

THE

SUNWAY®
HEALTHCARE

VITALS

ISSUE 2 | APRIL – JUNE 2022

Revolutionising Healthcare *with* Smart Technologies

[SPOTLIGHT]
Robotic-Assisted
Surgery

[HEALTH TIPS]
East Meets West
Approaches for
Successful Pregnancies



[DOCTOR'S ORDERS]
• Da Vinci Xi
• New IVF Technology



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MESSAGE FROM THE MD



Digital transformation has become more than just a buzzword, especially when the pandemic hit the whole world with such force. It's not just about adjusting to suit the new needs from the pandemic, but to also future-proof the business, and in our case, healthcare delivery.

We have always been exploring how to make our hospitals smarter and keep up with digital transformation. We embraced a digital mindset when it comes to investing in the latest technology or equipment, to support both our clinical and non-clinical workforce.

One of the most exciting and fastest growing fields of healthcare is robotics. Robotic surgery, such as da Vinci, as well as our latest **MAKO and ROSA surgical systems** ensure greater precision, safety and quality.

Read on to find out how **da Vinci Xi** has taken gynaecological surgeries to the next level, and the differences between MAKO and ROSA in the surgical management of osteoarthritis.

A shout-out to **Dr Chua Hwa Sen, Consultant Orthopaedic Surgeon in Sunway Medical Centre** for having performed his **100th robotic arthroplasty surgery**. He is the first in Malaysia to achieve 100 robotic joint surgeries in record.

We are also happy to share the next frontier in fertility treatments. In **Sunway Medical Centre Velocity**, a new equipment called **Embryoscope Plus** has the ability to improve implantation rates, which translates to a higher chance of successful pregnancy.

Our technology advancement also prioritises our patients' experience in our hospitals. Sunway Medical Centre recently embarked on a new **Single Queue System** for outpatients to improve waiting experience at various touchpoints in the hospital.

Digital transformation will evolve as the industry navigates challenges such as privacy regulations, rising patient expectations, etc. When it comes to healthcare, we will continue to leverage and adapt to a range of technologies with the aim to elevate our staff productivity and personalise our patient experience.

Warmest regards,

A handwritten signature in black ink, appearing to read 'Lau Beng Long', written on a light blue background.

Dato' Lau Beng Long

Managing Director, Sunway Healthcare Group



Battling Osteoarthritis through

Robotic-Assisted Surgery

Arthritis is a disorder that affects patients' joints, often causing pain and inflammation. The condition can impact your quality of life, and one of the most common types of arthritis is osteoarthritis.



Dr Chua Hwa Sen

Consultant Orthopaedic,
Joint & Arthroplasty Surgeon



Dr Ewe Teong Wan

Consultant Orthopaedic &
Trauma Surgeon



Dr Suhail Suresh

Consultant Orthopaedic &
Trauma Surgeon



Dr Suresh George

Consultant Orthopaedic &
Trauma Surgeon



UNDERSTANDING OSTEOARTHRITIS

Osteoarthritis (OA), also known as a degenerative joint disease or 'wear and tear' arthritis predominantly involves the weight-bearing joints including the knees, hips and hands. OA normally affects individuals of 50 years old and above. Major symptoms of OA include:

- Stiffness or pain in the joint and inflammation
- Loss of flexibility and reduced range of motion
- Tenderness or discomfort when pressing on the affected areas with fingers

A common cause of the condition is the breakdown of cartilage that cushions the ends of the bones which occurs over time. When the cartilage wears away, your bones rub against each other, causing pain that can severely limit your ability to carry out daily activities. You could also be at risk of OA if you have obesity.

DID YOU KNOW

Approximately 27 millions of Americans suffer from OA. In Malaysia, a study has shown that one in three Malaysians over the age of 55 experience pain from OA.

SURGICAL ADVANCEMENTS FOR OSTEOARTHRITIS

Today, advanced medical technologies are enabling robotic-assisted surgeries for joint replacements to treat your OA. It is important to understand that the utilisation of robots for surgeries is guided by professional, certified surgeons to facilitate the procedure being conducted. For joint replacement in OA, the Mako SmartRobotics and Rosa Knee System are the two significant robotic-assisted surgical platforms commonly used.

QUICK FACT

It is estimated that around 10 to 15 of all patients with knee OA may be eligible for partial knee replacement.



MAKO SMARTROBOTICS

Mako SmartRobotics is designed for both knee and hip replacement but the most common surgery involved is partial knee replacement, which was first performed in 2006. Like most surgeries, partial knee replacement comes with risks where the procedure is mainly intended for patients with joint disease resulting from degenerative and post-traumatic arthritis as well as to treat moderate deformity of the knee. The surgery is not appropriate for you if the following applies:

- Diagnosed with certain types of infections
- Possess any mental or neuromuscular disorder (may result to an unacceptable risk of prosthesis instability, prosthesis fixation failure or complications in postoperative care)
- Compromised bone stock or has skeletal immaturity
- Severe instability of the knee
- Excessive body weight

ROSA KNEE SYSTEM

Rosa knee system is a robotic technology used to facilitate total knee replacement. Specifically, the system is designed to assist surgeons tailor the placement of a knee implant that is unique to an individual patient's anatomy. Patients who experience severe knee pain or stiffness that limits everyday activities such as walking, chronic knee inflammation and swelling that prolongs as well as knee deformity where a bowing in or out of the knee is noticeable are recommended to undergo total knee replacement.



