

SMCV

AUGUST

SPOTLIGHTS



Happenings

Pulse of Life: A Record-Breaking Heart Health Experience

SMCV and Dalin Tzu Chi Hospital Forge Global Healthcare Partnership

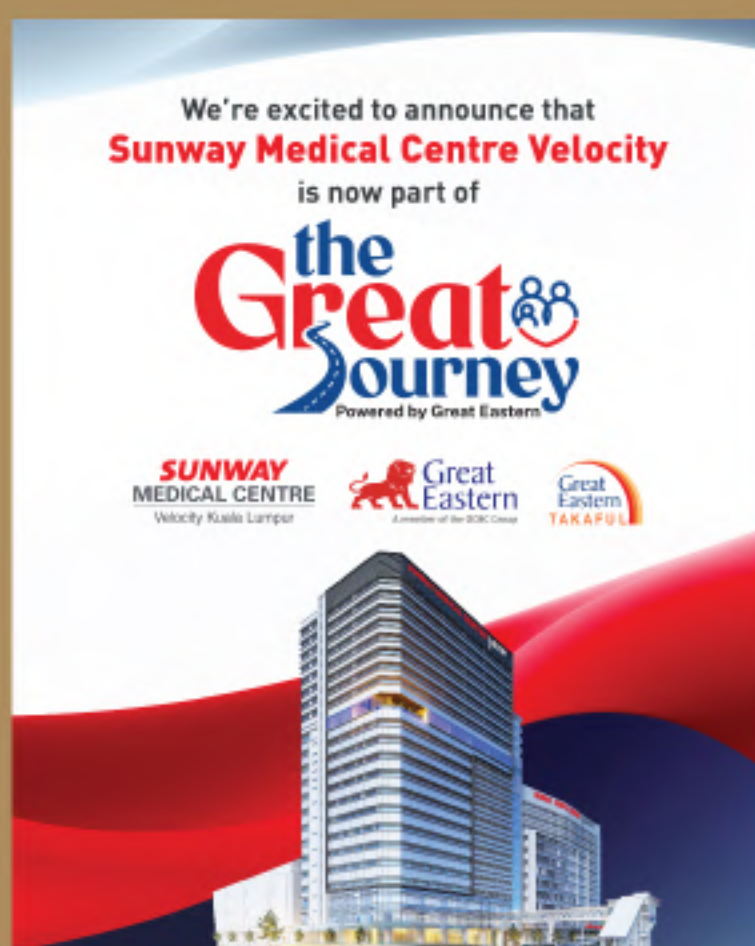
Empowering Wellness at Taman Tugu: "Healthy You" Community Health & Wellness Day

Achievements and Milestones

SMCV Wins Health Promotion Initiative of the Year at Healthcare Asia Awards 2025

WSO Angels Awards: SMCV Sets the Bar in Stroke Response

Voted Best Private Hospital in Kuala Lumpur by Parents' Choice Awards 2025



Officially Empanelled in Great Eastern's "The Great Journey" Programme

We were pleased to host the management team and agency group managers from Great Eastern Life Assurance Malaysia to SMCV in celebration of SMCV's empanelment in "The Great Journey" Hospital programme.

Our inclusion in "The Great Journey" programme, building on our prior "Great Eastern Preferred Hospital" status, stands as a strong testament to our persistent efforts in providing exceptional healthcare services. This reflects the proven capability and reliability of our medical care and services.

Our dedication to offering advantages to Great Eastern policyholders — such as waivers for deposits and administrative fees, priority admission, Kiddo Express Programme, and expedited discharge processes — have been pivotal in solidifying this alliance.

These initiatives are thoughtfully developed to support a smoother, more seamless patient journey — from the moment of admission to the point of discharge. At SMCV, placing patients at the centre of everything we do continues to be our guiding principle.

We Are Now Part of PRUPanel Plus

SMCV is pleased to announce our inclusion in PRUPanel Plus, Prudential's esteemed panel network.

This collaboration aims to provide a smoother healthcare experience for Prudential medical card holders, featuring:

- Streamlined admissions without deposits
- Waiver of administrative fees
- Preferential rates and exclusive benefits

We value our partnership with Prudential in enhancing the accessibility and convenience of quality healthcare services.



We Are Now an AIA SMART Panel Hospital

SMCV is proud to be appointed as one of the SMART Panel Hospitals under AIA Malaysia. This partnership marks another step forward in our dedication to providing seamless, patient-centred care alongside AIA Malaysia.

As part of this partnership, AIA policyholders can enjoy exclusive SMART privileges when seeking treatment at our hospital:

- Enjoy automatic waivers on admission deposit, admin fees, ID band and COVID-19 test
- Priority access for a quicker admission and discharge process
- A dedicated hospital liaison to guide you throughout your hospital stay
- Receive a curated welcome kit with essentials and exclusive vouchers
- Unlock special rates on selected health screening and vaccinations

This partnership ensures greater ease and support throughout each policyholder's care journey.

Pulse of Life: A Record-Breaking Heart Health Experience



Visitors experienced:

- Malaysia's first immersive heart visual journey
- Electrocardiogram (ECG) and basic health screenings
- Complimentary fitness workshops
- Giant heart exhibit
- On-site medication and vaccination counselling



We are proud to share the success of "Pulse of Life: The Ultimate Heart Health Experience", a landmark event launched by our CEO, Ms Susan Cheow, and Medical Director, Person-in-Charge and Consultant Emergency Physician Dr Wee Tong Ming, alongside our esteemed Consultant Cardiologists – Datuk Dr Foo Yoke Loong, Dr Tee Chee Hian, and Dr Lim Chiao Wen.

Held from 25–27 April 2025 at Sunway Velocity Mall, the three-day event brought heart health to the forefront with engaging activities aimed at raising awareness, promoting early detection, and empowering the public to take charge of their heart health.

The event culminated in a proud achievement for Sunway Medical Centre Velocity (SMCV), as we were officially recognised in the Malaysia Book of Records for the Most Participants in an ECG Screening Test.

The Certificate Handover Ceremony was officiated by representatives from the Malaysia Book of Records, who presented the award to our CEO and our dedicated team of Consultant Cardiologists.

This milestone reflects our unwavering commitment to preventive healthcare and community well-being. Here's to healthier hearts and many more milestones to come!





Celebrating Dedication: International Nurses Day 2025

In conjunction with International Nurses Day, we gathered as one to celebrate the compassion, commitment, and unwavering care of our nurses — the true heart of healthcare.

The event was filled with meaningful moments, from a spirited performance and the recitation of the Nurse's Pledge to heartfelt expressions of appreciation. Each part of the celebration paid tribute to the dedication and resilience shown by our nursing team.

To all our nurses, thank you for your strength, your kindness, and your steadfast presence. Your care touches lives every single day, and we are deeply grateful for all that you do.



Minimally Invasive and Robotic-Assisted Surgery Symposium 2025

SMCV recently organised the Minimally Invasive and Robotic-Assisted Surgery Symposium 2025, highlighting the latest advancements in cutting-edge surgical techniques and practices.

This dynamic symposium featured insightful presentations by our distinguished speakers from various surgical specialities:



- Dr Nor Elyana Noordin – Consultant Obstetrician and Gynaecologist
- Dato' Dr Selvalingam Sothilingam – Consultant Urologist
- Dr Ussof Eskaandar Mohd Hussain – Consultant General and Colorectal Surgeon
- Dr Tan Yee Ling – Consultant General, Breast and Endocrine Surgeon
- Dr Johann Faizal Khan – Consultant General and Hepatobiliary Surgeon
- Dr Juani Hayyan Abdul Karaf – Consultant ENT, Head and Neck Surgeon
- Dr Fiona Chew Lee Min – Consultant Ophthalmologist

Their expertise sparked engaging discussions during Q&A sessions, particularly on the expanding role of robotic-assisted surgery in improving precision, patient outcomes, and post-operative recovery across a wide range of disciplines.

As part of SMCV's ongoing commitment to advancing surgical care and empowering General Practitioners (GPs) in providing primary care with the latest surgical practices, this symposium underscored our dedication to improving patient outcomes through precision, faster recovery, and minimally invasive approaches.

SMCV and Dalin Tzu Chi Hospital Forge Global Healthcare Partnership

SMCV proudly marks a significant milestone in international healthcare collaboration with the signing of a Memorandum of Understanding (MoU) with Dalin Tzu Chi Hospital, Taiwan — a partnership built on shared values and a commitment to clinical exchange, medical research, bilateral referral programmes, and knowledge sharing in Environmental, Social, and Governance (ESG) practices.

The MoU was signed by Ms Susan Cheow, Chief Executive Officer of SMCV, and Dr Chen Jin-Cherng, Neurosurgeon and Vice Superintendent of Dalin Tzu Chi Hospital. The signing was witnessed by Dr Khoo Chow Huat, Managing Director of Hospital & Healthcare Operations, Sunway Healthcare Group, and Dr Harriet Shen Szu-Ching, Director of Strategy and Planning, International Medical Centre of Dalin Tzu Chi Hospital.

We extend our heartfelt appreciation to the leadership teams, consultants across specialities, and representatives from Taiwan Buddhist Tzu Chi Foundation Malaysia who graced the occasion. This partnership reflects our mutual vision — to elevate patient care, drive medical innovation, and champion sustainable healthcare on a global scale.



Empowering Wellness at Taman Tugu: “Healthy You” Community Health & Wellness Day

Nestled in the lush greenery of Taman Tugu, SMCV’s “Healthy You” Community Health & Wellness Day offered a refreshing blend of nature and healthcare, drawing in community members for a morning of learning, screening, and connection. This initiative was part of our ongoing efforts to champion preventive healthcare and encourage the public to take a proactive approach to their well-being.

