

SMICV

JANUARY

SPOTLIGHTS

**Recognised by
Newsweek as one of
Asia's Top Private
Hospitals & Clinics 2026**



**Welcoming 2026:
A New Year, A Shared
Commitment to Care**

**2025 in Retrospect:
Milestones, Impact,
and Growth**





Message from the CEO

Dear Esteemed Partners,

Warm greetings from Sunway Medical Centre Velocity (SMCV) and a very Happy New Year! Welcome to the first edition of our 2026 newsletter.

As we step into a new year, I would like to take a moment to reflect on the meaningful progress we achieved together in 2025. It was a year marked by growth, innovation, and a shared commitment to enhancing patient care at SMCV. Across every department, our teams worked with a shared commitment to expanding services, enhancing clinical excellence, and delivering impactful healthcare experiences for our patients and the community.

Our achievements throughout the year – from pioneering health initiatives and impactful community programmes to celebrating our people and partnerships – would not have been possible without the dedication of our consultants and staff, and the unwavering support from all of you. Your trust, collaboration, and continued belief in our mission have been instrumental in helping us extend quality care beyond our hospital walls.

In line with this commitment, the expansion of our Accident and Emergency Department and the addition of beds at Ward M have

strengthened our capacity to meet growing patient needs, improve access to timely care, and enhance overall patient experience.

Looking ahead, 2026 will be an exciting year for SMCV. As we introduce new services, expand our facilities, and embark on new initiatives, we remain focused on expanding access to high-quality care both regionally and internationally. This momentum is further affirmed by SMCV's recognition by Newsweek as one of Asia's Top Private Hospitals & Clinics 2026 – reflecting our strong clinical outcomes, patient safety standards, and commitment to personalised, high-quality care.

Thank you for being part of our journey. We look forward to another year of making a positive difference together.

Warm regards,
Susan Cheow
Chief Executive Officer
Sunway Medical Centre Velocity

New Year, New Habits: Eating Well Through Every Season



A new year often comes with big intentions — improve diet quality, move more, feel better. But real wellness isn't built overnight. It is shaped quietly, through everyday choices that are manageable, sustainable, and realistic, even during festive seasons like the upcoming Chinese New Year and Ramadan. Instead of chasing extreme diets or rigid plans, this year is about finding a rhythm that works for you. One that allows for celebration, rest, and nourishment — without guilt.

Reset, Not Restrict

One of the most common mistakes people make with New Year's resolutions is setting goals that are too restrictive or unrealistic. Instead of aiming for perfection, focus on resetting with progress. Simple goals such as eating more vegetables, staying hydrated, reducing sugary drinks, or practicing mindful eating can make a meaningful difference over time.

A good resolution should be practical, enjoyable, and flexible. Health is not about cutting out all your favourite foods, but about balance, moderation, and making informed

choices that support your overall well-being.

Eating Well During Chinese New Year

Chinese New Year is a time of celebration, family gatherings, and festive meals. Traditional foods like yee sang and festive cookies are part of the joy—and they can still be enjoyed mindfully.

Some practical tips include:

- Practising portion control rather than complete avoidance
- Balancing festive meals with lighter options such as vegetables and soups
- Staying active during the holidays, even with short walks or light exercise
- Being mindful of high-sodium and high-sugar foods

Enjoying festive foods in moderation allows you to celebrate without compromising your health goals.

Preparing for a Healthy Ramadan

As Ramadan approaches, it is

important to prepare both physically and mentally. Fasting can offer health benefits when managed well, but it also requires mindful planning.

Focus on:

- Choosing balanced meals for sahur and iftar, including complex carbohydrates, lean protein, healthy fats, and fibre
- Staying well-hydrated between iftar and sahur
- Avoiding excessive fried or sugary foods that may cause energy crashes
- Listening to your body and resting when needed

With mindful choices, Ramadan becomes a time to nourish both the body and the spirit.

A Year of Balance and Sustainability

A healthy way of eating isn't about perfection, but about consistency. It's built through small, mindful food choices that nourish the body while still allowing room for celebration. By setting realistic goals and maintaining balanced habits through festive seasons, we can support long-term well-being without missing out on moments that matter.

As the year unfolds and celebrations fill the calendar, let's focus on nourishment, balance, and sustainability — one step at a time.

Ang Yi Pei
Registered Dietitian



Your New Year Reset: Start With Your Sleep Schedule



As Malaysians enter the new year with goals to lose weight, eat better or exercise more, many do not realise that these resolutions often fail due to disrupted and insufficient sleep rather than a lack of discipline.

Consultant Ear, Nose, Throat (ENT) and Head and Neck Surgeon at Sunway Medical Centre Velocity (SMVC) Dr Juani Hayyan Abdul Karaf said late nights, prolonged screen exposure and irregular routines have left many adults in chronic sleep debt, affecting metabolism, immunity and mood, while increasing the risk of hypertension and heart disease.

"Malaysians are aware that sleep is important, but they may not realise how dangerous the long-term effects of poor sleep can be," she said, adding that lifestyle demands, long working hours and stress have contributed to widespread sleep deprivation.

These concerns are reflected in

national findings, with the National Health and Morbidity Survey (NHMS) 2023 showing that two in five Malaysian adults do not get enough sleep, while a separate 2024 survey reported that 87.2 per cent of Malaysians struggle with sleep-related problems such as insomnia, frequent waking or difficulty falling asleep.

"These patterns show why resetting one's sleep schedule may be the most powerful resolution for 2026. Quality sleep supports physical, mental and emotional well-being, forming the foundation for healthier habits throughout the year," said Dr Juani.

She said when sleep is consistently disrupted, the body is deprived of rest and its internal systems shift in ways that make healthy habits, particularly appetite control, harder to maintain.

"Leptin, which signals fullness, drops,

while ghrelin, which stimulates appetite, rises. This imbalance increases cravings for sugar and carbohydrate-rich foods, making it more challenging to follow a balanced diet or manage weight effectively," she said.

Dr Juani added that sleep deprivation also elevates cortisol, the body's primary stress hormone, leading to irritability, low patience and persistent fatigue, which can reduce motivation to exercise or lead individuals to turn to convenience foods for quick energy.

Over time, this creates a loop where tiredness triggers stress, stress further disrupts sleep and the cycle continues into the next day. Irregular sleep schedules exacerbate this strain by disrupting the circadian rhythm, which governs alertness, cognitive performance and metabolic processes, often resulting

in reduced concentration, slower reaction times and lower productivity.

Dr Juani noted that despite these effects, many Malaysians misinterpret early signs of sleep disruption, such as morning headaches, daytime fogginess or persistent tiredness, as often being blamed on stress rather than poor-quality sleep.

"How a person feels upon waking is one of the clearest indicators. If someone wakes up feeling heavy-headed, foggy or unrefreshed, it suggests they did not get adequate restorative sleep," she said, adding that symptoms such as lethargy, irritability and dozing off at inappropriate times indicate long-standing sleep disruption that should not be ignored.

Dr Juani said that while lifestyle factors play a major role in poor sleep, many sleep problems actually originate in the airway, where even mild narrowing can interfere with breathing throughout the night. Snoring is often the earliest sign, yet it is dismissed as normal.

"From an ENT perspective, snoring becomes a concern when it appears together with symptoms such as nasal blockage, frequent nasal discharge, difficulty swallowing or signs of apnoea (a condition in which breathing temporarily stops, usually during sleep)," she said.

She explained that congestion or sinus-related problems may worsen at night due to lying flat, lower temperatures or increased mucus collection, even if breathing feels normal during the day.

As airway narrowing progresses, many individuals subconsciously switch to mouth breathing during sleep, which reduces airflow efficiency and disrupts deep, restorative sleep.

"Nasal breathing activates the parasympathetic system, which helps

regulate and settle the body. Mouth breathing does not provide that same benefit, which affects sleep quality," she said.