THE ROBOTS AT WORK IN KNEE SURGERY

	MAKO SMARTROBOTICS	ROSA KNEE SYSTEM
Before the Surgery	CT scan is used to generate a 3D virtual model of your knee anatomy.	A series of x-rays are carried out to create a 3D virtual model of your knee anatomy or via another alternative which is imageless.
During the Surgery	Surgeon uses robotic arms to perform your surgery based on your personalised pre-operative plan which is customised by the Mako guidance module.	Rosa Knee uses a camera and optical trackers attached to your leg to know exactly where your knee is in place. The system provides real-time data about your knee to your surgeon throughout the procedure.
	Both systems guide surgeons to work within a specific pre-defined area in preparing your knee implant. This will minimise soft tissue injury and maximise bone preservation.	
After the Surgery	Daily life routines can be resumed in 3-6 weeks from surgery. Your doctor will advise and determine the most appropriate level of activity which is best suited for your recovery.	

BENEFITS OVER CONVENTIONAL KNEE REPLACEMENT SURGERY

- Accurate implant placement resulting in a more natural-feelings knee after surgery.
- Soft tissue protection around the ligaments of the knee.
- Less post operation pain (less bone removed).
- Shorter hospital stay, reduced complications, smaller incisions, minimal blood loss and fast rehabilitation.
- Potential for better long-term satisfaction and durability of implant.

Taking GYNAECOLOGICAL SURGERIES to the Next Level with State-of-the-Art Technology

Advanced surgical technologies are bringing massive changes to complex surgeries. One of the most sophisticated surgical systems to date is the fourth generation of da Vinci surgical robot – the da Vinci Xi.

Available at Sunway Medical Centre (Sunway City), the latest da Vinci Xi robot offers the most intuitive and advanced form of minimally invasive surgery. The system is designed to assist surgeons through its extended range of motion and substantially improved vision, boasting its motto of “taking surgery beyond the limits of the human hand”.

PUTTING PRECISION FIRST

Precision means safety. When performing a surgery for any patient, the surgeon's priority is always safety first. The precision offered through da Vinci Xi is way beyond the human ability. With its 3D automatic focus magnified vision and 7-axis rotational instruments, surgeries can be performed with outstanding precision.



Dr Tan Ee Ping

Consultant, Obstetrics & Gynaecology, Robotic Surgery, Sunway Medical Centre (Sunway City)

Da Vinci Xi at Work for Benign Gynaecological Conditions

”

DEEP-INFILTRATING ENDOMETRIOSIS

According to Gynaecologist Dr Tan Ee Ping, in the field of benign gynaecology, a system that offers powerful precision is advantageous especially in highly complex surgery involving excision of Deep-Infiltrating Endometriosis (DIE). DIE is a condition where endometriotic lesions infiltrate deep in the pelvis on the bowel, urinary tract, nerve, muscle and blood vessels. It



can also infiltrate into the liver, diaphragm and lung. With the da Vinci Xi system, these lesions can be safely removed away from the organs involved without much or no damage to the organs involved.

REMOVAL OF HUGE FIBROIDS

The impossible is now possible. The da Vinci Xi system enables minimally invasive surgery even in the removal of huge fibroids. For this type of surgery, robotics assistance is beneficial as it eases the process of tracking the main blood supply to the uterus and ligating the vessels. As such, huge fibroids or uterus can be removed with minimal blood loss. With little blood loss and small incision, recovery is remarkable.

UTERINE PROLAPSE SURGERY

Uterine prolapse occurs when the muscles and tissue in your pelvis weaken, where the weakness further lets the uterus drop down into the vagina. The gold standard surgery for uterine prolapse is sacrocolpopexy that utilises the da Vinci Xi. Sacrocolpopexy involves suturing of the pelvic floor which is very deep down into the pelvis. In this type of surgery, the da Vinci Xi system gets rid of tremor, making it easy to suture structures deep in the pelvis. Without any tremors, structures can be sutured with ease and precision.

In essence, safety is always a priority, for the patient, for the surgeon as well as the hospital. With its transformational capabilities, the da Vinci Xi is definitely a must in every health system.



Know Your Body

Did you know that diagnosis of DIE is usually performed through laparoscopic surgery and imaging?

The following are several major symptoms of DIE to look out for:

- Chronic pelvic pain
- Dysmenorrhea (pain with menstruation)
- Dyspareunia (pain with penetrative sexual activity)
- Bloody or painful bowel movements
- Pain with urination



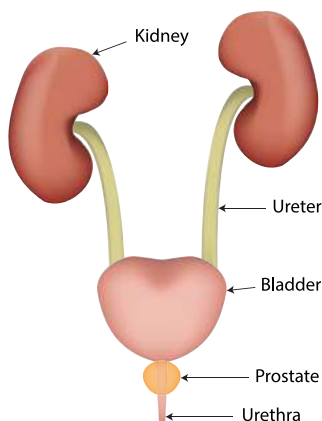
TREATING ENLARGED PROSTATE

is Now Simpler and Safer

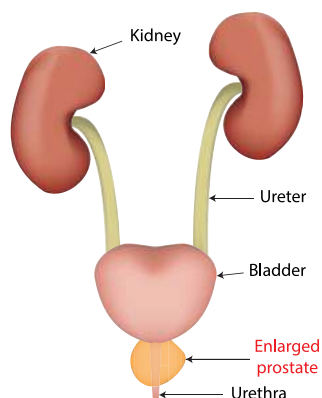
By Dato' Dr Selvalingam Sothilingam

Consultant Urologist, Sunway Medical Centre Velocity (KL)

Healthy Prostate



Enlarged Prostate



There is a new treatment method for benign prostate hyperplasia (BPH), or more commonly known as enlarged prostate. Developed in [country] and used since [year], water vapour therapy is a non-surgical treatment that uses natural steam energy to shrink enlarged prostate tissue.