Held on 22 June 2025, the event offered engaging health talks, and personalised consultations. Visitors had the opportunity to learn more about osteoarthritis and skin health through informative sessions delivered by our consultants. Our physiotherapist also conducted lower limb strength assessments, giving attendees a better understanding of their physical condition.

The day featured insightful health talks by Dr Yuen Jin Chuan, Consultant Orthopaedic Surgeon, who spoke on osteoarthritis and joint care, and Dr Nur Ashikin Ahmad, Consultant Dermatologist, who addressed key concerns on skin health. Visitors also had the opportunity for personal consultations with specialists across multiple disciplines. Dr Lakana Kumar Thavaratnam, Consultant Ophthalmologist, offered guidance on cataracts and lazy eyes, while Dr Juani Hayyan Abdul Karaf, Consultant ENT, Head & Neck Surgeon, advised on ear, nose, and throat concerns. Additionally, lower limb strength assessments by our physiotherapist provided helpful insight into mobility and fall prevention, particularly for older adults.

We thank everyone who joined us and look forward to bringing more wellness-focused experiences to our community.



SMCV and Xepa-Soul Pattinson Collaborate on Symposium for Pain and Metabolic Management



SMCV collaborated with Xepa-Soul Pattinson to host a comprehensive symposium on Supportive Care in Pain and Metabolic Management in June 2025.

This meaningful event brought together healthcare professionals for a day of knowledge sharing, clinical insights, and collaborative discussions. Through engaging presentations and interactive dialogue, the symposium fostered a deeper understanding of pain and metabolic management, while underscoring the importance of multidisciplinary approaches in patient care.

We were honoured to feature a distinguished panel of speakers, including Dr Khoo Eng Lea, Consultant Anaesthesiologist; Dr Kok Chin Yong, Consultant Neurologist and Internal Medicine Physician; Dr Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician; and Datuk Dr Foo Yoke Loong, Consultant Cardiologist and Internal Medicine Physician. Their expertise and insights were instrumental in making the event both impactful and inspiring for all in attendance.



Preparing Parents for the Journey Ahead with Parentcraft Workshop

Recognising the joys and challenges of new parenthood, SMCV brought together a community of expectant parents for a day of education and encouragement. The Parentcraft Workshop was held on 13 July 2025 and was thoughtfully designed to prepare future parents for the life-changing experience of welcoming a newborn — from the delivery room to the early days of infant care.

Participants spent the day engaging in informative sessions led by a panel of our esteemed consultants. Dr Gayathri Mariappa, Consultant Obstetrician and Gynaecologist, guided parents through the process of labour preparation and prenatal care. Dr Sangeetha Siniah, Consultant Paediatrician, shared valuable insights on newborn care, immunity, and what to expect in the

early days after birth. Meanwhile, Dr Melvin Kandasamy, Consultant Anaesthesiologist, addressed common concerns around labour pain management, including options for epidural and other forms of anaesthesia.

In addition to the expert talks, the workshop featured hands-on demonstrations covering baby bathing, diapering, and breastfeeding techniques. These practical sessions gave attendees the opportunity to learn and practise essential newborn care skills in a supportive environment.

It was a warm and engaging event filled with learning, encouragement, and shared anticipation, leaving attendees feeling more confident and better prepared for the journey of parenthood.



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Velocity Kuala Lumpur

Delivery PACKAGE

Welcome Your Bundle of Joy with Us | 2 0 2 5

25%
OFF Hospital Charges
for All Deliveries

Discount excludes fees for delivery complications.
Other terms and conditions apply.

Effective from 1 January - 31 December 2025

0%
Interest EZY PAY,
6 months / 12 months
with Maybank or HSBC



Scan QR
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terms and
conditions.

For Mommy

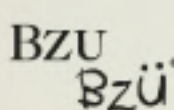
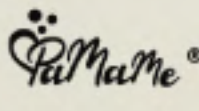
- Includes first session home visit (postnatal care)
- Discount on postnatal physiotherapy programme
- Discount and rebate for 28-day postnatal care package at Sunway Sanctuary (transport between Sunway Sanctuary – SMCV for follow-up consultations included)
- Health screening voucher

For Baby

- Sunway International School enrolment fee waiver
- Discount on first phototherapy after discharge
- Discount on immunisations
- Discount on child development assessment for 6 months old and above



Partners:



SUNMED VELOCITY SDN BHD 199001018477 (210146-H)
Pusat Perubatan Sunway Velocity, Lingkaran SV,
Sunway Velocity, 55100 Kuala Lumpur, Malaysia.

EMAIL: smcv-enquiry@sunway.com.my

SUNWAY
HEALTHCARE
+603-9772 9191

Improving the
lives we touch 



SMCV Wins Health Promotion Initiative of the Year at Healthcare Asia Awards 2025

It is with great pride that Sunway Medical Centre Velocity has been named Health Promotion Initiative of the Year – Malaysia at the prestigious Healthcare Asia Awards 2025.

This accolade highlights the success of our “Shaping the Future of Surgery” campaign, launched in 2024, which aimed to establish SMCV as a trusted leader in minimally invasive and robotic-assisted surgeries. The campaign kicked off with a captivating digital series featuring educational insights from our surgeons and robotic surgery experts, alongside compelling patient stories, followed by an innovative launch event where attendees experienced cutting-edge virtual reality (VR) simulations—offered for the first time by any hospital in Malaysia. By adopting this immersive VR technology, SMCV gave the public and medical students a unique opportunity to experience surgery through a surgeon’s eyes.

SMCV has always been at the forefront of healthcare innovation, driven by a commitment to educate and empower the community. Through this campaign, we successfully combined innovation, education, and patient-centred care to redefine the standard of medical excellence.

We also extend our warmest congratulations to our business units under Sunway Healthcare Group at the Healthcare Asia Awards 2025 - Sunway Medical Centre, Sunway Home Healthcare, Sunway Fertility Centre & Sunway Traditional and Complementary Medicine Centre on their outstanding achievements.

WSO Angels Awards: SMCV Sets the Bar in Stroke Response

Sunway Medical Centre Velocity is proud to share that our Stroke Care Centre has been awarded Platinum Status in the World Stroke Organisation’s (WSO) Angels Awards for the first quarter of 2025 — a prestigious recognition that reflects our ongoing commitment to delivering world-class stroke care.

This milestone highlights the outstanding performance of our multidisciplinary stroke team, whose swift response, clinical excellence, and dedication to continuous improvement ensure the best possible outcomes for our patients — from emergency treatment to rehabilitation and recovery.

The Platinum award is a testament to the comprehensive and compassionate care we provide at every stage of the stroke journey. It affirms our relentless efforts to raise the standard of care, guided by a deep responsibility to improve the lives of those affected by stroke.

Fuelled by this incredible milestone, we are more determined than ever to elevate our stroke care services. Our pursuit of excellence is driven by a profound dedication to the well-being of our patients and the community we proudly serve.





Voted Best Private Hospital in Kuala Lumpur by Parents' Choice Awards 2025

Sunway Medical Centre Velocity is proud to receive the Parents' Choice Awards 2025 for the Best Private Hospital (Kuala Lumpur).

Organised annually by Parenthood for the past eight years, the Parents' Choice Awards gives recognition to the brands that matter most to families—the ones parents trust, love, and keep going back to.

As a comprehensive tertiary hospital located in the heart of Kuala Lumpur, Sunway Medical Centre Velocity offers a wide range of medical services to parents and families. Thank you to everyone who has entrusted us as the hospital of choice for their healthcare needs.

NEW CONSULTANTS



Dr Wong Yoke Fui
Consultant Clinical Oncologist
📍 Tower A, Level 3, 3A-03
☎ +603 9772 9249



Dr Sangeetha Siniah
Consultant Paediatrician
📍 Tower B, Level 3, 3B-08
☎ +603 9772 9415



Dr Aminudin Bin Mohamed Shamsudin
Consultant Orthopaedic Surgeon
📍 Tower B, Level 7, 7B-09
☎ +603 9772 9463



Dr Cyrus Lai Sin Nan
Consultant Emergency Physician
📍 Accident & Emergency Department, Tower B, G Floor



Children Health Screening

We believe in the importance of early detection for maintaining lifelong health.

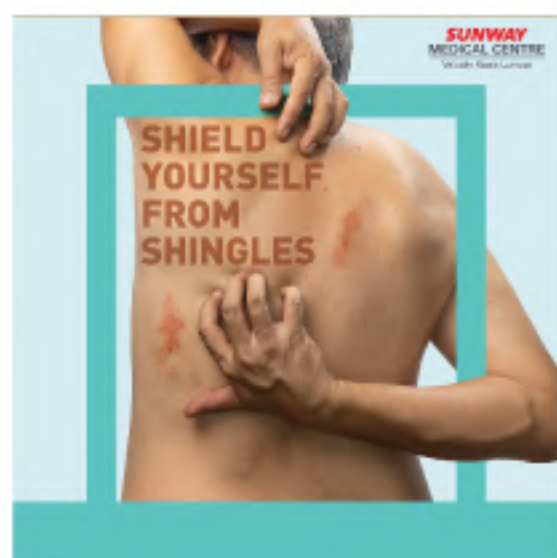
Introducing our Children Health Screening Package, a comprehensive and child-friendly health screening for ages 3 to 12, specially tailored to assess growth and nutrition and to detect early signs of health concerns.

This package includes hearing screening, essential laboratory tests, vaccination review, visual acuity screening, medical examination and anthropometric measurement.



Physiotherapy Treatment

Recovering from surgery or a medical condition? Our professionally trained physiotherapists are here to help you regain mobility, strength, and confidence. Whether you're recovering from an injury or managing a chronic condition, we offer tailored physiotherapy treatment plans to support your journey to recovery.



Shingles Vaccine

Shingles is a viral infection that causes a painful, blistering rash, often appearing as a single stripe of blisters wrapped around one side of your torso. Caused by the varicella-zoster virus—the same virus responsible for chickenpox—shingles can affect anyone who has had chickenpox. Protect yourself today with the Shingles Vaccine.



