompassing, interoperable HIS to centralise all aspects of the hospital helps drive

efficiency, reduce errors, and keep medical personnel focused on what they do best – delivering world-class patient care.

Meanwhile, the TM representative, Mohamad Rejab Sulaiman, Head of Product and Innovation of TM ONE, informed that the TM ONE α Edge (pronounced as Alpha Edge), a hyperscaler cloud service and part of Cloud α offerings, is powered by AI capabilities and meets the healthcare data locality, residency and sovereignty requirements.

With the new EMR-driven HIS, Sunway Medical Centre's medical personnel gets real-time healthcare data via a single point of access, from integral back-end processes to patient information at the point of care, enabling personalised information exchange with patients from prevention to diagnosis and treatment.

With easier access to patients' health information, healthcare professionals are able to make better-informed decisions, provide more coordinated care, especially during times of emergency.

Beyond the paperless benefit, the HIS facilitates seamless documentation tracking, which translates to a redefined experience for our patients.

The digital revolution has presented ground-breaking opportunities. SHG seizes them through various initiatives to be at the frontier of medicine. In addition to the new HIS-EMR implementation, SHG is also undertaking several digital transformation initiatives including the piloting of 5G-based systems to deliver better quality of care, and enhancing the B2C SunMed GO mobile application.

SHG continuously seizes digital opportunities that can add both clinical and administrative value as well as improve patient experience and access to the rich set of service offerings across our integrated facilities.



QUADRUPLE WIN

for Sunway Medical Centre at
Global Health Asia Pacific Awards 2021

PUSHING THE BOUNDARIES OF HEALTHCARE

As a leading healthcare provider, Sunway Medical Centre is focused on ensuring the highest levels of patient care and quality of service. Since opening its doors in 1999, Sunway Medical Centre has maintained consistently high standards for delivering customer value. Their outstanding performance throughout 2021 is evident in the various initiatives taken with the aim to improve the way healthcare is delivered, specifically in areas of leadership, technological innovation, customer service and strategic product development.

We are honoured to receive four awards from the Global Health Asia Pacific Awards 2021.



STAND-OUT JURY AWARD FOR BEST HOSPITAL OF THE YEAR IN ASIA PACIFIC

Crowned as “Stand-out Jury Award of the Best Hospital of the Year in Asia-Pacific” in Global Health APAC Awards 2021 and also named as “International Hospital of the Year” by IMTJ consecutively in 2016 and 2017, Sunway Medical Centre (Sunway City Kuala Lumpur) serves close to half a million patients annually and more than 40,000 international patient visits from 170 countries.

During this period of restricted travel, Sunway Medical Centre ensures patients continue to have access to healthcare. It is the first private hospital in Malaysia to launch teleconsultation services with the 24/7 Sunway Telemedicine Command Centre, with medical officers and nurses offering advice and medical concierge services.



BARIATRIC SERVICE PROVIDER OF THE YEAR IN THE ASIA PACIFIC

Sunway Medical Centre offers two (2) bariatric procedures, sleeve gastrectomy and Roux-en-Y gastric bypass by a team of trained and seasoned team consisting of bariatric surgeon and surgical team. These procedures are performed with a minimally invasive surgery driven by robotic-assisted technology.



DIGESTIVE HEALTH SERVICE PROVIDER OF THE YEAR IN THE ASIA PACIFIC

Sunway Medical Centre’s Digestive Health Centre applies a holistic care approach to dealing with oesophageal, gastrointestinal, liver, and pancreatic disorders in its patients, allowing for early detection of infections, obstructions, and oncological diseases in the digestive tract and its related organs. Endoscopy, a minimally invasive, non-surgical technique, is used to examine these disorders.



NUCLEAR MEDICINE SERVICE PROVIDER OF THE YEAR IN THE ASIA PACIFIC

Sunway Medical Centre prides itself on its treatment outcomes in nuclear medicine, which involves the application of radiopharmaceuticals to diagnose and treat various diseases and conditions. At Sunway Medical Centre, nuclear medicine physicians work closely with multidisciplinary teams that encompass diagnostics, patient services, pharmacy, nursing, and radiation safety, working hand-in-hand to deliver a safe and effective treatment plan. With Sunway Medical Centre’s home-grown Nuclear Medicine Centre, advanced imaging technologies such as 4D PET-CT and xSPECT-CT are adopted to provide patients with complete diagnostic and therapeutic care.



WELCOME ON BOARD

LET US WELCOME OUR NEW SPECIALIST CONSULTANTS

who have joined our healthcare units:

SUNWAY MEDICAL CENTRE (SUNWAY CITY)



DR WONG HUI TONG
Consultant
Otorhinolaryngologist and
Head & Neck Surgeon



DR HON SIONG LENG
Consultant Haematologist

SUNWAY MEDICAL CENTRE VELOCITY (KL)



DR CHIN WING SENG
Consultant Ophthalmologist



DR LIM LEI AI
Consultant Ophthalmologist,
Glaucoma Specialist



**DR RAYMOND
YEAK DIEU KIAT**
Consultant Orthopaedic,
Trauma & Sports Surgeon

SUNWAY MEDICAL CENTRE VELOCITY (KL)



**DR NAZRUL
NEEZAM NORDIN**
Consultant Paediatrician,
Paediatrician Gastroenterologist



**DR KAMALNIZAT
BIN IBRAHIM**
Consultant Orthopaedic &
Trauma Surgeon

SUNWAY[®]
HEALTHCARE