We talked to Dato' Dr Selvalingam Sothilingam, Consultant Urologist at Sunway Medical Centre Velocity KL to find out about BPH, this latest technology, and who is suitable for this treatment.

Is there an increasing number of men diagnosed with BPH? Why are more men getting this condition?

BPH refers to the enlargement of the prostate gland that almost always happens as a man ages. The term benign means that this change is not cancerous. BPH affects half of all males over the age of 60, and 80% of males aged over 70.

Most men have continued prostate growth throughout their lives. In most cases, this growth eventually enlarges the prostate enough to block urine flow. There are several risk factors associated to this enlargement, such as age and family history. Certain health conditions like diabetes and heart disease, as well as obesity might increase the risk of BPH.

What are the signs and symptoms to watch out for?

- Waking up at night several times to urinate.
- Not being able to control starting and stopping of urination.
- Feeling like your bladder is not really empty.
- Having a weak urine stream that may start and stop and may dribble at the end.
- Feeling pain or burning while urinating.

Usually, patients also feel that the symptoms they face are affecting their quality of life.

What is water vapour therapy and how does it compare to the current methods in treating BPH?

There are a wide variety of treatments for enlarged prostate, including medication and surgery. The best treatment choice for a patient depends on factors such as prostate size, age, overall health, and quality of life.

Medications are usually prescribed for those with tolerable symptoms. For some men, surgery is recommended when symptoms still persist even after medication, or if they prefer a definitive treatment.

Any type of surgery poses a risk for side effects and complications, and usually requires a short hospital stay.

Water vapour therapy is the latest treatment method that has a very low risk for complications and side effects.

It works by delivering very small amounts of steam to the enlarged prostate by inserting a device into the urethra. This process damages the cells causing obstruction, thus reducing the overall size of the prostate. The procedure may be performed with local or regional anesthesia and may be done as daycase or short hospital stay.

Side effects from water vapour therapy tend to be milder than with other forms of surgery to treat BPH. The procedure also reduces the risk of common side effects associated with other BPH treatments including retrograde ejaculation.



DOCTOR'S ORDERS

Can anyone with BPH go through this procedure?

Water vapour therapy is suitable for patients who have been diagnosed with BPH or those with symptoms associated with the prostate gland, including below:

- Aged over 50
- Prostate weighing between 30–80g
- Unresponsive to medication or who have suffered side effects resulting from medication use
- Unsuitable for surgical treatment that requires a lengthy period under general anaesthesia
- No urinary infection
- Do not have a penile prosthesis

Is recovery better and faster with water vapour therapy?

After the procedure, patients need to be fitted with a catheter for up to 5 days to help the swelling to go down. Most patients are able to resume normal activities within 2 – 4 weeks after the procedure. Most importantly, they should experience noticeable symptom improvement and full recovery in about 6 weeks.

Surely there are some risks?

As with any procedure, there are risks involved. Some patients may face the following short-term side effects and other minor issues:

- Difficulty or inability in urinating
- Presence of blood in urine or sperm
- Frequently needing to urinate
- A reduction in sperm production
- A urinary tract infection

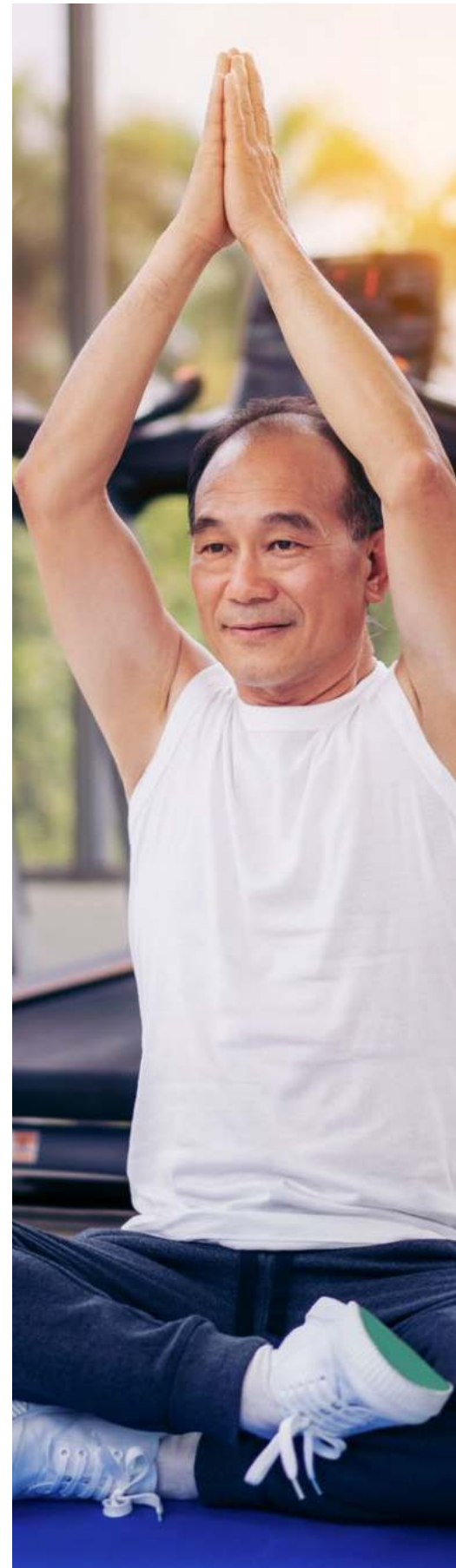
However, these risks are very rare, especially with water vapour therapy.