Structural issues such as a deviated septum or enlarged tonsils may not cause symptoms when awake, but can obstruct airflow at night and lead to obstructive sleep apnoea.

Repeated breathing pauses during sleep force the brain to jolt the body awake to restore oxygen levels, placing strain on the heart over time and increasing long-term health risks.

Dr Juani stressed that early recognition allows individuals to seek timely ENT assessment before airway problems develop into more serious sleep disorders.

She added that those who snore frequently, wake feeling unrefreshed or experience blocked breathing at night may benefit from addressing nasal congestion, sinus problems or structural airway narrowing.

Dr Juani said ENT assessment and, where necessary, a sleep study can help determine severity and guide appropriate treatment, including non-invasive options such as weight management or Continuous Positive Airway Pressure (CPAP) therapy.

While some may consider supplements, she advises approaching them carefully, as they are typically intended for individuals with insomnia and should only be used when backed by credible evidence.

A holistic focus on regular movement, exercise and maintaining a healthy weight remains the safest and most effective foundation for better sleep throughout the year.

**Dr Juani Hayyan
Abdul Karaf**

*Consultant Ear, Nose,
Throat (ENT) and Head
and Neck Surgeon*



Here's How You Can Help Your Child Stay Healthy and Happy at School

As the new school year has already begun, many parents are adjusting to new routines – from early mornings to busy schedules – while ensuring their child's health supports a positive start. At Sunway Medical Centre Velocity (SMCV), we believe good health is the foundation for every child's success, in and out of the classroom.

Here are practical tips from our **Consultant Paediatrician, Dr Chew Bee Bee** to help your child stay healthy, focused, and confident throughout the school year.

1. Schedule a Well-Child Check-up

A well-child visit is one of the best investments you can make in your child's health. These regular check-ups allow doctors to track growth, monitor developmental

milestones, and detect any potential health concerns early. During these visits, paediatricians also review your child's hearing, vision, and dental health, while providing tailored guidance on nutrition, sleep, and learning readiness.

Parents often find these appointments reassuring, they help you stay informed about your child's overall wellbeing and address small issues before they become bigger ones. It's especially helpful to schedule a check-up before the school year begins, so your child starts term time healthy and confident.

2. Keep Vaccinations Up to Date

When children return to classrooms, playgrounds, and crowded buses, germs tend to spread quickly.

Vaccinations remain one of the simplest and most effective ways to protect your child from preventable illnesses such as influenza, chickenpox, or measles.

Before school starts, review your child's vaccination record with your doctor to ensure it's complete. Some children may also benefit from additional vaccines such as the flu or HPV shot, depending on their age and health needs. Staying up to date not only protects your child but also helps keep classmates and family members safe.

3. Prioritise Balanced Nutrition

Children learn better when they're well-nourished. A balanced diet supports focus, energy, and healthy growth throughout the day. Start mornings with a nutritious breakfast,



even something simple like eggs, fruit, and wholegrain bread helps improve concentration. Encourage more fruits, vegetables, and whole grains at meals while cutting down on sugary snacks and sweet drinks.

Packing small, healthy snacks such as fruit slices, nuts, or yogurt can keep their energy stable between classes. And if your child struggles with appetite, food allergies, or frequent stomach discomfort, a consultation with a Paediatric Dietitian or Gastroenterologist can help you personalise a meal plan that supports both comfort and nutrition.

4. Make Sleep a Priority

Good sleep is essential for growing minds. It improves focus, memory, and emotional regulation, yet many school-aged children don't get enough rest. Try to maintain a consistent bedtime routine, even during weekends, and reduce screen time at least an hour before sleep. Keep the bedroom dark, cool, and quiet to promote deeper rest.

Most children between 6 to 12 years old need about eight to ten hours of sleep each night. If your child frequently snores, wakes up tired, or seems unusually drowsy during the day, it may be worth discussing with an Ear, Nose and Throat Specialist or Sleep Specialist to rule out conditions such as sleep apnoea or nasal obstruction that could be affecting rest quality.

5. Support Emotional Wellbeing

Starting a new school year can bring mixed emotions, excitement, nervousness, or even stress. Encourage open communication so your child feels safe to talk about worries related to friends, teachers, or studies. Parents can help by maintaining a calm, supportive routine and showing that it's okay to ask for help.

Watch for subtle signs of stress, such as mood swings, changes in appetite, or sleep disturbances. If these persist, seeking advice from a Paediatrician or Child Psychologist can provide early support. Emotional wellbeing is just as important as physical health for helping your child thrive academically and socially.

6. Address Bullying Early

Bullying can affect a child's self-esteem and school enjoyment. Teach your child to recognise when behaviour crosses the line and to respond calmly, by saying "stop," walking away, and telling a trusted teacher or adult immediately. Reinforce that speaking up is a sign of courage, not weakness.

It's also helpful to maintain open communication with teachers and school counsellors. Working together can ensure any issues are addressed early, protecting your child's emotional and social confidence.

7. Model Healthy Habits as a Family

Children often mirror what they see at home. When parents prioritise exercise, balanced meals, and adequate rest, kids naturally follow. Try to make health a family activity, walk after dinner, prepare healthy lunches together, or spend time outdoors on weekends. These shared habits strengthen family bonds while reinforcing positive routines.

Healthy habits are built through consistency, not perfection. The small choices your family makes each day, like eating one more vegetable or turning screens off an hour earlier, can create a lasting impact on your child's wellbeing.

A Healthy Start for a Confident Year Ahead

Preparing for a new school year goes beyond buying books and uniforms,

it's about laying the foundation for a healthy, happy learner. Regular check-ups, good nutrition, quality sleep, and emotional support help your child feel confident and ready to take on the year ahead.

If you have concerns about your child's health or development, speak with our **Consultant Paediatrician, Dr Chew Bee Bee**, at Sunway Medical Centre Velocity. Together, we'll help your child start school strong and stay healthy throughout the year.

A Healthy Start for a Successful Year

Preparing for school is about more than supplies, it's about building a foundation of health and resilience.

Schedule your child's well-child examination or vaccination update at the Children's Health Centre, Sunway Medical Centre Velocity, and help them start the school year with confidence and good health.

Dr Chew Bee Bee
Consultant
Paediatrician



Recognised by Newsweek as One of Asia's Top Private Hospitals & Clinics 2026



We are proud to share that Sunway Medical Centre Velocity has been recognised by Newsweek as one of Asia's Top Private Hospitals & Clinics 2026, reinforcing our position as a trusted healthcare provider in the region.

Sunway Medical Centre Velocity has been ranked for its expertise in Cataract Surgery, highlighting the strength and depth of our ophthalmology services. This achievement reflects the dedication and expertise of our consultant ophthalmologists and multidisciplinary clinical teams. Our approach to cataract care emphasises precision, personalised treatment planning, and positive visual outcomes, ensuring patients receive comprehensive care throughout their treatment journey.

This recognition serves as a respected benchmark of trust, highlighting Asia's most reliable and high-performing healthcare institutions. The evaluation takes into account key indicators such as patient safety, quality of patient care, clinical outcomes, and the adoption of advanced medical technologies.

This accolade affirms our ongoing commitment to providing high-quality, future-ready healthcare, while continuously enhancing the patient experience through innovation and clinical excellence. By integrating cutting-edge medical science with compassionate care, we remain steadfast in our purpose of improving the lives we touch.

SMCV Has Earned the Climate Commitment Recognition in the Health Care Climate Challenge 2025

SMCV has earned the Climate Commitment Recognition under the Health Care Climate Challenge 2025, marking an important milestone in our sustainability journey. This recognition reflects our ongoing efforts to reduce environmental impact through strategic resource management, energy efficiency initiatives, waste reduction programmes and the adoption of more sustainable healthcare practices across our operations.