Ponsetti Cast Treatment

Clubfoot is a condition present at birth where one or both feet turn inward and downward. Early treatment is crucial for healthy movement and growth.

At Sunway Medical Centre Velocity, we offer Ponseti Cast Treatment — a gentle, proven method for newborns and young children. Our paediatric orthopaedic team is here to support your child's journey to standing, walking, and exploring with confidence.



Memory Assessment Package

If you or a loved one have been experiencing frequent forgetfulness, it could be more than just a part of ageing — it may signal an underlying neurological condition.

Our Memory Assessment Packages offer a thorough evaluation by a Consultant Neurologist to help you better understand your brain health and take proactive steps towards early detection and care.



Dialysis Treatment

Dialysis is a crucial regular process for individuals who have lost kidney functionality. Our specialised haemodialysis technique effectively removes larger waste products from the blood while preserving essential proteins.

Pneumonia Now the Leading Cause of Certified Deaths in Malaysia



KUALA LUMPUR: Pneumonia has become the leading cause of certified deaths in Malaysia while seasonal influenza remains a global health concern, affecting at least one billion people annually.

Sunway Medical Centre Velocity (SMCV) consultant respiratory and internal medicine physician Dr Nurul Yaqeen Mohd Esa said the rising prevalence of respiratory viruses such as influenza and Covid-19 has made individuals more vulnerable to pneumonia.

She attributed the surge in pneumonia-related deaths to Malaysia's ageing population, delays in seeking medical care and low vaccination rates.

"Pneumonia is a severe respiratory infection that causes lung inflammation, leading to breathing difficulties, reduced oxygen levels and potential complications that may require hospitalisation or result in death.

"While the elderly are at higher risk, younger individuals with weakened immune systems, chronic illnesses or poor lifestyle habits are also vulnerable," she said in a statement to Bernama.

She said the rising pneumonia cases among younger individuals in recent years are largely due to exposure to respiratory viruses, smoking and vaping.

She explained that influenza and Covid-19 weaken the body's defence mechanisms, making individuals more susceptible to bacterial infections that can trigger pneumonia.

"The flu virus damages the protective membranes lining the airways and cilia, tiny hair-like structures that clear mucus, creating a breeding ground for bacteria.

"It spreads through respiratory droplets or contaminated surfaces when an infected person coughs or sneezes," she said, advising those recovering from the flu to watch for prolonged fever, worsening cough or breathing difficulties as potential signs of pneumonia.

Dr Nurul said as infected individuals could be contagious one day before symptoms appear and up to seven days after symptoms surface, it is important to emphasise the importance of early detection and preventive measures.

Citing recent cases, she noted that Taiwanese actress Barbie Hsu and Chinese actor Liang Yucheng succumbed to pneumonia-related complications following influenza infections, demonstrating how rapidly respiratory illnesses can escalate, even in younger adults.

She urged high-risk individuals to prioritise pneumococcal and influenza vaccinations, which can significantly reduce the severity of pneumonia.

The influenza vaccine lowers hospitalisation rates by 40% to 60% among healthy adults, while the pneumococcal vaccine reduces the risk of severe pneumonia by up to 75% in older adults.

"Annual influenza vaccination is recommended for everyone, while adults over 65 should receive the pneumococcal vaccine with booster doses based on individual risk factors," she said.

Meanwhile, SMCV consultant emergency physician Dr Lim Fang Jen said pneumonia symptoms, including

shortness of breath, chest pain and confusion, are often mistaken for typical respiratory infections, leading to delayed treatment.

"When pneumonia becomes critical, its progression could be swift and devastating. Patients experiencing severe respiratory distress, dangerously low oxygen levels, confusion or altered mental status may need intensive care or mechanical ventilation.

"If left untreated, pneumonia can cause myocarditis (heart muscle inflammation), encephalitis (brain inflammation), myositis or rhabdomyolysis (muscle inflammation or damage), sepsis (a life-threatening inflammatory response to infection) and multi-organ failure.

"Pneumonia can worsen pre-existing conditions, particularly in individuals with diabetes, heart disease or chronic lung conditions, and those with compromised immune systems face an increased risk of prolonged hospitalisation, permanent organ damage or death," he said.

These insights highlight the urgent need for early detection, proactive prevention and timely intervention to mitigate the potentially fatal consequences of pneumonia.

Dr Nurul Yaqeen Mohd Esa
Consultant Respiratory and Internal Medicine Physician



These Simple Steps Could Save a Life — Learn What to Do in the Event of a Cardiac Arrest

When someone collapses suddenly, it can be a confusing and overwhelming situation. In cases of sudden cardiac arrest, the heart abruptly stops beating, often without warning. In this critical moment, the actions of bystanders can mean the difference between life and death. But would you know what to do?

Let's understand how knowing the right steps in an emergency can make a meaningful difference and offer someone a chance at life.

CALL, PUSH, SHOCK

When someone is unresponsive and not breathing normally, every second counts. Follow these three simple steps to give them the best chance of survival.

CALL – Get Emergency Help Immediately

- Dial 999 (or your local emergency number) and put your phone on speaker mode.
- Emergency responders will guide you through CPR and locating the nearest Automated External Defibrillator (AED) if available.
- If there are others nearby, assign someone to retrieve an AED while you start CPR.

PUSH – Start CPR Right Away

- If the person is not breathing normally, begin chest compressions immediately.
- Place the heel of your hand in the center of their chest and push hard and fast, at a rate of 100–120 compressions per minute (think of the beat of “Stayin’ Alive” by the Bee Gees).



- Continue compressions until medical help arrives or an AED is available.

SHOCK – Use an AED (Defibrillator)

- AEDs are designed to be simple and safe to use, even without training.
- Open the AED, turn it on, and follow the voice instructions.
- Attach the electrode pads as directed and stand clear while the device analyzes the heart rhythm.
- If a shock is advised, press the button when prompted. If no shock is needed, continue CPR.

Why Early Action Matters

A cardiac arrest victim's survival rate drops by 10% for every minute without CPR or defibrillation. The sooner you start CALL, PUSH, SHOCK, the better

the chances of survival.

Be a Lifesaver—Learn How to CALL, PUSH, SHOCK in Just Minutes!

Be a lifesaver, not a bystander—you can make a difference. Share this information with your family, friends, and colleagues. The more people who know CALL, PUSH, SHOCK, the more lives can be saved.

Dr Lim Fang Jen
Consultant Emergency
Physician



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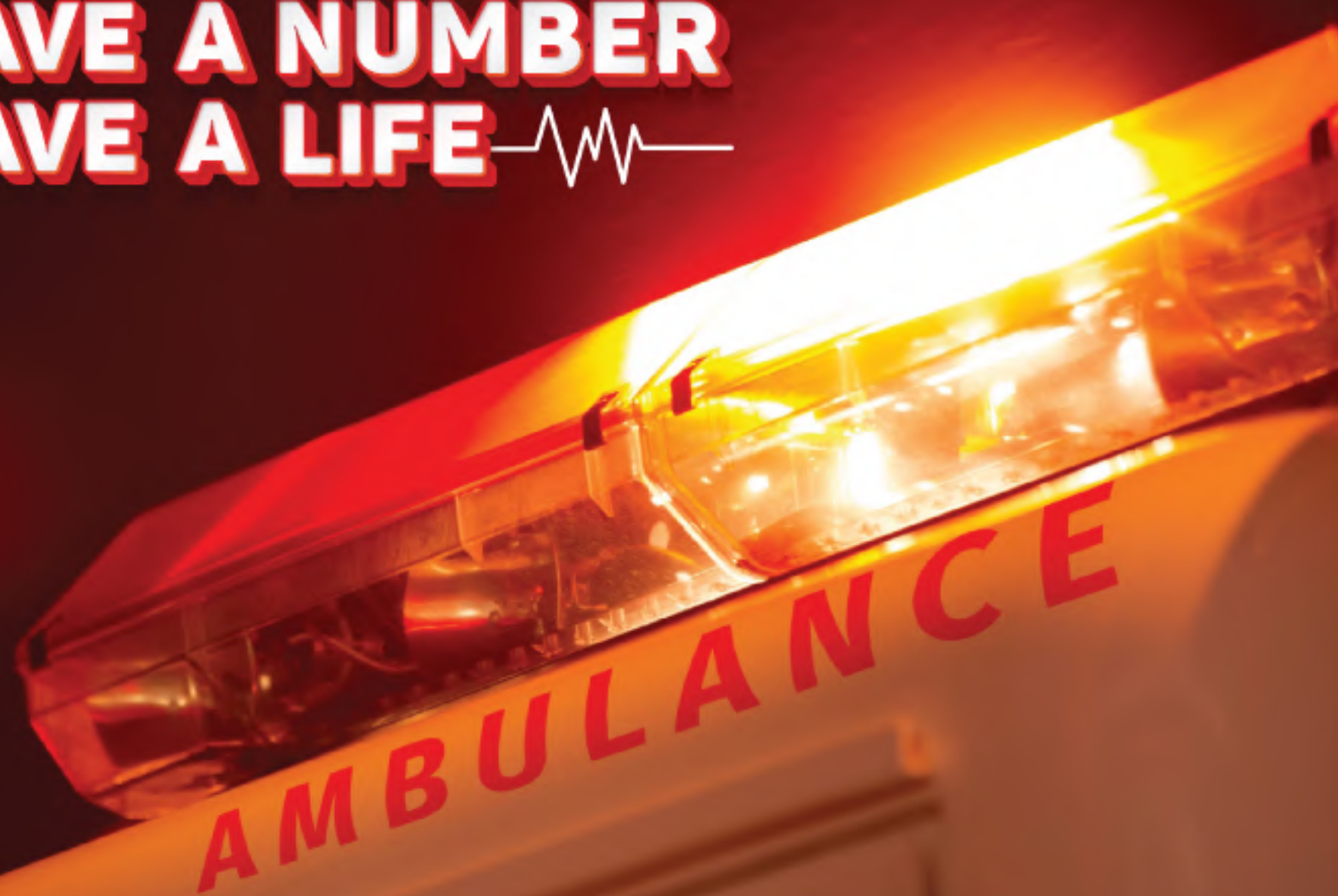
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SAVE OUR EMERGENCY HOTLINE AND
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SCAN NOW,
 MAKE A DIFFERENCE

SAVE A NUMBER
SAVE A LIFE 



SUNMED VELOCITY SDN BHD 199001018477 (210146-H)
 Pusat Perubatan Sunway Velocity, Lingkaran SV,
 Sunway Velocity, 55100 Kuala Lumpur, Malaysia.
EMAIL: smcv-enquiry@sunway.com.my

   
SUNWAYMEDICALCENTREVELOCITY

+603-9772 9191
sunwaymedicalvelocity.com.my

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When Posture Becomes a Pain: The Digital Epidemic Malaysians Are Ignoring

KUALA LUMPUR, May 16 (Bernama) -- Malaysians ranked among the highest digital device users in Asia, with an average daily screen time of eight hours and 17 minutes, which may result in 'text neck syndrome', a relatively new condition that has emerged post-pandemic with noticeable rise in cases among teenagers and young adults.