“

Any advice or take-home message?

I encourage all men aged 55 to 69 to get their prostate checked for either benign prostate hyperplasia or prostate cancer as the symptoms are very similar in both conditions. The earlier symptoms are detected, the better it is. The best results from treatment often result when you seek medical help at the earliest signs of a problem.

”





NEW IVF TECHNOLOGY

to Help Increase the Chance of Achieving Pregnancy

By Dr Farah Leong Rahman

Consultant Obstetrician & Gynaecologist and Fertility Specialist,
Sunway Medical Centre Velocity (KL)

Common Reasons for IVF

Older women

Women with endometriosis or ovulation disorders

Women with blocked or damaged fallopian tubes

Unknown causes of infertility

Poor sperm production or function

Other fertility methods which have not worked

To avoid passing down certain inherited genetic conditions to the child

When it comes to fertility treatment, a majority have heard of the term IVF which stands for In-vitro Fertilisation. Since the introduction of IVF in the 1970s, this technology has produced more than 5 million babies worldwide. It has helped many couples achieve their dreams of becoming parents. Compared to other fertility treatments, IVF confers the highest success rate of achieving a pregnancy. However, the success rate varies in every couple as their profile is different and many other factors are taken in consideration.

To keep up with the newest technologies and medical advances, the new Fertility Centre in Sunway Medical Centre Velocity (SMCV) is equipped with top-notch facilities. One of the most anticipated equipment at the centre is the time-lapse technology, known as the EmbryoScope. This technology uses a camera system to continuously record the different stages of embryo development in the incubator. With this new cutting-edge technology, it aids in evaluation with the aim of selecting the best-looking embryos. This helps in improving the implantation rates and hence, pregnancy rates.

Why choose Embryoscope Plus?

EmbryoScope Plus features a real-time camera which is installed inside the incubator. This allows the **continuous monitoring of the growth of the embryo** while they are in the incubator. With traditional technology, the embryo would be removed from an incubator to be assessed. By keeping the embryos in the incubator, it reduces the embryo's exposure to the environment outside and thus keeping them safe and in a friendlier space.



A CLOSER LOOK AT THE IVF PROCESS

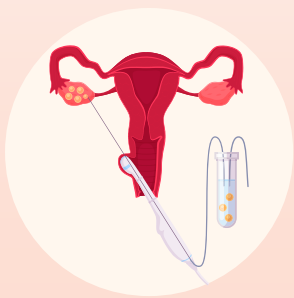


1

OVARIAN STIMULATION

You will be given fertility medications typically injections to stimulate the eggs to grow.

During this period, a transvaginal ultrasound is performed to check the eggs development.

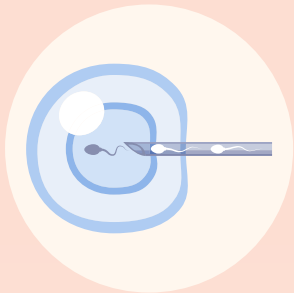


2

EGG RETRIEVAL PROCESS

Once the eggs are deemed mature and of appropriate size, you will undergo a minor surgery called egg pick up or egg retrieval where we will collect all the eggs that have been stimulated.

This is done in a daycare setting and you will be given general anaesthesia.



3

FERTILISING THE EGG

This is the stage where the sperm and the egg unite.

At Sunway Fertility Centre, we use a process called Intracytoplasmic sperm injection (ICSI) where we select the best sperm and inject them directly into the eggs. This method increases the fertilisation rate.



4

EMBRYO TRANSFER

Once the fertilised egg develops into an embryo, it will be transferred into the womb using a slim catheter. This can be done on day 3 or day 5 embryo.

Embryo transfer can either take place as a fresh or frozen embryo transfer.

Your doctor will advise which is the best for you.

Medications are given to the patient to prep the lining of the womb in order to receive the embryo.



5

THE 2-WEEK WAIT

Pregnancy can then be confirmed by a blood test.