Aligned with our commitment to future-ready healthcare, SMCV continues to integrate sustainability into our clinical and operational processes while maintaining the highest standards of patient safety and quality care. Through continuous improvement and collective action, we remain dedicated to supporting a healthier environment for our patients, people, and community.



Empowering the Community Through Eye Health Education



Eye health is an integral part of overall well-being. In support of public eye care awareness, SMCV collaborated with MOG Eyewear for the 6-in-1 Vision Experience Roadshow, held from 16 to 18 January 2026. During the event, SMCV provided basic health screenings to the public, reinforcing the importance of early detection and preventive care.

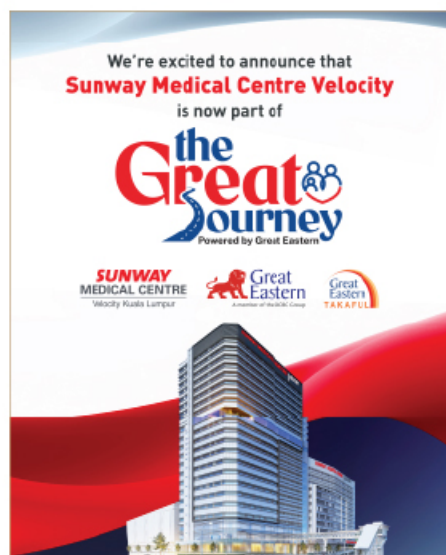
The roadshow also featured educational sessions led by SMCV specialists. A panel discussion titled "Diabetes & Eye Diseases: What Malaysians Must Know for a Healthy New Year" highlighted the impact of diabetes on eye health and featured Dr Nazila Binti Ahmad Azli, Consultant Ophthalmologist and Oculoplastic Surgeon; Dr Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician; and Ms Chow Yu Fei, Registered Dietitian.

In addition, Dr Fiona Chew Lee Min, Consultant Ophthalmologist, Paediatric Ophthalmologist and Strabismus Surgeon, shared insights on "Kids and Screens – Are Their Eyes Ready for the New School Year?", followed by Dr Lakana Kumar Thavaratnam, Consultant Ophthalmologist and Neuro-Ophthalmologist, who spoke on "Early Signs You Shouldn't Ignore About Your Eyes".

Through initiatives such as this collaboration, SMCV continues to advance community education and promote preventive health via public engagement and health screening initiatives – reflecting our recognition by Newsweek as one of Asia's Top Private Hospitals & Clinics 2026.



Strengthening Healthcare Access Through Key Insurance Partnerships



Sunway Medical Centre Velocity (SMCV) is pleased to share several significant developments in our ongoing efforts to enhance healthcare accessibility, convenience, and support for patients through strategic collaborations with leading insurance partners.

AIA Malaysia reflect our unwavering commitment to improving healthcare access and service excellence. Together with our insurance partners, we look forward to continuing to deliver a smoother, more convenient, and patient-focused healthcare experience for all.

SMCV is now part of **Great Eastern's Great Journey Programme**, expanding care options for Great Eastern policyholders and reinforcing our commitment to delivering reliable, patient-centred services. Through this partnership, we continue our mission to make quality healthcare more accessible to the communities we serve.

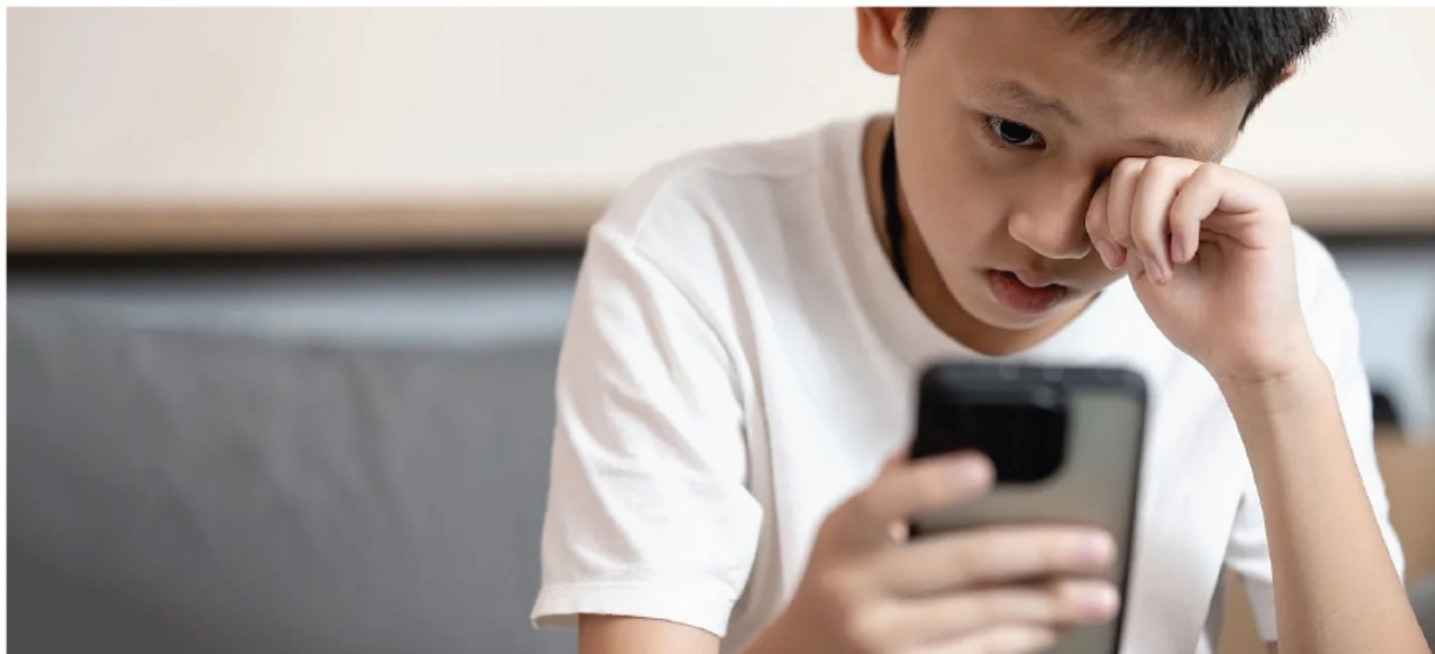
In addition, SMCV is proud and honoured to join **PRUPanel Plus**, Prudential's prestigious panel network. This collaboration enables Prudential medical card holders to benefit from streamlined admissions without deposits, administrative fee waivers, preferential rates, and other exclusive advantages designed to enhance the overall care journey.

We are also proud to be recognised as part of the **AIA SMART Panel Hospital Network**, a testament to our dedication to providing seamless and efficient care in collaboration with AIA Malaysia. AIA policyholders and certificate holders can now enjoy a range of exclusive SMART privileges at SMCV, including automatic waivers on admission deposits, administrative fees, ID bands and COVID-19 tests, complimentary fruit baskets, assistance from a dedicated AIA Ambassador, and special rates on selected health screening packages—ensuring a more supported and stress-free hospital experience.

These strengthened partnerships with Great Eastern, Prudential, and



From Playgrounds to Tablets: How Digital Life Is Impacting Children's Eyes



Vision problems are becoming increasingly common among Malaysian children, yet many remain undiagnosed until they start affecting behaviour, school performance or overall development.

A recent study found that Malaysian children have some form of visual impairment, with more than half of these cases linked to treatable causes.

Dr Fiona Chew, Consultant Ophthalmologist, Paediatric Ophthalmologist and Strabismus Surgeon at Sunway Medical Centre Velocity (SMCV), says most of these cases stem from refractive error, a condition where light is not focused properly on the eye due to the shape of the eyeball, resulting in blurry vision.

"Myopia (nearsightedness) and astigmatism (a common condition that causes distortion of vision) are the most common refractive errors in Malaysian children, and both are becoming increasingly prevalent," she noted.