The country also has the third-highest TikTok usage in Southeast Asia, averaging 121 videos per day.

Sunway Medical Centre Velocity (SMCV), in a statement, stated that Malaysia's high digital consumption, especially among the younger population, is a significant contributor to the rise of text neck syndrome.

"Poor workplace ergonomics further compounded the issue, as many

endured long hours at non-conductive desk setups. This prolonged strain was increasingly linked to higher rates of sick leave in corporate environments, reduced productivity, and declining workplace performance," the statement read.

Consultant Orthopaedic Surgeon at SMCV, Dr Chang Kok Chun was quoted in the statement as saying that text neck syndrome occurs when there is a repetitive stress injury caused by prolonged forward head posture when looking down at screens.

"When someone developed text neck, the muscles and joints in the neck underwent continuous strain due to poor posture. Over time, this caused muscle and joint fatigue, discomfort, and if left untreated, could even result in structural damage," he explained.

Dr Chang also urged Malaysians to pay closer attention to the pain they were feeling and avoid ignoring it to prevent other health complications. He noted that the pain would initially provoke protective muscle spasms, visible in X-rays as straightening of the spine.

"If ignored, this could lead to premature degeneration of the spine, including thinning of the disc between vertebrae, and the development of bone spurs and facet joint arthritis over time, also known as cervical spondylosis (wear and tear of the joint and discs in the neck)," he warned.

Dr Chang cautioned that this irreversible condition could lead to nerve or spinal cord compression, causing radiating pain, numbness, or pins and needles sensations in the arms, forearms and hands, while in



severe cases, could result in weakness or paralysis in the upper and lower limbs, with persistent pain also impacting mental health and overall well-being.

He said managing text neck syndrome involved a combination of physiotherapy, lifestyle changes, and, in some cases, medication and stressed that consistent ergonomic practices by reducing screen time, using proper posture, and incorporating regular neck relaxation exercises throughout the day were essential in managing this condition.

Dr Chang acknowledged that while many were aware of the risks of text neck syndrome, breaking bad habits remained challenging due to heavy workloads.

He encouraged Malaysians to make gradual improvements, such as adopting proper posture, ergonomic setups, and regular neck exercises to protect spinal health.

Meanwhile, Physiotherapist and Manager of Rehabilitation Medicine Services at SMCV Thomas Chua Wei Yeh said one of the most common postural issues was Forward Head Posture, and this misalignment occurs when one tilts one's head forward by 45 degrees, increasing the load on the cervical spine from five to 22 kilogrammes.

Thomas explained that this extra strain added over 1,000 hours of stress on the spine annually, leading to symptoms like neck and shoulder pain, headaches, dizziness, spinal nerve irritation resulting in tingling sensations in the hands, and even early degenerative arthritis of the neck.

"Physiotherapy, including manual therapy, postural retraining, and targeted exercises to relieve tension, build strength and restore proper alignment, was crucial for recovery and prevention. While most patients begin to notice improvement within three to six sessions, severe cases may require a longer treatment plan

to achieve lasting results," he said.

According to Thomas, treatment plans are tailored to individual lifestyles and physical demands, focusing on reducing continuous screen time for students, promoting posture-friendly habits, and optimising backpack use to avoid unnecessary strain on the neck and upper back.

"While office workers should prioritise ergonomic workstations and integrate mobility breaks such as stretching routines to reduce muscular fatigue and joint stress.

"Progress is tracked through a combination of clinical assessments and patient-reported outcomes. We assess range of motion to evaluate cervical and thoracic spine mobility, and test muscle strength in key postural areas.

"Postural analysis helps us monitor alignment changes over time, while pain scales and functional questionnaires offer insights into daily performance and comfort levels," he said, noting that improvements such as less reliance on pain medication and better tolerance for daily tasks are key signs of recovery.

Thomas also warned against movements that worsened symptoms during recovery, such as abdominal crunches, overhead lifting, or prolonged typing with a flexed neck, stressing that while rest relieved immediate pain, long-term recovery required movement, postural correction, and strengthening.

Dr Chang Kok Chun
Consultant Orthopaedic Surgeon



Thomas Chua Wei Yeh
Physiotherapist and Manager of Rehabilitation Medicine Services



It's Not Just Reflux – Could You Be Having a Mini Heart Attack?



Cardiovascular diseases (CVDs) are the leading cause of death globally.

Many young adults tend to ignore early warning signs, assuming they are too young to develop heart issues, according to Dr Lim Chiao Wen, Consultant Cardiologist and Internal Medicine Physician at Sunway Medical Centre Velocity (SMCV).

This trend is especially worrying as non-communicable diseases (NCDs) such as diabetes, hypertension, obesity and poor lifestyle habits are becoming increasingly prevalent among younger population, making early awareness and timely detection more critical than ever – particularly when it comes to recognising the early signs of what many refer to as a “mini heart attack”.

Understanding Mini Heart Attacks & Recognising Symptoms

The term “mini heart attack” is commonly used to describe less severe forms of heart attacks, such as unstable angina and Non-ST Elevation Myocardial Infarction (NSTEMI). Unstable angina occurs when the heart receives insufficient blood due to partially blocked arteries, causing chest pain but without permanent damage. NSTEMI, on the other hand, involves actual heart muscle injury, although less extensive than a full-blown heart attack (STEMI), which results from a

complete artery blockage and requires emergency intervention.

Common symptoms of a mini heart attack include chest discomfort, breathlessness, fatigue, nausea, dizziness, and pain that may radiate to the jaw, neck, arms or back. “The subtle symptoms of a mini heart attack that many tend to ignore include mild chest discomfort, breathlessness, and fatigue,” says Dr Lim. “These symptoms are often dismissed because they can be caused by many everyday factors such as stress, lack of sleep, or even indigestion.” She explains that identifying a mini heart attack can be difficult without medical assessment, as symptoms can be vague and easily mistaken for gastric issues or heartburn.

Who is at Risk of Mini Heart Attacks?

Smoking and vaping continue to be major contributors to heart disease, as they cause inflammation, thicken the blood, and encourage clot formation that can restrict blood flow to the heart. High consumption of fried foods, sugary drinks, and processed meats, alongside the practice of reusing cooking oil, has been linked to elevated cholesterol levels and plaque buildup in arteries.

While lifestyle and chronic conditions are well-known risk factors, there are also misconceptions about gender and heart disease. Dr Lim clarifies the belief

that post-menopausal women are more susceptible to heart disease, stating, “Pre-menopausal women have a lower risk due to the protective effects of oestrogen. However, after menopause, when oestrogen levels decline, women face the same risk as men”.

Managing and Preventing Mini Heart Attacks

Mini heart attacks can recur if the underlying risk factors, such as high blood pressure, high cholesterol, diabetes, smoking, obesity, and unhealthy lifestyles, are not well managed. Dr Lim explains that these conditions can continue to damage the arteries over time, increasing the likelihood of repeated episodes or even a more severe heart attack.

Treatment typically involves a combination of medications and procedures to restore proper blood flow and reduce future risk. Antiplatelet drugs and blood thinners are commonly prescribed, while more serious cases may require procedures such as angioplasty. However, medical treatment alone is not enough. Dr Lim emphasises the importance of pairing it with lasting lifestyle changes, including a heart-healthy diet, regular exercise, quitting smoking, stress management, and careful control of blood pressure and cholesterol.

Dr Lim Chiao Wen
Consultant Cardiologist
and Internal Medicine
Physician





COMPREHENSIVE
HEART
SCREENING PACKAGE

RM3888*

This Comprehensive Heart Screening Package is highly recommended for those who have been diagnosed with a heart condition or have risk factors for coronary artery diseases, including family history of heart diseases, high blood pressure, high blood cholesterol, diabetes, tobacco smoking, obesity and physical inactivity.