How do you Know If Your Cancer **TREATMENT WORKED?**

By Dr Tan Teik Hin

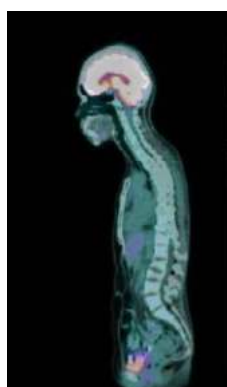
Consultant Nuclear Medicine, Sunway Medical Centre (Sunway City)



Before and After targeted therapy and radiotherapy



Before



After

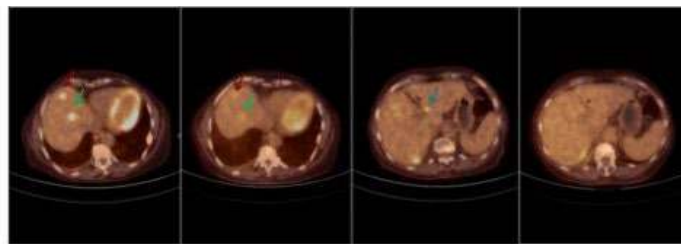
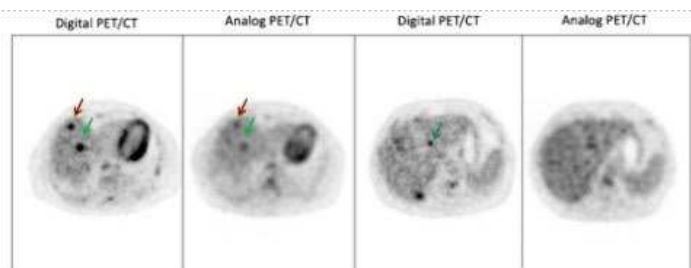
Functions and Importance of a PET/CT Scanner

PET/CT is a type of nuclear medicine imaging which uses small amounts of radioactive materials. These radioactive materials are known as radiotracers or radiopharmaceuticals and are utilised together with a PET/CT scanner to evaluate organs as well as tissue metabolic activity. Cancer cells have a higher metabolic rate than normal cells hence it will show up as bright spots on PET scan.

A PET/CT scan provides information that can assist a patient's treatment plan. The scan offers precision in targeting cancer cells where if an additional tumour is found through the PET/CT scan, it provides an indicator that the cancer might have spread. From here, a doctor can determine a different or a more effective treatment plan for the patient.

Why is Digital PET/CT scan better than analog PET/CT scan

- We see the differences between analog and digital devices every day in clocks. Analog clock provides approximate time but digital clock provides an exact time as the time. In digital electronics, quantities are counted rather than measured.
- When you count something, you get an exact result.
- Digital PET detectors count individual photons created during a PET scan then they are converted into optical but analog PET detectors cannot.



Analog vs Digital (Digital PET / CT allow us to detect millimeter-sized tumors, which helps the doctor to diagnose tumors at an early stage and to guide treatment tactics correctly)

- A digital PET/CT scanner is a powerful imaging technique which allows the detection of the early onset of diseases including cancer by identifying changes at the cellular level.
- There are several significant benefits of the scanner including faster scanning time (it allows us to scan more patients a day-reduced patient waiting time), reduced radiation dose, improved small lesion detectability and optimized image quality.
- Sunway Medical Centre will be the first hospital in South East Asia to offer uMI 780 digital PET/CT system where we will be collaborating with United Imaging to develop new imaging protocols with AI-modelled reconstruction.

Role of a Nuclear Medicine Physician

- Nuclear medicine is a medical specialty that uses radioactive tracers to visualize how the body is functioning and what's happening at the cellular and molecular level. One of the differences with radiology is that nuclear medicine imaging visualizes organ function whereas other radiology imaging methods such as X-ray, CT and MRI assess the anatomy.
- Nuclear medicine physicians use radioactive substances to diagnose and treat diseases including hyperthyroidism, thyroid cancer, prostate cancer, and neuroendocrine cancer. These physicians use a method called scintigraphy, utilising radioactive substances to produce images of the body's organs as well as to visualise certain diseases.
- Nuclear medicine physicians also work closely with oncologists where the oncologists require the result of the diagnosis from the PET/CT scan to determine the course of the treatment.





RECOVERY @ HOME

for Post-Knee Joint Replacement Surgery

By Ruveinther Nalayer

Sunway Home Healthcare Physiotherapist

Tips for joint stiffness and pain

Here are some ways to ease the pain from joint stiffness and pain:

1 Apply ice or cold therapy on the affected area

2 Elevate the affected leg above the level of heart – the elevation can be done while seated, placing a pillow near the calf, before the ankle for 20 minutes, 3-4 times a day to improve circulation, reduce swelling and limit soreness

3 For an elderly patient, the family member needs to ensure that the patient is seated with extra support such as with a few pillows. This is due to the chances that the elderly may doze off easily and lose balance.

Advanced robotic-assisted procedures are anticipated to be gentle on our joints and surrounding soft tissues – resulting in less pain and faster recovery. Still, it is important to understand that after a joint replacement, some degree of swelling to the joint is common as patients resume their daily activities and recover at home.

What are some challenges faced during recovery at home?

Swelling of the joint will limit the range of motion of a joint and causes pain. As patients undergo recovery at home, several challenges include:



Getting in and out of a car or of a toilet seat



Carrying some weight during chores



Climbing up and descending down steps of stairs



Prolonged standing while cooking, taking a shower, and more

Don'ts to remember

Prolonged sitting is equally harmful for patients after surgery. If possible, a patient must try not to:

- Avoid sitting for over one hour. A frequent walk within the safety of the home is highly recommended. If a patient must sit for more than an hour, prop up the leg with a chair or footstool to prevent swelling.
- Avoid sitting without support. Patient is advised to sit on chairs with arm support to assist themselves in getting up from a seated position.
- Avoid heavy lifting.
- Avoid activities such as frequently climbing stairs or prolonged standing.
- Avoid a position that puts the new joint under extreme strain such as kneeling or full squat.

Get going with some safe exercises

Patients are recommended to dedicate 30-60 minutes each day for guided exercises at home.