With August marking Children's Eye Health and Safety Awareness Month, she reminds parents to prioritise

regular vision checks, even when there are no obvious symptoms.

Understanding Refractive Errors In Children

Some Malaysian children are affected by refractive errors. Myopia and occurs when light focuses in front of the retina, causing distant objects to appear blurry.

Astigmatism, is caused by an uneven curvature of the cornea, resulting in blurred vision at all distances.

While hyperopia, or long-sightedness, occurs when light focuses behind the retina, making near objects appear blurry.

While these conditions are common, Dr Chew shares that they are often overlooked because children rarely complain of vision problems.

Instead, they may adapt to their limitations, leading parents to believe nothing is wrong.

Symptoms may be subtle, such as squinting to see distant objects,

frequent blinking or rubbing of the eyes, or even holding books and devices unusually close to the face.

She adds that while behaviours like sitting too close to the television are often mistaken for bad habits, it could indicate that a child is struggling to see clearly and may have myopia.

If left untreated, refractive errors can lead to more serious vision problems, including lazy eye which causes permanent poor vision, eye alignment issues, headaches from eye strain, problem with depth perception and even difficulties in concentration.

These risks are further compounded by modern lifestyle habits such as prolonged screen use, especially as reliance on digital devices has increased significantly over the years.

Impact Of Screen Time And Lifestyle Factors

Lifestyle changes in recent years have had a notable significant impact on children's eye health, with the shift to remote learning during the pandemic, increasing daily screen exposure.

As a result, Malaysian students experience headaches linked to extended periods in front of screens.

Prolonged screen time is also associated with increased eyeball length, a key factor in the development of refractive errors.

In view of these risks, Dr Chew recommends that children over the age of 3 should have no more than one hour of screen time per day, while children under 3 should avoid screens entirely.

Ideally, screen time should be introduced as late as possible, preferably from the age of 7.

Spending more time outdoors can help protect children's vision by giving their eyes a break from digital devices.

This also allows them to focus on varying distances while exposing them to natural sunlight. Research increasingly links outdoor activities to a reduced risk of developing myopia.

With that, Dr Chew also encourages the adoption of the 20-20-20 rule, which is beneficial for people of all ages.

"It is a simple yet effective habit I practise myself, where every 20 minutes of near distance work, I take a 20 second break to focus on something 20 feet away," she said.

Treatment And Management Options

Alongside these preventive habits, appropriate corrective measures are key to protecting a child's vision.

Prescription glasses remain the most effective way to correct refractive errors in children, and those who require them should wear their glasses consistently to prevent eye strain and help stabilise the refractive error.

Dr Chew adds that concerns that glasses will weaken a child's eyesight are unfounded, as the correct prescription instead helps the eye to

focus properly.

For older children from the age of 10 to 12, contact lenses may be introduced as an alternative, but strict hygiene must be practiced to avoid eye infections.

Routine eye screening also plays an important role in maintaining children's eye health.

All children should be screened at birth, followed by a formal eye assessment at the age of three. Should there be any signs of vision problems in between, parents are encouraged to take proactive steps and have their children's eyes assessed earlier.

"When detected early, many childhood eye conditions can be treated effectively, significantly improving the treatment outcome and their quality of life," Dr Fiona explained, noting that long-term visual outcomes are also supported by proper nutrition, which is essential for healthy visual development.

The Role Of Nutrition In Eye Health

Nutrition is a critical yet often overlooked factor in protecting children's vision. According to Chow Yu Fei, registered dietitian at SMCV, a balanced diet during early childhood supports optimal visual development, eye muscle coordination and overall eye function.

Key nutrients such as vitamin A, lutein, zeaxanthin and omega-3 fatty acids play an essential role in maintaining clear vision and protecting the retina from harmful light exposure.

Deficiencies during this stage may not only affect their vision now but also increases the risk of potential eye conditions in the future.

These nutrients can be found through everyday foods such as carrots, sweet potatoes, eggs, spinach, broccoli, corn, salmon, mackerel, local favourites

such as ikan tenggiri, ikan kembung, ikan patin, walnuts and chia seeds.

Vitamin A deficiency can significantly impair a child's ability to see in low-light conditions and, in severe cases, may cause permanent damage to the cornea. Insufficient lutein and zeaxanthin intake reduces the retina's natural defence against harmful blue light, increasing its vulnerability to long-term damage.

While lack of omega-3 fatty acids can hinder the development and function of the retina, affecting the clarity and efficiency of visual processing.

By incorporating these nutrient-rich foods into daily meals, parents can give their children the best chance of developing strong, healthy vision that supports them throughout their lives.

Early detection, supported by healthy lifestyle habits and proper nutrition, can make a significant difference in preventing and managing vision problems in children.

By staying alert to subtle warning signs, scheduling regular screenings and encouraging good daily habits, parents can play a vital role in safeguarding their child's eyesight.

With timely intervention and the right care, many childhood eye conditions can be treated successfully, giving children the best possible start for a lifetime of healthy vision.

Dr Fiona Chew

*Consultant
Ophthalmologist, Paediatric
Ophthalmologist and
Strabismus Surgeon*



Chow Yu Fei

Registered Dietitian



Not Just a Minor Fall: Why Trauma in the Elderly Needs Urgent Attention

For many older adults, a slip at home might seem minor — just a small stumble or bump. But in reality, even what appears to be a “minor” fall can have serious consequences for the elderly. Head trauma, hip fractures, or hidden internal injuries can occur, sometimes without immediate pain or visible symptoms.

At Sunway Medical Centre Velocity’s Emergency Department, we see these cases often. Acting quickly after a fall can prevent serious complications and, in some cases, save lives.

Let’s understand more about why elderly trauma needs urgent attention — and how timely care can make a difference — with insights from our **Consultant Emergency Physician, Dr Cyrus Lai**, at Sunway Medical Centre Velocity.

Why Older Adults Are More Vulnerable

As we age, our bodies undergo natural changes that increase the risk of injury from even small accidents.

One major factor is **bone fragility**. Conditions like osteoporosis weaken the bones, making them more likely to fracture. A fall that might cause a simple bruise in a younger person could lead to a serious fracture in an older adult.

Balance and mobility issues also play a role. With age, muscles become weaker, reflexes slow down, and balance can become less stable. These changes make it easier to trip or lose footing.