- Historical & Clinical Examination by Consultant Cardiologist
- Weight, Height, BMI
- Vision Test
- Blood Pressure Screening
- Resting ECG
- Echocardiogram
- Blood Investigation
 - Full Blood Count
 - Erthrocyte Sedimentation Rate (ESR)
 - Blood Grouping (ABO & Rh)
 - Liver Function Profile
 - Kidney Function Profile
 - Lipid Profile
 - Venereal Disease Research Laboratory (VDRL)
 - Hepatitis B Screening
 - Hepatitis C Screening
 - Thyroid Function Test
 - Free T3
 - Free T4
 - Thyroid Stimulating Hormone (TSH)
 - Fasting Blood Sugar
 - HbA1c (average blood sugar level over 3 months)
 - HsCRP
- Urine FEME
- Chest X-Ray
- Pulmonary Function Test (PFT)
- ABPI (screening for cardiovascular disease)
- Ultrasound Abdomen & Pelvis
- Coronary Calcium Score
- Cardiac CT Scan
- Consultation & Report
- Complimentary refreshments provided

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- Suitability of package will be advised by attending Consultant Cardiologist.
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SUNMED VELOCITY SDN BHD 199001018477 (210146-H)
Pusat Perubatan Sunway Velocity, Lingkaran SV,
Sunway Velocity, 55100 Kuala Lumpur, Malaysia.

EMAIL: smcv-enquiry@sunway.com.my

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Subtle Symptoms, Serious Threat: The Danger Of Overlooking Brain Tumour Warning Signs



KUALA LUMPUR, June 13 (Bernama) -- Brain tumours rarely present with dramatic symptoms at the early stages, making it vital to recognise subtle changes, such as recurring headache, mood change or trouble concentrating, before they turn into medical emergencies.

Consultant Neurosurgeon at Sunway Medical Centre Velocity (SMCV) Dr Mah Jon Kooi urged the public to be more aware of these early and often overlooked symptoms, which may initially be brushed off as stress or age-related issues, noting that it is not uncommon to see patients presenting in the late stages of a brain tumour.

"This can be attributed to the fact that the symptoms depend heavily on the tumour's location and how it affects specific brain functions. When signs such as memory or speech difficulties occur in older individuals, they are often mistaken for ageing, making early detection for brain tumour challenging," he said.

A brain tumour refers to an abnormal growth of cells within the brain and can be categorised as either benign or malignant. Dr Mah explains that brain

tumours are further classified as either primary, meaning they originate within the brain itself, or secondary, also known as metastatic tumours, which occur when cancer spreads to the brain from other parts of the body.

Although the type of tumour varies, many brain tumours present with similar early warning signs. These may include frequent or newly developed headaches, nausea, visual disturbances such as double vision or partial vision loss, difficulty with speech or memory, loss of balance, and sudden changes in personality or behaviour.

Dr Mah said tumours in the frontal lobe may affect the higher cognitive functions such as personality, social behaviour, impulse control, emotional regulation, movement and speech whereas tumours in the temporal lobe, which processes sound, language, and memory are more likely to result in speech issues and memory loss.

"However, the way these symptoms appear can differ significantly depending on the tumour's location in the brain. Nearly half of all brain tumour patients experience some form of memory impairment, although the

severity often depends on the tumour's size and exact location," he said.

To confirm the presence of a brain tumour, Dr Mah said diagnostic imaging tools such as CT scans and contrast-enhanced MRI plays a crucial role in identifying the tumour's size, type and exact location within the brain.

"MRI is generally preferred because it provides more detailed images of the brain and can better distinguish between normal and abnormal tissues," Dr Mah explained. This level of accuracy is vital for planning treatment and determining whether the tumour may be surgically removed.

Dr Gerard Arvind Martin, who is also a Consultant Neurosurgeon at SMCV, noted that secondary brain tumours (those that spread from other parts of the body) occur up to five to ten times more frequently than primary brain tumours, while up to 40 per cent of lung cancer patients may develop secondary brain tumours at some point during their illness.

"Cancers such as lung, breast, colon, and melanoma are most likely to metastasise to the brain, and are commonly seen," he said, citing a recent and widely reported case in March 2025, in which a local politician revealed that his lung cancer had spread to his brain, resulting in a tumour measuring 3cm.

"The exact reason why certain cancers are more likely to metastasise to the brain remains unclear. This typically occurs when cancer cells break away from the primary tumour, travel through the bloodstream, and lodge in the brain where they begin forming tumoural masses," he explained.

Dr Gerard Arvind said genetics play a significant role in determining a person's overall susceptibility to developing brain tumours in their

lifetime and in such cases, lifestyle-related factors may act as triggers in individuals who carry these underlying genetic traits, potentially leading to tumour development over time.

Given the uncertainty surrounding brain tumour causes, early detection following symptom development remains the most decisive factor in determining a patient's outcome.

Once a tumour is diagnosed, its type, size and location will determine the most suitable course of treatment however, surgery remains one of the most effective interventions, particularly for accessible tumours.

A typically recommended procedure is a craniotomy, where a section of the skull is temporarily removed to allow surgeons access to the brain and in selected cases, an awake craniotomy, a highly specialised procedure where the patient is kept responsive during key moments of the operation, may be performed.

"This allows the surgical team to monitor neurological functions such as speech, movement, or vision in real time, helping to preserve critical areas of the brain." Dr Gerard Arvind explained, adding that for small or hard-to-reach tumours that make open surgery challenging, radiosurgery offers a non-invasive alternative.

Despite its name, it does not involve any surgical incision but uses precisely targeted, high-dose radiation to shrink or control the tumour, often completed in just a single session. Another surgical option in cranial surgery is the use of endoscopes, particularly for tumours located at the skull base or within the pituitary region.

According to Dr Gerard Arvind, the procedure involves inserting a thin, rigid endoscope, equipped with a light and camera, through the nasal passage to access the tumour, which enables surgeons to operate with greater precision and minimal disruption to surrounding tissue.

As a result, patients often benefit from faster recovery times, shorter hospitalisation stay and reduced post-operative discomfort.

"At SMCV, this technique has been successfully employed to treat pituitary tumour cases, often identified by general practitioners or ophthalmologists when patients present with symptoms like visual disturbances and severe headaches," he said.

Dr Gerard Arvind recounted a successful case in cerebrospinal fluid (CSF) diversion procedures at SMCV involving a lung cancer patient whose secondary brain tumour was obstructing cerebrospinal fluid (CSF) flow, causing life-threatening pressure in the brain.

A minimally invasive procedure called endoscopic third ventriculostomy was conducted to restore the CSF circulation, followed by tumour removal, all in one session and the patient recovered well and was able to proceed with chemoradiotherapy treatment as planned, reflecting how advanced, well-coordinated neurosurgical care can dramatically improve outcomes.

In conjunction with the recent Brain Tumour Awareness Day, it serves as a reminder for the urgent need to prioritise neurological health and to act swiftly when subtle or unexplained symptoms emerge.

Brain tumours may be rare, but their symptoms are real, and often subtle. From constant headaches to mood changes, recognising these signs early can make a critical difference. Early detection not only increases the chances of effective treatment, but also open doors to less invasive procedure and better recover outcomes.

A brain tumour diagnosis is not the end of the road. Thanks to ongoing advancements in diagnostics and minimally invasive surgical techniques, patients today have more options and greater hope than ever before. With timely action and the

right guidance and support, recovery is possible, and no one has to face this journey alone.

Dr Gerard Arvind Martin
Consultant Neurosurgeon



Dr Mah Jon Kooi
Consultant Neurosurgeon



Do You Know What an AED Is and How It Works?



When someone suddenly collapses and stops breathing, quick action can make a difference. An AED (Automated External Defibrillator) is a device designed to help during such emergencies by delivering an electric shock to restore the heart's rhythm.

How Do I Know Someone May Need an AED?

If you see someone suddenly collapse, become unresponsive, and not breathing normally—or not breathing at all—they may be experiencing sudden cardiac arrest. In such situations, it is critical to act quickly. Gently shake the person and ask loudly if they're okay. If there is no response, immediately call for emergency help, start CPR, and use an AED if available.

Do I Need Training to Use an AED?

Training is highly encouraged. It helps you feel more confident and prepared during an emergency. However, if you haven't had training, and a real

emergency happens, don't wait. Try your best to help. Following the AED's instructions is better than doing nothing at all—trying may offer a chance where none existed before. And always call emergency services as soon as possible so professional help is on the way.

Is It Safe to Use an AED?

AEDs are made to be safe. They only deliver a shock if it's needed, based on what they detect. The instructions will also guide you to make sure the scene is clear and safe before anything happens. The goal is always to protect both the person receiving help and the person helping.

Take Action When It Matters Most

In moments of crisis, every second counts. While having AED training is ideal, the most important thing is not to hesitate. If someone collapses and becomes unresponsive, call for emergency help immediately and use

the AED if available. Follow the voice prompts and do your best—your actions may make a difference.

Dr Lim Fang Jen
Consultant Emergency
Physician



Unusual Asthma Symptoms You Shouldn't Ignore

“Why am I always tired, struggling to sleep, or short of breath even after light exercise?”

If you've been brushing off these signs as stress or lack of fitness, it might be time to look a little deeper. Asthma doesn't always present itself with the textbook symptoms like wheezing or chest tightness. In fact, some people experience what are known as unusual asthma symptoms—and recognising these early could help you or someone you care about avoid serious flare-ups.

In this article, let's learn more with Dr Nurul Yaqeen Mohd Esa, our Consultant in Respiratory Medicine and Internal Medicine, about the lesser-known signs of asthma and why early attention matters.

Sleep Difficulties

Asthma symptoms can worsen at night, even if you don't feel them during the day. If you find it difficult to fall asleep or often wake up coughing or gasping for air, this might be a sign of nocturnal asthma. The airways naturally narrow during sleep, and for people with asthma, this can become a real challenge. Environmental triggers like dust mites, pollen, or pet dander in the bedroom can also contribute.

A Constant, Dry Cough

Not all asthma is loud. Some people experience cough-variant asthma, which shows up as a persistent, dry cough that doesn't produce mucus. This cough may be your only symptom, which makes it easy to miss. If you've had a cough that lingers and doesn't respond to usual treatment, it's worth discussing with your doctor.

Daytime Fatigue

Sleep disturbances due to asthma can lead to daytime fatigue. But even without nighttime symptoms, your body might be working harder to get enough oxygen through inflamed airways, leaving you tired or sluggish during the day.