Post-surgery patients may be transiently differently-abled. To ensure safe and full recovery after a knee replacement, patients can undergo rehabilitation with a physiotherapist at home for a duration of 4-6 weeks. A re-adaptation to a patient's own home could be equally challenging without the help of an experienced therapist.

When it comes to patients who have to climb up a few steps or the stairs in their home, always take one step at a time, and make sure to follow the "good leg up, bad leg down" guide as the stronger leg needs to do the heavy climbing. Having a set of secured railing along the steps provides great support to improve balance and allow the use of arm strength.

Benefits of exercising at home

A set of safe and proper exercise helps to reduce swelling, decrease pain, improve range-of-motion, build strength, develop balance and regain endurance, all of which will ultimately speed up recovery.





East Meets West Approaches for **SUCCESSFUL PREGNANCIES**

Traditional Complementary Medicine (TCM) Fertility Care is a personalised treatment plan via evidence-based TCM methods to improve your fertility and reproductive health during your pregnancy planning and throughout pregnancy journey. Our treatments are specially aimed to physically and mentally prepare couples during their conceiving stage. Ultimately, TCM helps to condition a person's body and therefore increase the successful rate for pregnancy more effectively.



Planning for a family soon or want to know more on the east meets west approach in fertility?

Sunway TCM Centre is here to support you with the right care and treatment that you need.

Talk to us NOW

Headquarters (Sunway City)

☎ +603 5886 1818/ 1811

☎ +6011-5953 7993

Kuching Branch (Sarawak)

☎ +6082 463791

☎ +6011-2070 8480

How are TCM Fertility treatments integrated within Western fertility procedures?

Western Fertility Treatment	Timing for TCM Fertility Care
Before IUI/ IVF/ ICSI	3-6 months Before pregnancy or fertility treatment *Especially for couples who had miscarriages or unsuccessful attempts of IVF
During IUI /IVF /ICSI	<ul style="list-style-type: none">• During ovarian stimulation• Before and after egg retrieval• Before embryo transfer
After IUI / IVF/ ICSI	<ul style="list-style-type: none">• After Embryo transfer• Positive pregnancy test during first trimester• After several unsuccessful attempts of IVF

These TCM fertility care methods are safe as they are evidence-based and essentially do not contraindicate Western fertility treatments.



How do TCM procedures such as acupuncture help?

- Increase blood flow to the uterus and ovaries
- Balance hormones
- Reduce stress hormones
- Improve quality of uterine lining
- Reduce uterine contractions

Who is TCM Fertility for?

- Couples who plan to conceive naturally or are going to undergo fertility procedures
- Couples who are less than 35 years old and unable to conceive after trying for more than 1.5 years
- Couples who are more than 35 years old and unable to conceive after trying for more than 6 months.

TCM PHYSICIAN PROFILE



MS. MUN WENG YAN

TCM Senior Practitioner
(TCM Gynaecology and Fertility)
Bachelor Degree of
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Master of Chinese Medicine -
Gynaecology (Beijing, China)



MS. SOO WEE MIN

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Master of Clinical Science in
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(Beijing, China)



MS. HU KEE YIE

TCM Practitioner
Bachelor Degree of
Chinese Medicine (UTAR)



Introducing the **SINGLE QUEUE SYSTEM**

A technology-backed experience for our patients

The thought of waiting in line is a common source of anxiety, even more so at a healthcare facility. Not knowing how long it will take to see the doctor, settle your bills, or get your medication, while at the presence of other sick people, can have a compounding effect on your discomfort.

As part of our plans to further digitalise our operations, in both clinical and non-clinical aspects, Sunway Medical Centre in Sunway City, the flagship hospital of Sunway Healthcare Group, rolled out a sophisticated queue management solution.

The Single Queue System, applicable for outpatient visits to specialist clinics, aims at improving your waiting experience at various touch points, which include:

- Clinic registration counter
- Pharmacy
- Radiology
- Rehabilitation Centre
- Special Diagnostics
- Speech & Hearing Centre
- Wellness Centre



HERE'S HOW IT WORKS:

STEP 1

Generate ticket at the kiosk.

- Your ticket contains a QR code.

STEP 2

Wait for the registration counter to call your number.

- Counter staff will register your visit.

STEP 3

Scan your QR code at the kiosk of any check-in points.

- You will be using the same number on your ticket throughout all the check-in points in the hospital.
- After scanning, just select the service you require on the kiosk screen.

STEP 4

Scan your QR code using your smartphone.

- You can view your outpatient journey status.
- Activate SMS notifications.

STEP 5

Track your journey.

- Get notified on your queue status through your smartphone.

Lastly, don't worry if you've lost your ticket. Simply choose Reprint on the kiosk screen by entering your IC or passport number.

We hope that by leveraging technology, we can give you a better experience through improved coordination of care, such as this new queue system, so that you can focus on getting your health back on track.

Sunway Medical Centre Partners With Taylor's University In **CLINICAL TRAINING AND RESEARCH**

Appointed by the International Atomic Energy Agency (IAEA), Taylor's University selected Sunway Medical Centre to train medical physicists in internal dosimetry.

Sunway Medical Centre and Taylor's University are partnering as joint regional training institutions in radionuclide therapy for cancer treatments. Both parties inked the collaboration through a Memorandum of Agreement Signing Ceremony on 27 January 2022.