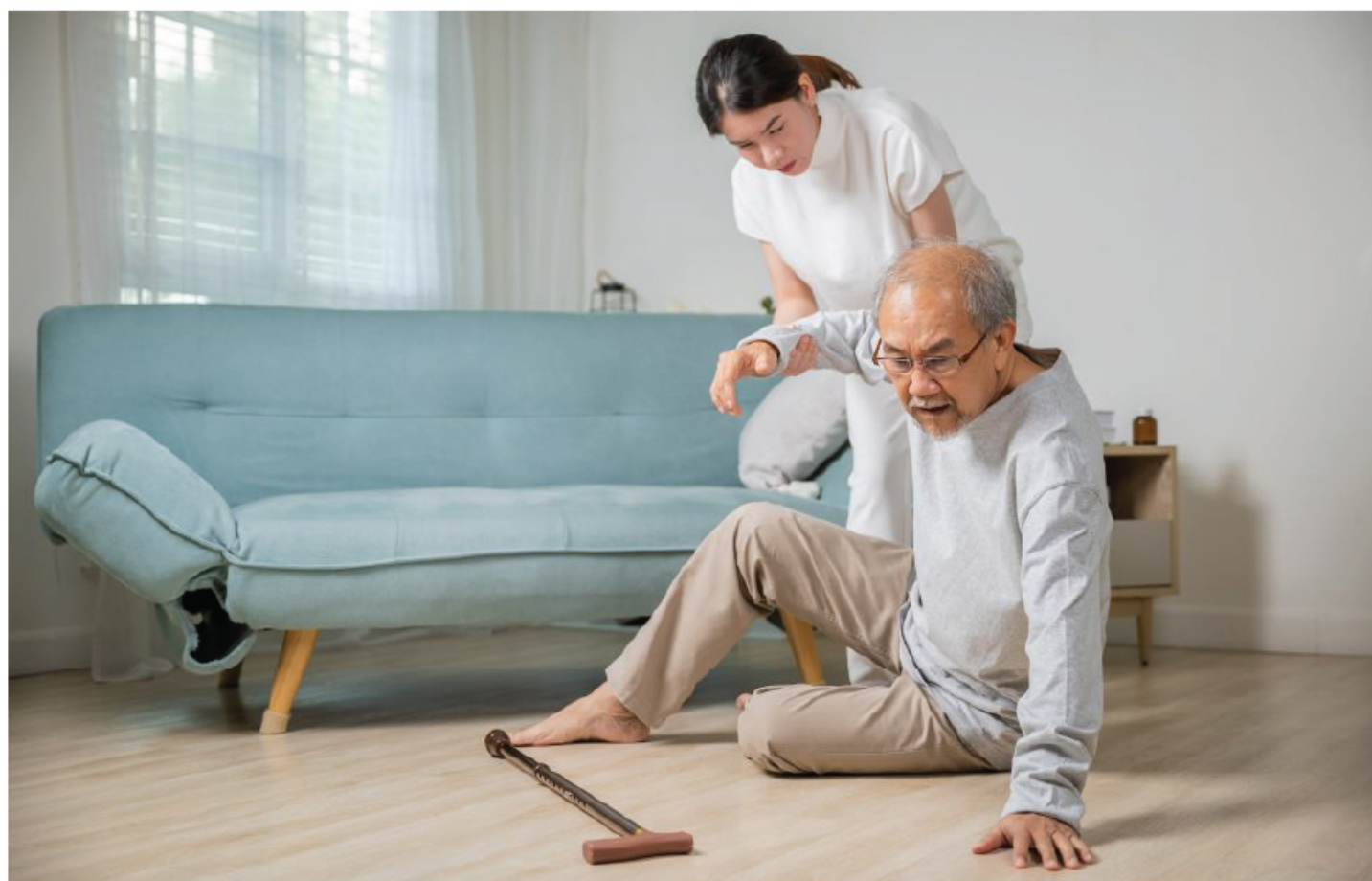
Changes in **vision and hearing** can

make it harder to spot hazards like uneven surfaces or missed steps, while **slower healing** means that recovery takes longer. Complications such as infections or blood clots are also more common.

All these factors combine to make falls particularly risky for elderly patients, even when they seem harmless at first.

Common Trauma Cases in the Elderly

In the Emergency Department, there are certain injuries we see repeatedly after falls in older patients. Hip fractures are among the most common, often requiring surgery and a long course of rehabilitation. Spinal compression fractures can also occur, sometimes from falls, and



occasionally even from minor strain in those with severe osteoporosis.

Head trauma is another serious concern. Even without visible injury, a fall can cause bleeding inside the brain, which may not show symptoms immediately but can become life-threatening if untreated.

We also encounter cases where underlying medical conditions contribute to trauma. For example, an untreated urinary tract infection can cause sudden confusion or dizziness, increasing the risk of falls and injury.

Warning Signs Families Should Never Ignore

After a fall, it is vital for families to watch for red flags that may indicate a serious injury. Signs such as confusion, memory problems, or sudden changes in behaviour can be early warnings of head trauma. Headache, vomiting, or unusual drowsiness are also important symptoms that require urgent attention.

Physical signs like an inability to walk, stand, or bear weight on a limb, as well as severe pain, swelling, or visible deformity in the hips, legs, or arms, should never be dismissed as “just soreness.” These may point to fractures or internal injuries that need immediate medical care.

How the Emergency Team Responds

When an elderly patient arrives after a fall, our Emergency Department team works swiftly to identify and treat any injuries. Initial steps include a rapid assessment of vital signs to detect any immediate danger.

Imaging tests such as X-rays or CT scans are often performed to check for fractures or internal bleeding. Pain management is a priority to ensure the patient's comfort. Depending on the injury, the patient may be referred to orthopaedics, or neurosurgery for

specialist care.

Treating the injury is just the first step. We also look for underlying factors that may have caused the fall — such as low blood sugar, infection, visual disturbance, or dizziness — so we can address the root cause and prevent future incidents. This holistic, multi-disciplinary approach is guided by a simple principle: “Keep them safe, keep them moving, keep them confident.”

The main goal is to stabilise the patient, treat injuries promptly, and minimise the risk of further complications.

Prevention: Protecting Our Elderly Loved Ones

While we cannot prevent every accident, there are proactive steps families can take to reduce fall risks for elderly loved ones.

Making the home safer is a simple but powerful step — installing **grab bars**, ensuring **good lighting**, and removing loose rugs or clutter can help prevent many falls. Promoting **bone health** with adequate calcium, vitamin D, and regular check-ups for osteoporosis is also key.

Supporting **mobility** is equally important. **Physiotherapy** and regular gentle exercise can help strengthen muscles, improve balance, and reduce fall risk.

A Reminder for Families

If your elderly loved one has experienced a fall — even if they seem fine — it is always safer to seek medical attention. Some injuries, especially head trauma or internal bleeding, may take hours or even days to become apparent.

At **Sunway Medical Centre Velocity's Emergency Department**, we are equipped to assess and treat elderly trauma cases with the urgency, care, and expertise they require.

Don't wait until symptoms worsen. Prompt medical attention can make all the difference in ensuring the best possible recovery.

Dr Cyrus Lai Sin Nan
Consultant Emergency
Physician



Replacement and Weight Loss: What You Should Know Before You Swap Your Lunch for a Shake



Meal replacements have become a popular tool for weight loss, offering a convenient alternative to traditional diets. These products — often in the form of shakes, bars, or soups — are designed to replace one or more daily meals.

When used correctly, they can be effective for weight loss. In some cases, they are also used as part of a very low-calorie diet (VLCD) under medical supervision. This article explores the benefits and potential drawbacks of meal replacements, including their role in VLCDs, supported by current scientific evidence.

At Sunway Medical Centre Velocity, we sat down with our dietitian, Ms Ang Yi Pei, to explore meal replacement plans — and to understand together what you should know before swapping your plate for a packet.

Benefits of Meal Replacements

1. Convenience and Portion Control

One of the biggest advantages of meal replacements is convenience. They offer a quick, controlled option for busy individuals and remove the guesswork from calorie counting.

For those who struggle with portion control or making healthy choices, the pre-measured nature of these products can help reduce overeating.

2. Structured Weight Loss

Meal replacement programmes often come with structured plans, which help individuals stay consistent. Studies show that when combined with behavioural support, these plans can lead to significant weight loss and better long-term maintenance compared to self-directed dieting.

3. Nutritional Balance

High-quality meal replacements are designed to provide a balanced mix of protein, carbohydrates, fats, vitamins, and minerals. This can be particularly helpful for individuals who might otherwise miss key nutrients while on a reduced-calorie diet.

4. Appetite Control

Protein-rich meal replacements can help reduce hunger and control cravings, which makes sticking to a calorie deficit easier. This is especially beneficial in the early stages of weight loss when cravings can be strongest.

5. Effective for Very Low-Calorie Diets

In a medically supervised VLCD (fewer than 800 calories per day), meal replacements can ensure that despite the low energy intake, individuals still receive adequate protein, vitamins, and minerals. This helps preserve lean muscle mass while supporting safe, rapid weight loss.

Risks and Limitations of Meal Replacements



1. Long-Term Sustainability

Meal replacements work well in the short term, but transitioning back to regular food can be challenging. Without learning sustainable eating habits, weight regain is common once the programme ends.

2. Nutritional Imbalance Risks

Not all products are created equal. Some may be low in fibre, healthy fats,

or other essential nutrients. Over-reliance on poorly formulated products could lead to nutritional gaps.