Rapid Breathing or Sighing

You might notice yourself sighing more than usual, or breathing quickly without obvious reason. While often linked to anxiety, these could also be subtle signs of asthma. This kind of breathing is your body's way of compensating when airways are partially blocked or inflamed.

Difficulty with Exercise

Well-controlled asthma shouldn't limit your ability to stay active. But if you regularly experience coughing, shortness of breath, or chest tightness during or after workouts, this could be exercise-induced asthma. Cold air, pollution, or intense cardio can all trigger these symptoms. Using a reliever inhaler too frequently when exercising may also suggest your treatment plan needs adjustment.

Itchy Face or Throat

If you notice itchy skin, an itchy throat, or general irritation along with asthma symptoms, you might have allergic asthma. This type of asthma is triggered by allergens such as pollen, mould, pet dander, or certain foods. It's not the itchiness itself that's asthma—but it signals that allergens are present and may be affecting your breathing.

Anxiety and Mood Changes

Asthma affects more than just your lungs. Difficulty breathing can increase anxiety, and chronic worry about symptoms can lead to mood disturbances. This is especially common in people who frequently experience unpredictable flare-ups. While anxiety can worsen asthma

symptoms, asthma can also trigger anxiety—creating a frustrating cycle.

When to See a Doctor

If you notice any of these unusual symptoms, especially if they recur or affect your quality of life, it's time to talk to a healthcare provider. Asthma is a manageable condition, but it requires the right diagnosis and treatment plan. Unusual symptoms can be early warning signs that your current treatment isn't working as it should.

If you or your child is experiencing these signs, don't wait. Our specialists at the Respiratory & Lung Services and Paediatric Care Team are here to support early diagnosis and tailored asthma management.

Learn more or consult with a respiratory specialist at Sunway Medical Centre Velocity to ensure your symptoms don't go unnoticed.

Your health and comfort matter—even the less obvious signs shouldn't be ignored.

Dr Nurul Yaqeen Mohd Esa
Consultant Respiratory
and Internal Medicine
Physician



Stop Guessing, Start Testing: What You Need to Know About Allergy Testing

We've all been there — the runny nose that won't quit, the mysterious rash, or that uncomfortable stomach upset after eating something "normal." At first, we brush it off. Then we start avoiding random foods, blaming the weather, or reaching for antihistamines. But here's the truth: when it comes to allergies, guessing only gets you so far. If you or your child are experiencing unexplained symptoms, it's time to stop guessing — and start testing.

Let's understand more about allergy testing with Dr Sangeetha, who helps us break down what allergy tests can reveal, how they work, and why they're an essential step in finding relief.

Two Main Ways We Test

The two most common types of allergy tests are:

1. Skin Prick Test

This is often the first go-to for allergy detection. A small amount of allergen is placed on your skin (usually the forearm or back), and a tiny prick is made to allow it to enter the surface. If you're allergic, you'll see a small raised bump (like a mosquito bite) at the site within 15–20 minutes.

It's quick, relatively painless, and ideal for common environmental and food allergens.

2. Blood Test (Specific IgE Test)

If skin testing isn't possible — due to skin conditions or medication interference — a blood test may be used. This measures the levels of allergen-specific antibodies (IgE) in your blood. It's helpful in cases where reactions are more severe or where a broad overview is needed.

Your doctor may use one or both types, depending on your medical history and symptoms.

What Are We Looking For?

You might be surprised how often allergies are overlooked. Two of the most common culprits we see include:

Dust Mite Allergy

This tiny household allergen is notorious for causing chronic nasal symptoms — sneezing, congestion, postnasal drip, or even that persistent "dry" cough. It's not just about being "sensitive to dust" — if you're reacting all year round, especially indoors, dust mites could be the reason.

Food Allergies (Eggs, Milk, Peanuts & More)

Food allergies in children and adults can appear as skin reactions (like hives), digestive symptoms (like nausea, cramps, diarrhoea), or even more severe reactions like facial swelling or

breathing difficulty. Common triggers include eggs, milk, peanuts, shellfish, and soy — but the range is wide, and symptoms aren't always immediate.

Getting tested helps narrow it down, especially in children who can't always describe how they feel.

Why Testing Matters

Many allergy symptoms overlap with other conditions — asthma, sinus infections, eczema, irritable bowel syndrome. That's why allergy testing plays such a crucial role: it separates fact from assumption.

More importantly, it gives you a plan. With clear results, you can:

- Avoid your true triggers — and stop avoiding the things that aren't causing problems.
- Begin treatment with antihistamines, nasal sprays, or even allergy shots if needed.

Manage symptoms early before they escalate into more serious reactions.

Not Sure Where to Start?

If you or your child keeps reacting — but you're not sure why — allergy testing is a safe, accurate first step. It can be life-changing to finally put a name to what's been affecting your daily life.

Speak to your doctor. Get tested. Stop guessing.



Dr Sangeetha Siniah
Consultant Paediatrician



What's the Best Way to Manage Osteoarthritis?



Osteoarthritis isn't just about "getting old" or feeling stiff in the morning—it's about how we move through life when our joints no longer move the way they used to. For some, it starts as a quiet ache in the knee after a long day. For others, it's the persistent discomfort that makes tying shoes or climbing stairs feel harder than it should.

At its core, osteoarthritis is a wear-and-tear condition—but managing it well isn't just about enduring. It's about adapting with knowledge, making smart daily choices, and finding the right support when you need it.

In this article, let's learn more with Dr Ng Swee Soon, our Consultant in Orthopaedic Surgery, about navigating osteoarthritis with better understanding and care.

Understanding the Signs

Osteoarthritis often develops slowly and worsens over time. You may first notice stiffness after waking up or pain after activity. Other signs include tenderness, a grating sensation when moving, swelling, or bony lumps near the joints. If these symptoms persist, it's important to consult a healthcare professional.

Why It Happens

Several factors can contribute to the breakdown of joint cartilage:

- Ageing: Risk increases with age.
- Genetics: Family history can play a role.

- Joint injuries or repetitive stress: From sports or jobs.
- Obesity: Extra weight puts added stress on joints.
- Bone deformities or metabolic disorders: Conditions like diabetes or iron overload can contribute

Diagnosis

Your healthcare professional will examine the affected joint and may recommend:

- X-rays to check for joint space narrowing or bone spurs.
- MRI scans for more detailed images.
- Joint fluid tests to rule out infections or other types of arthritis.

Managing Osteoarthritis Effectively

1. Stay Active Regular exercise strengthens the muscles around the joint, improves flexibility, and eases stiffness. Low-impact activities like walking, swimming, or cycling are ideal.

2. Weight Management Maintaining a healthy weight can significantly reduce pressure on weight-bearing joints, especially knees and hips.

3. Medication Depending on your condition, your doctor may recommend:

- Acetaminophen for mild pain.
- NSAIDs like ibuprofen or naproxen for inflammation.
- Topical gels for localised relief.
- In some cases, duloxetine, an antidepressant also used for chronic pain.

4. Physical and Occupational Therapy A physical therapist can teach you targeted exercises, while an occupational therapist can show ways to protect joints during daily activities.

5. Supportive Devices Braces, orthotics, walking sticks, or specially

designed tools can ease movement and reduce joint strain.

6. Injections Corticosteroid or hyaluronic acid injections can offer temporary relief in some cases.

7. Surgery For severe osteoarthritis, surgical options like joint realignment (osteotomy) or joint replacement (hip or knee) may be considered.

A Personalised Approach

Because osteoarthritis affects everyone differently, the most effective management plan is one tailored to your symptoms, lifestyle, and goals. Consult a doctor early, even if symptoms seem mild—intervening early can help slow progression.

If you're dealing with joint pain or stiffness, our Orthopaedic Centre at Sunway Medical Centre Velocity offers comprehensive care, from early diagnosis to long-term management strategies.

You can also consult with an orthopaedic specialist to get personalised advice and treatment tailored to your condition.

Living with osteoarthritis doesn't mean you have to give up the activities you love. With the right care and guidance, it's possible to live well—and move well—every day.



Dr Ng Swee Soon
Consultant Orthopaedic
Surgeon

Hand, Foot and Mouth Disease (HFMD): What Parents Should Know

Hand, foot and mouth disease never really left — it's just that you may not have noticed.

HFMD cases are on the rise again, but this common childhood illness has always lingered, especially in places like daycares and schools. While often mild, it can cause significant discomfort in young children. In this article, let's learn more about HFMD with Dr Sangeetha Siniah, Consultant Paediatrician. Because the more we understand, the better we can protect our children, ourselves, and our community.

What Exactly Is HFMD? (And Why It's Called That)

HFMD is caused by a group of viruses, most often coxsackievirus. It gets its name from the distinctive blister-like rash on the hands, feet, and mouth sores. But it doesn't always stop there — rashes can also appear on the knees, elbows, buttocks, or genitals.

It typically affects children under the age of 5, but older children and even adults can catch it. Since different viruses can cause HFMD, it's possible to get it more than once.

Spot the Signs Early: The Full Symptom Checklist



HFMD symptoms usually come in two phases:

- Phase 1: Mild fever, sore throat, runny nose, loss of appetite, general fatigue.
- Phase 2: Painful ulcers in the mouth and an itchy or blister-like rash on the hands, feet, and sometimes other areas.

Other symptoms may include swollen lymph nodes or discomfort when swallowing. These symptoms can make drinking and eating uncomfortable — watch out for dehydration.

How Does HFMD Spread? And What You Can Do to Stop It

HFMD is highly contagious. It spreads through:

- Airborne droplets from coughs or sneezes
- Contact with saliva, nasal mucus, blister fluid, or stool
- Sharing cups, toys, towels, or utensils
- Touching contaminated surfaces then touching your eyes, nose, or mouth

Kids are most contagious in the early stages — even before rashes appear. But the virus can remain in their stool for weeks.