Memorandum of Agreement signing ceremony for installation of internal dosimetry software and hardware for IAEA clinical training and research purposes, signed between Dato' Lau Beng Long, Managing Director of Sunway Healthcare Group and Assoc. Prof. Dr. Anthony Ho Siong Hock, Pro-Vice Chancellor of Research and Enterprise, Taylor's University.

The International Atomic Energy Agency (IAEA) has recently appointed Taylor's University as the regional training hub, granting them the usage of a state-of-the-art internal radiation dosimetry software and hardware, to be utilised in Sunway Medical Centre's Nuclear Medicine Centre for the purpose of clinical training and research upon approval by relevant governing body such as Research Ethics Committee.

In this partnership, Taylor's University will lead the organisation of educational and clinical training programmes for medical physicists in the Asia-Pacific region at the premises of Sunway Medical Centre where the internal dosimetry software and hardware will be installed.

Sunway Medical Centre's Nuclear Medicine Centre is part of the award-winning Sunway Cancer Centre that is internationally accredited as the Designated Centre of Integrated Oncology and Palliative Care by the European Society for Medical Oncology (ESMO).



Dr Tan Teik Hin

Consultant Nuclear Medicine Physician, Sunway Medical Centre (Sunway City)

Nuclear Medicine is a medical speciality involving the application of radiopharmaceuticals in the diagnosis and treatment of disease, especially in oncology. Sunway Medical Centre's Consultant Nuclear Medicine Physician, Dr Tan Teik Hin explained, "Dosimetry is the key component in radiation therapy to ensure sufficient radiation dose being delivered into the tumour lesions while keeping the radiation to normal tissues as low as reasonably achievable."

Dr Tan elaborated, "Individualised radiation dosimetry, rather than 'one-size-fits-all' approach, is critical for providing the most effective and safest targeted radionuclide therapy for each patient. Thanks to the IAEA and Taylor's University, we can now together provide such training to medical physicists in the Asia Pacific region."

Assoc. Prof. Dr. Yeong Chai Hong, Medical Physicist in the School of Medicine of Taylor's University Lakeside Campus said, "We are honoured to collaborate with the IAEA and Sunway Medical Centre to be the training hub for internal radiation dosimetry of radionuclide therapy in the Asia-Pacific region. Under this agreement, the hardware and software package will be installed at Sunway Medical Centre and utilised for regional training, research and in-house clinical applications in radionuclide therapy. This collaboration will enhance the development of targeted radionuclide therapy in the region and more patients will benefit from this."



Assoc. Prof. Dr. Yeong Chai Hong

Medical Physicist, School of Medicine of Taylor's University Lakeside Campus



Dr Heng Siew Peng
General Manager cum
Chief Medical Physicist ,
Sunway Cancer Centre

“Internal Dosimetry Software is an advanced calculation software that can help Medical Physicists to estimate the actual radiation dose for medical conditions that require radionuclide therapies such as thyroid cancer, neuroendocrine tumour, advanced prostate cancer, advanced hepatocellular carcinoma (HCC) and liver metastases of malignancies,” said Dr Heng Siew Peng, General Manager cum Chief Medical Physicist of Sunway Cancer Centre.

Dr Heng added that Sunway Medical Centre is one of the earliest private hospitals with a nuclear medicine unit to establish radionuclide therapy.

Dato’ Lau Beng Long, Managing Director, Sunway Healthcare Group (SHG) noted, “This forms yet another important milestone for us in terms of collaboration for continuous advancement of clinical knowledge and practice. This partnership will further cement Sunway Medical Centre’s strength in this field to support the development and advancement of other nuclear medicine centres in Malaysia and in the region on internal dosimetry for radionuclide therapy.”

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 internationally renowned institutions such as University of Cambridge, Royal College of Physicians, Royal Papworth Hospital and Harvard Medical School for continuous development of healthcare professionals.

SUNWAY MEDICAL CENTRE®

Seberang Jaya • Penang

SUNWAY HEALTHCARE GROUP

is a leading integrated private healthcare group in Malaysia. We own and operate Sunway Medical Centre (Sunway City, KL), Sunway Medical Centre Velocity (KL), Sunway Specialist Centre Damansara, Sunway Medical Centre (Singapore), Sunway Home Healthcare and Sunway TCM Centre.



WE ARE RECRUITING!

Sunway Medical Centre Seberang Jaya, our first tertiary hospital in Penang will serve patients in the Northern Region of Malaysia, the neighbouring states and countries from Q3 2022 onwards. The first phase of the hospital will have 180 beds, 53 outpatient specialist clinics, 6 operating theatres, ICU, NICU, 24-hour A&E department, catheterisation lab, haemodialysis unit, cancer centre, nuclear medicine centre, and more.

We are looking for Consultant Specialists in the following specialities to join us:

- Anatomical Pathology
- Arthroscopy & Sports Surgery
- Breast & Endocrine Surgery
- Cardiothoracic Surgery
- Clinical Haematology
- Clinical Oncology
- Dermatology
- Emergency Medicine
- Endocrinology
- ENT, Head & Neck Surgery
- Gastroenterology & Hepatology
- Geriatric Medicine
- Haematopathology
- Hepatobiliary Surgery
- Infectious Disease
- Intensive Care
- Interventional Radiology
- Neonatology
- Nephrology
- Neurology
- Nuclear Medicine
- Ophthalmology
- Orthopaedic Surgery
- Paediatric Surgery
- Pathology
- Plastic & Reconstructive Surgery
- Radiology
- Respiratory Medicine
- Rheumatology
- Spine Surgery
- Urology
- Vascular Surgery
- Medical Officers for
Emergency Department &
Health Screening Centre

JOIN US!