3. Potential for an Unhealthy Relationship with Food

Relying too much on packaged products can create a disconnect from whole foods and natural eating patterns. Over time, this could contribute to disordered eating habits or anxiety around regular meals.

4. Cost Considerations

Meal replacements can be more expensive than preparing balanced meals from whole foods. For long-term use, this cost may become a barrier for some individuals.

How to Use Them the Right Way

If you're considering meal replacements, it's best to:

- Choose high-quality, balanced products (your dietitian can help recommend brands).
- Use them as part of a structured plan, not a random one-meal swap here and there.

- Transition slowly back to whole foods while learning healthy eating habits.

At Sunway Medical Centre Velocity, our dietitians work with patients to customise a plan that fits their goals, health conditions, and lifestyle — because no two journeys are the same.

The Takeaway

Meal replacements can make weight loss easier — but they work best when they're part of a bigger picture that includes education, lifestyle changes, and support.

If you're thinking about trying them, book a session with our Dietetics & Nutrition team. We'll help you choose a safe, effective plan that works for you and sets you up for long-term success.



Ang Yi Pei
Registered Dietitian



Lose Weight the Right Way: 5 Must-Know Basics for Healthy Weight Loss



Losing weight can feel overwhelming, especially with all the conflicting advice available online. The good news? You don't need extreme diets, expensive supplements, or punishing workouts to achieve your goals. In fact, the most effective and sustainable way to lose weight is through consistent, evidence-based habits that work with your body—not against it. **Let's learn from Dietitian Woan Kin** as she shares 5 key basics for healthy weight loss — practical strategies backed by science, not fads.

Here are five key strategies to guide your journey towards healthy weight loss:

1. Set Clear and Realistic Goals

Instead of vague goals like "I want to lose weight," try something more specific and achievable. For example: **"I want to lose 4–8 kg over the next 2 months by improving my eating habits and being more active."**

Having clear goals helps you stay focused and track your progress. Health experts recommend a gradual weight loss of around **0.5 to 1 kg per week**, which is both safe and sustainable. You can start by setting smaller weekly actions—like drinking more water, eating home-cooked meals, or walking daily.

2. Create a Calorie Deficit—Without Starving

To lose weight, your body must burn more energy than it consumes. This is known as a **calorie deficit**. However,

this doesn't mean you need to starve yourself.

You can achieve a deficit by:

- Eating slightly fewer calories than your daily requirement
- Increasing your physical activity
- Or ideally, doing both

A reduction of **500–750 kcal per day** is usually enough to support steady, healthy weight loss. Tools like **MyFitnessPal** or **nBuddy** can help track your food intake and highlight hidden calories.

3. Move More, Sit Less

Physical activity is a powerful ally in weight loss. It not only helps you burn calories but also improves your metabolism, supports heart health, and preserves muscle mass.

Here's what the experts recommend:

- **Moderate activity** (e.g., brisk walking, house chores): **150–300 minutes/week**
- **Vigorous activity** (e.g., jogging, cycling): **75–150 minutes/week**
- **Include strength training** 2–3 times per week to build lean muscle and improve fat loss

Even small changes—like taking the stairs or doing a quick walk after meals—can make a big difference over time.

4. Stay Hydrated

Sometimes, thirst is mistaken for hunger, which can lead to unnecessary snacking. Drinking enough water throughout the day helps regulate appetite, improve digestion, and support fat metabolism.

Aim to drink:

- **1.5 to 2.0 litres** of water daily
- More if you're physically active or in a hot climate

Pro Tip: Start each meal with a glass of water to help reduce overeating.

5. Be Consistent and Patient

Weight loss is not a linear process. There will be ups and downs, and it's normal to face plateaus or setbacks. The key is to stay committed and consistent with your healthy habits.

Celebrate **non-scale victories** such as:

- Improved energy levels
- Better sleep quality
- Looser-fitting clothes
- Reduced cravings or improved digestion

Remember, sustainable weight loss is about building a **healthier lifestyle**, not just hitting a target on the scale.

A Final Word from the Dietitian

Healthy weight loss isn't just about what you eat or how much you exercise — it's about mindset, lifestyle, and long-term behaviour change. Every small step you take adds up to real, lasting progress.

If you're unsure where to start or have specific medical conditions, consider consulting a **licensed dietitian** or **healthcare professional** for a personalised weight management plan.

Ready to Take the Next Step?

At **Sunway Medical Centre Velocity**, our **Dietitian Services** are here to support you in your weight management journey — with personalised meal planning, expert advice, and lifestyle strategies that work for you.

Woan Kin
Registered Dietitian



Droopy Lids, Blocked Tears or Eye Discomfort? How Oculoplastic Surgery Restores Comfort & Function



When we think about eye care, we often focus on vision — how clearly we see, whether we need glasses, or if our eyes feel tired. But did you know there's a specialised area of eye care that goes far beyond just sight? It's called oculoplastic surgery — a unique field that blends medical expertise with surgical precision to treat the delicate structures around your eyes, including your eyelids, tear ducts, and eye sockets.

Oculoplastic surgery isn't just about improving how you look — more importantly, it restores comfort, supports eye function, and relieves chronic issues caused by structural problems around the eyes. Whether you're recovering from an eye injury, managing chronic tear duct issues, or experiencing age-related eyelid changes that affect your vision or comfort, oculoplastic care may offer relief and restore quality of life.

Let's explore this fascinating field with **Dr Nazila Binti Ahmad Azli, Consultant Ophthalmologist and Oculoplastic Surgeon** at Sunway Medical Centre Velocity, and discover how oculoplastic surgery can help you not just see better — but feel better, too.

What Is Oculoplastic Surgery?

Oculoplastic surgery is a specialised subfield within ophthalmology that focuses on the delicate structures around the eye — including the eyelids, tear ducts (lacrimal system), orbit (eye socket), and the upper to mid-face. It combines reconstructive and cosmetic techniques to restore function, relieve discomfort, and address conditions that affect the appearance or movement of these areas.

As we age, the muscles and tissues supporting the eyelids may weaken. This can lead to droopy eyelids (ptosis), inward- or outward-turning lids (entropion or ectropion), lashes rubbing against the eye, persistent tearing, or even eyelid growths. These issues are more than cosmetic — they may cause significant discomfort, blurred vision, or increase the risk of infections and long-term complications.

Common Conditions Treated by Oculoplastic Surgeons

You might be surprised by how many day-to-day concerns can be addressed through oculoplastic procedures. Some of the most common include:

Droopy eyelids (Ptosis) – Often age-related or due to weakened eyelid muscles; may obstruct vision or cause eye fatigue.

Eyelid malpositions – Such as entropion (lid turns inward) or ectropion (lid turns outward), leading to irritation, tearing, or dryness.

Blocked tear ducts – Causing excessive tearing or discharge due to poor drainage.

Eyelid trauma – Includes both recent injuries and old damage that may require surgical correction.

Benign or malignant eyelid tumours – Such as cysts, warts, or skin cancers requiring removal or biopsy.

Eye socket (orbital) issues – Including sunken eyes or fractures that affect appearance or function.

Congenital eyelid abnormalities – Especially in paediatric patients, such as ptosis or malformations present at birth.

Reconstructive needs after eye removal or tumour surgery – Including preparation for prosthetic eyes.

What to Expect During Surgery

Depending on your condition, oculoplastic procedures may be performed in a day-care setting under local or general anaesthesia. Some surgeries are quick and straightforward, while others may require more detailed planning, imaging, and recovery.

During your consultation, the doctor will assess not only the cosmetic aspects but also how the issue affects your daily comfort and eye health. A personalised plan will then be developed to address your specific medical and aesthetic needs.