At-Home Care That Actually Helps



There's no cure or antiviral medication, but most children recover within 7 to 10 days. What you can do:

- Keep them well hydrated with cold drinks or ice pops
- Offer soft, bland foods (avoid citrus, spicy or salty options)
- Use paracetamol to reduce fever (consult your doctor first)
- Let them rest as much as possible

If your child struggles to stay hydrated or symptoms persist beyond 10 days, consult a doctor.

Prevention Starts at Home: Simple but Powerful Habits

You can help slow or prevent the spread of HFMD by:

- Washing hands often (especially after diaper changes)
- Disinfecting high-touch items like toys, doorknobs, and counters
- Keeping sick kids at home until they're fever-free and blisters are dry

Wait — Can Adults Get It Too?

Yes. While less common, adults can also contract HFMD. Most have mild or no symptoms, but they can still spread it. Practising good hygiene helps reduce the risk.

When to call the or visit the doctor?

Speak to your child's healthcare provider if:

- When child is lethargic or less active
- They're not drinking enough fluids
- They have a high fever for more than three days
- Symptoms haven't improved after 10 days
- Blisters worsen or look infected
- Your child has a weakened immune system

HFMD Doesn't Have to Be Scary — Just Understood

Though HFMD is rarely serious, it can

be stressful for parents. The good news? Early recognition, proper hygiene, and supportive care go a long way.

Find the full symptom checklist, learn when to see a doctor, get expert tips for comfort and recovery, and protect your family and community — all by staying informed and proactive.

If you have questions about your child's symptoms, visit our Children's Health and Development Centre or consult with our paediatric specialists for reassurance and personalised advice.

Dr Sangeetha Siniah
Consultant Paediatrician



Understanding Dementia: A Guide for Families and Caregivers



We all forget things now and then—misplacing keys, forgetting a name, or walking into a room and wondering why. But when memory lapses start to affect daily life, it could be something more serious. Dementia is not a single disease, but rather a general term for a group of symptoms that interfere with thinking, memory, and the ability to carry out everyday activities.

What Exactly Is Dementia?

Dementia refers to a decline in cognitive function that goes beyond the normal ageing process. It can affect memory, language, problem-solving, judgement, and even aspects of personality. While Alzheimer's disease is the most common form — particularly in older adults — several other medical conditions can cause similar symptoms.

Importantly, not all memory loss indicates dementia. Some cognitive changes may result from treatable causes such as vitamin deficiencies, thyroid disorders, or medication side effects. That's why early evaluation is essential — it can make a meaningful difference in care and quality of life.

Let's understand more with Dr Kok Huey Tean (Ellie), Consultant Neurologist and Internal Medicine Physician at Sunway Medical Centre Velocity, as she helps patients navigate concerns about memory, ageing, and cognitive health with care and clarity.

Recognising the Symptoms

Dementia symptoms can vary depending on the underlying cause, but some of the more common signs include:

Cognitive changes:

- Short-term memory loss that others notice first
- Difficulty finding words or following a conversation
- Getting disoriented or lost in familiar places
- Struggling with planning, organising, or managing daily tasks
- Trouble with judgement or problem-solving

Psychological changes:

- Mood swings, anxiety, or depression
- Changes in personality or behaviour
- Increased agitation or confusion

- Seeing things that aren't there (hallucinations) or feeling suspicious (paranoia)

These signs often go unnoticed at first, or are mistaken for stress or fatigue. But when these changes begin to disrupt someone's independence, it's time to seek medical advice.

How Is Dementia Diagnosed?

A proper diagnosis starts with a doctor asking about the person's symptoms, medical history, and any medications being taken. Tests may include:

- Memory and cognitive assessments
- Blood tests to rule out other causes
- Brain imaging (CT or MRI) to detect physical changes

Can Dementia Be Treated?

While most types of dementia are not curable, treatments can help manage symptoms and slow progression. These may include:

- Medication to improve memory and attention
- Behavioural support to reduce anxiety or aggression

- Occupational or speech therapy
- Lifestyle adjustments like regular exercise, balanced nutrition, and mental stimulation

For dementia caused by treatable conditions (like thyroid disorders or vitamin deficiencies), addressing the root cause may significantly improve thinking and mood.

Is Dementia the Same as Alzheimer's?

Not quite. Think of dementia as an umbrella term. Alzheimer's disease is the most common cause, but there are many other conditions that lead to dementia. Knowing the exact type helps doctors tailor treatment more effectively.

What Can Families Do?

Caring for someone with dementia is a journey. It requires patience, knowledge, and emotional support. Here's what helps:

- Learn as much as you can about the condition
- Set up routines and safety measures at home
- Join support groups to share tips and connect with others

- Don't hesitate to ask for professional help when things feel overwhelming

Early diagnosis means you and your family have time to plan, adjust, and focus on preserving quality of life—for as long and as fully as possible.

If you're concerned about a loved one's memory or behaviour, don't wait. Reach out to our Neurology Specialists or book a consultation at the Neuroscience Centre to get expert support.

Dr Kok Huey Tean (Ellie)
Consultant Neurologist
and Internal Medicine
Physician



WHAT Did I
FORGET?

If you are asking
that too often,
it might be time
for a check.

Memory issues can be a sign
of underlying health concerns.
Our Memory Assessment
Packages provide a detailed
evaluation by a Consultant
Neurologist to help you
take control of your
memory health early.



	Essential Memory Assessment Package	Comprehensive Memory Assessment Package
History & Clinical Examination by Consultant Neurologist	●	●
Full Blood Count	●	●
Lipid Profile	●	●
Liver Profile	●	●
Renal Profile	●	●
Fasting Blood Sugar	●	●
HbA1c	●	●
Thyroid Function Test	●	●
Erythrocyte Sedimentation Rate (ESR)	●	●
C-Reactive Protein (CRP)	●	●
Rapid Plasma Reagin (RPR)	●	●
Serum Vitamin B12	●	●
Serum Folate	●	●
Resting Electrocardiogram (ECG)	●	●
MRI Brain	●	●
Add-on Hearing Assessment by Audiologist	RM92	RM1900
	RM900	

***Terms & Conditions:**
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2. The eligibility of this package shall be advised by your attending Consultant Neurologist.
3. Patients are required to schedule an appointment prior to their assessment day.
4. SMCV reserves the right to change the terms and conditions should any circumstances and regulations change.

For further enquiries or to make an appointment, contact us at:
☎ +603 9772 9191 ☎ +6019 320 2291

SUNMED VELOCITY SDN BHD 199001018477 (210146-H)
Pusat Perubatan Sunway Velocity, Lingkaran SV,
Sunway Velocity, 55100 Kuala Lumpur, Malaysia.
EMAIL: smcv-enquiry@sunway.com.my

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Early Signs of a Brain Tumour You Shouldn't Ignore



Some symptoms seem ordinary—until they aren't.

We all get headaches, fatigue, stress, dehydration—most of the time, there's a simple explanation. But sometimes, the body sends quieter, more persistent messages. A change in how you speak. Blurred vision that lingers. A headache that returns day after day, stronger each time.

These subtle changes might not feel urgent at first. But in some cases, they are early signs of something deeper — such as a brain tumour. Let's understand these warning signs more clearly with insights from Dr Mah Jon Kooi, Consultant Neurosurgeon at Sunway Medical Centre Velocity.

What Is a Brain Tumour?

A brain tumour is a growth of abnormal cells in or around the brain. Some are slow-growing and noncancerous (benign). Others are malignant and can spread quickly. But even a benign tumour can compress on nearby brain tissue, affecting how we think, move, or feel.

Brain tumours can develop:

- In the brain itself (primary tumours)

- Or spread from cancer elsewhere in the body (secondary or metastatic tumours)

The impact depends not just on the location of the tumour, the staging or grading of the tumour, and tumour's size.

Early Signs That Shouldn't Be Overlooked

Symptoms often begin gradually, and they can easily be mistaken for more common issues. But when they persist or appear together, it's important to take them seriously.

Watch for:

- Frequent or worsening headaches, especially in the morning
- Vision changes, such as double vision or partial loss of sight
- Nausea or vomiting without an obvious cause
- Difficulty with speech or memory
- Weakness, numbness, or loss of balance
- Personality changes or unusual behaviour

- New-onset seizures
- Hearing loss or ringing in one ear

Not every headache is cause for alarm. But when new symptoms appear, or old ones change in intensity and frequency, it's worth checking in with a doctor.

Why Some Tumours Go Unnoticed

Some brain tumour arises from neuro silent area (non-eloquent) region of the brain, thus making the symptoms less obvious or subtle for the patient. This symptom might be missed until it grows to a significant size, compressing to the surrounding areas and giving noticeable symptoms.

The brain doesn't always respond to change in obvious ways. A tumour pressing on a speech centre might affect your words. One near the optic nerve might blur your vision. But a tumour in a less active part of the brain might not cause noticeable symptoms—until it becomes large enough to affect surrounding areas.

That's why awareness is key. Knowing the early signs can help lead to earlier diagnosis, when treatment is more effective and outcomes are better.

Who Is at Risk?

While brain tumours can occur at any age, certain factors may raise the risk:

- Older age
- Previous exposure to high-dose radiation
- Inherited genetic conditions
- A personal or family history of tumours
- Cancer elsewhere in the body



What to Expect from Diagnosis and Treatment

If a brain tumour is suspected, your doctor may order imaging tests (MRI or CT scan) and neurological evaluations. Treatment options depend on the tumour's type and location, and may include:

- Surgery (open surgery, image-guided surgery and endoscopic)
- Radiation therapy (Conventional, Stereotactic)
- Chemotherapy or targeted therapy
- Active monitoring (watchful waiting approach)

When to Seek Help

Migraines are more than just head pain. They can mimic other conditions or go unnoticed entirely. By recognising the broader spectrum of migraine symptoms, you take an important step toward better brain health and overall wellbeing.