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Sunway Healthcare Makes its Mark in **EAST MALAYSIA** *With two new centres.*

SUNWAY TCM CENTRE KUCHING, SARAWAK

The establishment of Sunway TCM Centre promotes the fusion of traditional and cultural practices of the East with the modern, technology-driven approach of the West. On 25th January 2022, Sunway TCM Centre Kuching opened its doors to serve the local population in Sabah and Sarawak, as well as international patients through a multidisciplinary approach in providing medical care, coupled with a holistic philosophy in healthcare.

The centre offers treatments such as acupuncture, moxibustion, herbal medication, dietary therapy, tui na (Chinese Massage), gua sha and more. All these are part of complement treatments for specialised areas such as stroke rehabilitation, fertility, weight management, pre and post-natal care, and post-COVID recovery. Patients will be provided with access to personalised and tailored treatment plans based on a thorough understanding of normal functions and disease processes, emphasising on prevention of illnesses while promoting self-healing ability.



Ms Hu Kee Yie, Centre Manager cum TCM Practitioner, Sunway TCM Centre Kuching said, "Similar to our headquarters in Sunway City Kuala Lumpur, this branch is also managed by medical professionals who are qualified in both western and traditional medicine. Moreover, patients can also have access to a team of trained and registered TCM physicians situated at Sunway City Kuala Lumpur through teleconsultation."



According to **Assoc. Prof. Dr Lim Ren Jye, Medical Director of Sunway TCM Centre**, "While TCM is complementary to mainstream medicine, it can meet many health issues especially with the rising demand for TCM during the COVID-19 pandemic."

SUNWAY FERTILITY CENTRE KUCHING, SARAWAK

Positioned as a one-stop, full-fledged fertility centre, Sunway Fertility Centre remains steadfast in delivering effective treatment backed by cutting-edge medical technology. The fertility centre is equipped with highly qualified fertility specialists, skilled embryologists, trained fertility nurses and stringent quality controls, aspiring to bring in the most advanced and comprehensive fertility treatment across the country.

Sunway Fertility Centre is expanding its footprint with a new centre in Kuching, Sarawak which is estimated to begin operations in May this year. Through the centre, patients are offered access to In-Vitro Fertilisation (IVF), Intracytoplasmic Sperm Injection (ICSI), fertility preservation, Intra Uterine Insemination (IUI) and fertility assessment. Specialised state of the art technology available includes Pre-Implantation Genetic Testing (PGT), Time Lapse Technology for embryo culture and selection, and Endometrial Receptive Array (ERA). PGT is used in conjunction with IVF treatment to test early embryos for specific genetic conditions or abnormalities which benefits not only in fertile couples but also infertile couples who wish to screen their resulting embryos.



According to resident fertility specialist at the fertility centre in Kuching, **Dr Edawati Dahrawi Edrus**, “Every couple’s needs are exclusive, and we’re committed to deliver a compassionate and personalised experience. Our focus is to provide the highest standard of clinical care to couples in an environment that is caring and knowledgeable.”

Sunway Fertility Centre Chief Executive Officer **Woon Ming Ming** explained, “Our aim is to make quality fertility treatment more accessible and further strengthen our presence in East Malaysia through the launch of this new centre.” She further described that beyond assisted reproductive technology, the new centre will also be offering obstetrics and gynaecology services such as ante-natal check-up, gynaecology care, maternal fetal medicine, ultrasound scanning and women’s health screening.

Sunway Fertility Centre Kuching is located in B-G-2 & B-G-3, Ground Floor, Canaan Square Business Hub, Jalan Stutong Baru. As part of expansion plans, Sunway Fertility Centre will also be opening its doors in Sunway Medical Centre Velocity, Cheras.

Through its specialised area in fertility, TCM is interconnected with the services offered by Sunway Fertility Centre. TCM fundamentally complements Sunway Fertility Centre where they help in increasing pregnancy success rates. The synergy between TCM and the Fertility Centre will bring continued development in healthcare with the ultimate goal of reaching better quality, safety and efficacy in improving lives.

WELCOME ON BOARD

Sunway Medical Centre (Sunway City)



**Dr Patrick
Tiau Wei Jyung**

Consultant in Cardiology,
Internal Medicine



Dr Pradesh Kumar

Consultant in Interventional
Radiology, Radiologist,
Interventional Radiologist



Dr Wong Mei Wan

Consultant in Breast &
Endocrine Surgeon



Dr Tan Ee Ping

Consultant in Obstetrics
& Gynaecology, Robotic
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**Dr Emilia
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Dr Siva Thangaraju

Consultant Orthopaedic,
Trauma & Sports
Surgeon



Sunway TCM Centre



Ms Soo Wee Min

Visiting TCM Practitioner,
Sunway TCM Centre (Sunway City)
(TCM Gynaecology & Fertility)



Ms Weng May Faye

TCM Practitioner
Sunway TCM Centre (Sunway City)
(Special Interest in TCM Rehabilitation &
TCM Dermatology)



Ms Hu Kee Yie

TCM Practitioner
Sunway TCM Centre (Kuching)
(Special Interest in TCM Rehabilitation &
TCM Fertility)