Treating Blocked Tear Ducts

If your eyes are constantly tearing or you often notice discharge near the inner corners, it might be due to a blocked tear drainage system. In many cases, surgery can restore normal tear flow by creating a new drainage pathway or enlarging the duct openings. These procedures are typically done with minimal downtime and can greatly reduce discomfort or the risk of infection.

Is Oculoplastic Surgery Safe?

Oculoplastic surgery is generally very safe when performed by trained and experienced professionals – typically ophthalmologists with sub-specialty training in oculoplastics. However, as with any surgery, there are potential risks, such as:

- Bruising or swelling
- Infection
- Bleeding
- Temporary or, rarely, long-term visual disturbances

These risks are minimised through careful pre-surgical assessment, planning, and post-operative care. You'll also receive detailed instructions on how to manage your recovery at home.

More Than Meets the Eye: How Function Affects Daily Life

While oculoplastic surgery is sometimes associated with aesthetics, its true impact lies in restoring everyday function. For many patients, it relieves physical discomfort and prevents long-term eye issues – whether it's correcting an eyelid that can't close fully, treating recurrent eye infections from blocked tear ducts, or repairing damage after injury or tumour removal.

Final Thoughts

If you've been experiencing droopy eyelids, excessive tearing, growths near the eye, or difficulty closing your eyes fully, it may be time to seek professional care.

At Sunway Medical Centre Velocity, our Oculoplastic Surgeon provides comprehensive evaluation and treatment for a wide range of functional conditions around the eyes. With a personalised and patient-centred approach, we're here to support your journey – from diagnosis to recovery – so you can regain comfort, vision, and confidence in daily life.

Dr Nazila Binti Ahmad Azli
Consultant
Ophthalmologist and
Oculoplastic Surgeon



Why Ovarian Cancer Often Goes Undetected — and What Can Help Change



Ovarian Cancer: Breaking the Silence on the “Silent Killer”

According to the British Gynaecological Cancer Society, some of women in the general population will develop ovarian cancer in their lifetime.* While this may seem like a small number, the impact is significant — especially when many cases are detected only in the later stages.

Ovarian cancer has long been referred to as a “silent killer” — but what does that really mean? And more importantly, can we break that silence?

In this article, we explore ovarian cancer through the lens of **Dr Ashley Chung, Consultant Obstetrician & Gynaecologist** with expertise in Fertility Medicine at Sunway Medical

Centre Velocity. Dr Ashley sheds light on why ovarian cancer remains so elusive, who faces the greatest risk — including younger, unmarried women under 40 — and what steps can be taken to promote earlier detection, informed awareness, and proactive care.

Why Is Ovarian Cancer So Difficult to Detect?

Ovarian cancer is notorious for being hard to catch early. In the beginning, it often causes no symptoms at all. And when symptoms do appear, they are typically vague — such as bloating, feeling full quickly, fatigue, or mild pelvic pain. These signs can easily be mistaken for everyday digestive issues or hormonal changes, causing many women to delay seeking care.

Because of this, the disease is frequently diagnosed in later stages when it has already spread beyond the ovaries, making treatment more difficult and outcomes more serious.

Understanding the Disease

Ovarian cancer begins in or around the ovaries — the small organs responsible for producing eggs and hormones like estrogen and progesterone. As cancerous cells grow uncontrollably, they can form tumours, invade nearby tissues, and eventually spread throughout the abdomen and beyond.

There are different types of ovarian cancer. The most common is epithelial ovarian cancer, which affects the cells on the surface of the ovary. Less common types include

stromal tumours (which may be detected earlier due to hormonal changes) and germ cell tumours, which are more often seen in younger patients.

Who Is at Risk?

Several risk factors can increase a woman's likelihood of developing ovarian cancer. These include age (especially after menopause), family history of ovarian or breast cancer, inherited gene mutations such as BRCA1 or BRCA2, endometriosis, obesity, and never having been pregnant.

Recognising the Signs Early

While the symptoms of ovarian cancer can be subtle, they should not be ignored – especially if they persist or feel unusual. Signs that may warrant a medical check-up include ongoing abdominal bloating, or feeling full quickly, unexplained weight loss, fatigue, back or pelvic pain, and changes in bowel or bladder habits.

If any of these symptoms last more than two weeks, it's worth consulting a healthcare provider for further evaluation.

How Is Ovarian Cancer Diagnosed and Treated?

Doctors typically use a combination of methods to detect ovarian cancer. This might include a pelvic examination, imaging tests like ultrasound or MRI, blood tests for tumour markers such as CA-125, and in some cases, a biopsy or surgery to confirm the diagnosis.

Treatment often involves surgery to remove the tumour – and possibly the ovaries, uterus, or surrounding lymph nodes – followed by chemotherapy or vice versa – meaning chemotherapy followed by debunking surgery to remove tumour,

uterus, cervix and ovaries. Depending on the case, targeted therapies or hormone treatments may also be considered.

What Can We Do to Improve Outcomes?

Although there is no guaranteed way to prevent ovarian cancer, several steps can reduce the risk or lead to earlier detection:

- **Know your family history.** Share this information with your doctor, especially if you have close relatives with breast or ovarian cancer.
- **Consider genetic counselling** if you have BRCA or related gene mutations.
- **Be alert to persistent symptoms** and seek early medical attention.
- **Spread awareness.** Talking about ovarian cancer can encourage others to get checked and take symptoms seriously.

Final Thoughts

Ovarian cancer is often called a "silent killer" – but silence doesn't mean hopeless. With greater awareness, earlier diagnosis, and proactive screening, we can change what this disease looks like in the future. Knowledge saves lives. Let's break the silence together.

If you have questions or concerns about ovarian care, our **Obstetrics & Gynaecology specialists** are here to support you every step of the way.

Dr Ashley Chung
Consultant Obstetrician
and Gynaecologist &
Fertility Specialist



More Than Just Weight Loss: How Dietitians Help Patients Recover from Hidden Malnutrition

Disease-related malnutrition (DRM) is more common — and far more serious — than many people realise. It's not just about being "thin." DRM happens when the body doesn't get, or can't properly absorb, the nutrients it needs while battling illness.

The impact goes beyond weight loss. It affects your muscles, energy levels, immunity, recovery, and even mental well-being. Left unchecked, DRM quietly slows the body's healing process, making patients weaker, more vulnerable to complications, and more likely to have poorer long-term outcomes.

In conjunction with **Malaysia Dietitian Day**, we're shining a spotlight on this important but often overlooked condition. Let's learn from our experienced dietitians at Sunway Medical Centre Velocity (SMCV), as we uncover how early nutrition

support can break the silent cycle of disease-related malnutrition and significantly improve recovery and quality of life.

Why Inflammation Worsens Malnutrition

One of the key drivers of DRM is inflammation. When the body is fighting disease, inflammation increases energy expenditure, breaks down muscle tissue, and often suppresses appetite. That means the body needs more nutrition, but is taking in less. This mismatch leads to a vicious cycle—reduced strength, worsening illness, and delayed recovery.

How Common Is Disease-Related Malnutrition?

DRM is widespread, particularly in hospital settings:

- **Worldwide:** Up to **60%** of hospitalised patients may be malnourished
- **Asia:** More than **40%** of patients in Northeast and Southeast Asia are at risk
- **Malaysia:** Local studies show **35%** to **65%** of hospitalised patients are malnourished

Those at highest risk include:

- Older adults (**aged 70+**)
- Patients with chronic diseases such as cancer, heart failure, lung disease, or gastrointestinal disorders



Malnutrition Is More Than Weight Loss

Many people associate malnutrition with weight loss—but the effects go far beyond the scale:

- Poor response to treatment, increased complications
- Higher risk of infection and mortality
- Muscle wasting, frailty, cognitive decline
- Longer hospital stays and more frequent readmissions
- Greater demand on medical resources

How Dietitians at SMCV Break the Cycle

At Sunway Medical Centre Velocity (SMCV), our dietitians play a key role in reversing DRM through targeted nutrition support:

Early Identification

Routine nutrition screening is conducted for all inpatients to detect those at risk of malnutrition early.