If you're exploring options for neurology services in KL, you may visit our Neuroscience Centre, where care is guided by experienced professionals and supported by advanced diagnostic tools.

If you've been experiencing unusual symptoms or persistent discomfort, speaking to a medical professional could help provide clarity and reassurance.

Dr Mah Jon Kooi
Consultant
Neurosurgeon



6 Common Weight Loss Myths—And What to Do Instead



Not everything you hear about losing weight is true. Let's set the record straight with science.

There's no shortage of weight loss advice out there — but not all of it is grounded in science. From social media trends to fad diets, it's easy to get caught in a cycle of confusion, frustration, and stalled progress.

Let's learn the facts with **Sunway Medical Centre Velocity's Dietitian — Yu Fei**, and discover how small, informed choices can lead to lasting change.

1. All Calories Are Equal?

Myth! It's true that weight loss depends on a calorie deficit, but not all calories affect your body the same way. Calories from nutrient-poor foods—such as sugary drinks, candies, and fast food—provide energy but lack vitamins, minerals, and fibre. These "empty calories" can cause blood sugar spikes and crashes, increasing hunger and cravings. In contrast, calories from nutrient-dense foods like vegetables, whole grains, lean proteins, and healthy fats offer essential nutrients that support metabolism, muscle repair, and satiety. Eating nutrient-rich foods can help you feel fuller longer, making it easier to stick to your calorie goals without feeling deprived.

What to do instead: Prioritise whole, minimally processed foods that nourish your body, improve energy, and support sustainable weight loss.

2. The Lower the Calories, the Faster the Weight Loss ?

Myth! Severely cutting calories might seem like a shortcut, but it often backfires. When your body senses a significant energy deficit, it can enter "starvation mode," slowing your metabolism to conserve energy. This means you burn fewer calories at rest, making further weight loss more difficult. Additionally, if calories are too low, your body may break down muscle tissue for fuel, reducing your lean muscle mass. Since muscle burns more calories than fat, losing muscle further lowers your metabolic rate. Extreme calorie restriction also risks nutrient deficiencies, low energy,

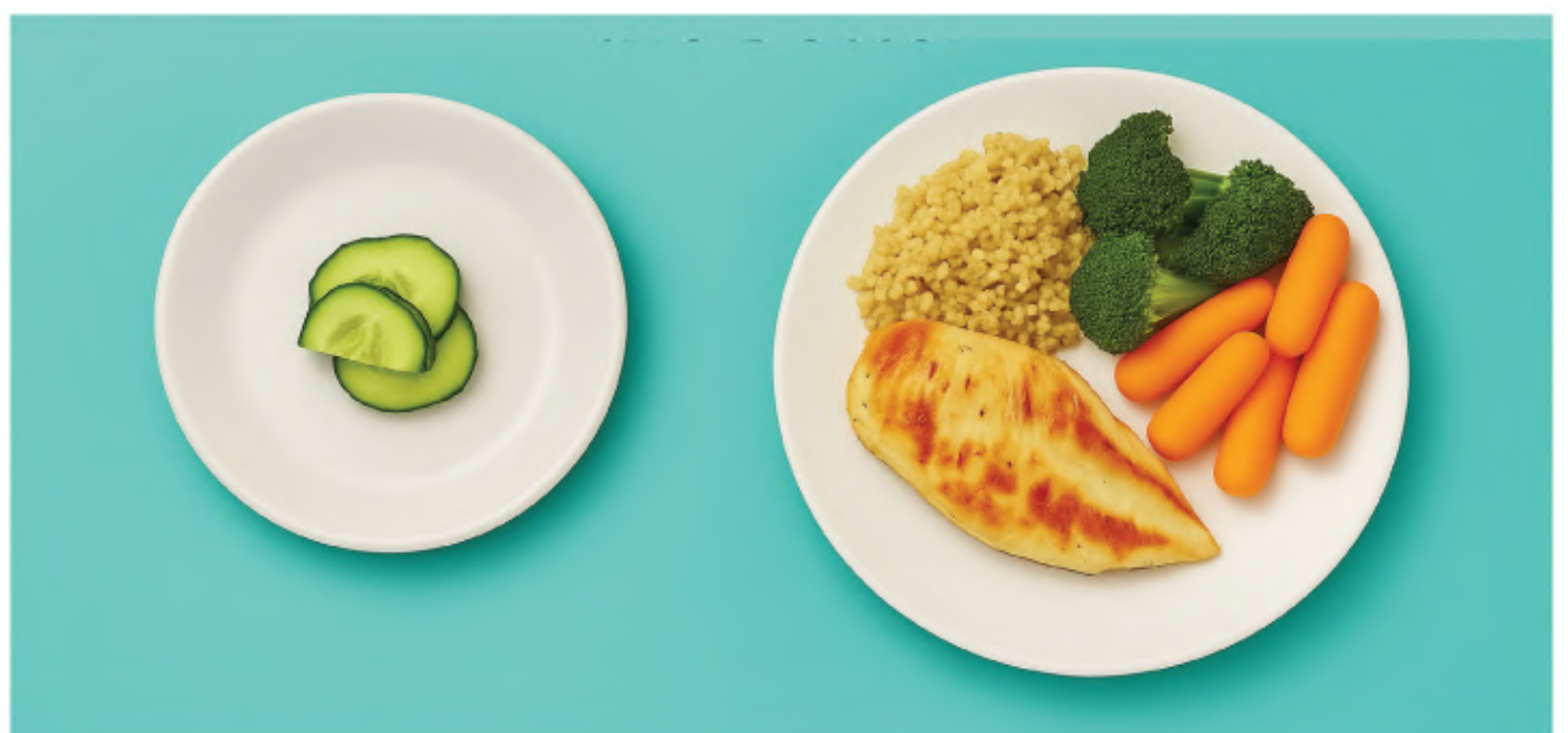
poor mood, and intense hunger, increasing the likelihood of binge eating or giving up.

What to do instead: Aim for a moderate calorie deficit—typically 500-750kcal lower than your usual intake—that allows gradual weight loss while preserving muscle and maintaining overall health. If you want to go for a very-low-calorie diet, do check with your dietitian for the correct and safe way to do it.

3. Carbs Are the Enemy?

Myth! Not all carbohydrates are equal. Simple carbs found in sugary drinks, white bread, and sweets are quickly digested and can cause rapid spikes and drops in blood sugar, leading to increased hunger and fat storage. Conversely, complex carbohydrates in whole grains, legumes, fruits, and vegetables digest more slowly, provide sustained energy, and contain fibre that promotes fullness and supports digestive health. Cutting out all carbs isn't necessary and can reduce fibre intake and energy availability, especially for those active in sports or exercise.

What to do instead: Focus on including complex carbs as part of a balanced diet alongside proteins and healthy fats, and limit refined carbs and added sugars.





4. Stop Eating Fat As It Makes You Fat

Myth! Dietary fat is calorie-dense (9 kcal/g) but plays many vital roles in the body, including hormone production, nutrient absorption (especially fat-soluble vitamins A, D, E, and K), and cell membrane integrity. Avoiding fats completely can impair these functions and reduce satiety, making it harder to control hunger. Instead, focus on healthy fats such as those from avocados, nuts, seeds, olive oil, and fatty fish, which have been shown to support heart health and weight management. Be cautious of trans fats (found in some processed foods) and excessive saturated fats, which can contribute to inflammation and weight gain.

What to do instead: Include low to moderate amounts of healthy fats daily for balance and satiety.

5. Weight Gain Is Inevitable With Age

Myth! Age-related weight gain is not guaranteed. Metabolic rate does decline slightly with age, but lifestyle factors like physical activity, diet, and muscle mass are much more influential. Losing muscle mass (sarcopenia) reduces resting energy

expenditure, making weight gain more likely if diet and activity are not adjusted. Hormonal changes can affect appetite and fat distribution but can be managed with the right approach.

What to do instead: Incorporate regular physical activity, especially resistance training to maintain muscle mass, and focus on nutrient-dense foods while managing portion sizes to maintain a healthy weight as you age.

6. Weight Loss Is a Linear Process

Myth! Weight loss is often a bumpy road with ups and downs. Factors like muscle gain, water retention, hormonal fluctuations, and digestion can cause short-term changes on the scale that don't reflect fat loss. Plateaus are normal as your body adapts to changes. Focusing only on the scale can be discouraging and miss the bigger picture of health improvements.

What to do instead: Track progress using multiple methods—measurements, photos, how clothes fit—and focus on developing sustainable habits rather than quick fixes. Patience is key.

Final Thoughts

There's no magic fix — just better understanding. By learning what actually works, you can stop chasing shortcuts and start building sustainable habits.

If you're unsure where to begin, consider scheduling a health screening to better understand your overall wellness. And when in doubt? Talk to a dietitian. Personalised nutrition advice can help you break through confusion and make progress that lasts.

Chow Yu Fei
Registered Dietitian

Sunway Medical Centre Velocity

Pusat Perubatan Sunway Velocity,
Lingkaran SV, Sunway Velocity,
55100 Kuala Lumpur,
Malaysia.

 +603 9772 9191

 +6019 320 2291

 smcv-enquiry@sunway.com.my

Curators & Storytellers

Andrew Oh
Dede Ling
Lim Su-Yi
Nurul Ayu Nadia binti Hishammudin
Steven Lee
Velle Lee

Cultivators & Contributors

Dr Chang Kok Chun
Dr Gerard Arvind Martin
Dr Kok Huey Tean
Dr Lim Chiao Wen
Dr Lim Fang Jen
Dr Mah Jon Kooi
Dr Ng Swee Soon
Dr Nurul Yaqeen Mohd Esa
Dr Sangeetha Siniah
Chow Yu Fei
Thomas Chua Wei Yeh