Comprehensive Assessment

This includes dietary intake, anthropometry (e.g., BMI, weight changes), body composition analysis, and functional status evaluation.

Individualised Nutrition Care

Our dietitians provide tailored medical nutrition therapy—aligned with disease progression, personal needs, and recovery goals.

This proactive approach helps prevent serious complications such as **sarcopenia**, **delayed wound healing**, and **increased infection risk**.

Take-Home Message

Disease-related malnutrition is

preventable and treatable. Yet it often goes unnoticed until it's too late. Dietitians are essential in addressing this silent crisis—ensuring patients receive the right nutrition, at the right time, in the right way.

Early detection, personalised care, and continuous monitoring can significantly improve recovery, quality of life, and clinical outcomes.

Need Guidance from a Dietitian?

Don't wait until nutrition becomes a barrier to recovery.

Book a consultation with our dietitians at Sunway Medical Centre Velocity.

Whether you're managing a chronic illness or recovering from surgery, our dietitians can help you build a personalised plan that restores health, strength, and confidence.

Let's take the first step toward better nourishment and better outcomes — together.



Something's Not Right: How to Recognise When Your Teen is Struggling — And Step In Before It's Too Late



In today's fast-paced, high-pressure world, being a teenager is harder than ever.

While adults may look back on their teen years as carefree, the reality for many young people today is very different. Behind the smiles, selfies, and schoolbooks, some teens are silently battling overwhelming emotions — stress, sadness, anxiety, self-doubt — and they often feel like no one sees it.

This article is for the parents, teachers, caregivers, and adults who care. It's a reminder that we can't wait until it's "really serious" to care about teen mental health. Sometimes, by the time we notice the warning signs, a child has already been struggling for too long.

Let's understand more — with insights from Consultant Psychiatrist Dr. Ryan,

who shares how we can better recognise, respond to, and support teenagers before things reach a crisis point.

Teen Stress Is Real — And It's Growing

Teenagers today aren't just stressed — many are exhausted, emotionally drained, and feeling stuck.

They're juggling academic pressure ("Will I get good grades?"), friendship drama ("Why am I being left out?"), social media comparisons ("Why is everyone else so perfect?"), and questions about their future ("What if I fail?"). Some are dealing with bullying. Others feel like they don't fit in. And many are quietly wondering if they're "enough."

They might not say it out loud — but

the stress shows up in other ways:

- They withdraw and stop talking.
- They sleep too much... or not at all.
- They snap over small things.
- They lose interest in everything.
- They say things like, "I'm just tired all the time" or "I don't care anymore."

These aren't just mood swings. They could be signs of emotional overload — and if left unchecked, they can spiral into **depression, self-harm, or suicidal thoughts**.

Why Teens Struggle in Silence

Unlike adults, teenagers often don't have the words to explain what they're feeling. They may not even fully understand it themselves. Instead of saying "I feel anxious," a

teen might say "I don't want to go to school." Instead of saying "I feel worthless," they might become angry, rebellious, or distant.

And sadly, many teens don't ask for help because:

- They're afraid of being judged or misunderstood.
- They think they'll get into trouble or be seen as weak.
- They don't want to "burden" anyone.
- They believe nobody would understand anyway.

That's why **we — the adults — have to pay attention.** Because our teens may not tell us when they're in pain but they hope someone will notice.

What You Can Do (Before It Becomes a Crisis)

You don't need to be a mental health expert to support your teen. But **you do need to be present, curious, and willing to listen without judgement.**

Here's how to start:

1. Notice the Small Changes

Look for shifts in mood, habits, or personality. Are they withdrawing from people they love? Eating less? Sleeping more? Losing interest in hobbies? Becoming more easily upset?

Any change that lasts more than a few weeks is worth a gentle check-in.

2. Create a Safe Space to Talk

Don't wait for them to come to you. Create small, consistent opportunities to connect — even during everyday moments like car rides or dinner. You could say:

"You've seemed a little off lately. I'm not here to judge, I just want to understand what's going on for you."

3. Listen Without Rushing to Fix

Sometimes the best response is no response — just listen. Don't interrupt. Don't lecture. Don't minimise. Phrases like:

"That sounds really tough."

"I'm glad you told me."

"You're not alone in this."

...go a long way in helping teens feel seen and supported.

4. Avoid "Tough Love" or Dismissive Comments

Phrases like "You're just being dramatic," "Back in my day..." or "You have nothing to be sad about" can shut down your teen completely.

Instead, focus on empathy and validation: "I may not understand everything, but I believe you."

When to Seek Help

If your teen:

- Talks about not wanting to be alive
- Shows signs of self-harm (cuts, burns, bruises with no clear explanation)
- Has withdrawn from everything they used to enjoy
- Is constantly exhausted, sad, or angry
- Seems disconnected or hopeless

Do not wait. Get help.

Reach out to a mental health professional, school counsellor, or your family doctor. There is no shame in seeking therapy — and the earlier, the better.

If you're ever unsure, trust your instincts. It's better to overreact than to regret not acting at all.

You Can't Always Prevent Struggles — But You Can Prevent Silence

Your teen may not always be okay. That's part of life. But what makes the biggest difference is knowing they don't have to go through it alone.

Start today. Ask how they're really doing. Keep asking. Stay close.

Because behind every teen is a heart that's still learning how to feel, how to cope, and how to be human in a complicated world.

And sometimes, all it takes to save a life is one adult who noticed, who asked, and who didn't walk away.

Don't Wait Until It's Too Late — Talk to Us Today

If you're unsure where to begin or simply feel overwhelmed, you're not alone — and you don't have to face this journey by yourself.

At **Sunway Medical Centre Velocity**, our team is here to support you and your teen every step of the way. **Our Consultant Psychiatrist, Dr Ryan**, offers confidential consultations for teens and adolescents experiencing emotional or mental health difficulties.

Whether it's early signs of anxiety, mood changes, or more serious concerns, seeking help early can make a big difference in your child's recovery and resilience.

Dr Ryan Tee

Consultant Psychiatrist



Fatty Liver Isn't Just a "Man's Problem", Why Women Should Pay Attention



When people hear the words “fatty liver,” the first thing that often comes to mind is alcohol.

It's a common misconception — one that has led many women to believe they're not at risk, especially if they don't drink. But here's the truth: **fatty liver disease can affect anyone**, and it's increasingly becoming a concern among women, particularly due to lifestyle factors and hormonal changes that occur at different life stages.

Whether it's during pregnancy, the postpartum phase, **living with polycystic ovary syndrome (PCOS)**, or entering **menopause**, women experience natural hormonal shifts that can quietly affect liver health. Combined with the stresses of daily life, sedentary habits, or underlying conditions like **diabetes and high cholesterol**, these changes can

create the perfect storm for **fat accumulation in the liver** — even in women who don't consume alcohol at all.

Let's learn more with Dr Deborah Chew, our Consultant in Internal Medicine, Gastroenterology & Hepatology at Sunway Medical Centre Velocity, as we uncover the **silent ways fatty liver disease can impact women** — even those who don't drink alcohol.

It's time to break the myth that fatty liver is only an issue for men or heavy drinkers.

What Is Fatty Liver and Why Should Women Care?

Fatty liver disease occurs when excess fat builds up in the liver cells.

While a small amount of fat in the liver is normal, too much can lead to inflammation, scarring (also called fibrosis), and eventually more serious liver damage if not addressed early. There are two main types:

- **Alcoholic fatty liver disease (AFLD)** – caused by heavy alcohol use.
- **Non-alcoholic fatty liver disease (NAFLD)** – which happens without any alcohol consumption and is driven by metabolic, hormonal, or lifestyle factors.

NAFLD is now recognised as one of the **most common causes of chronic liver disease worldwide**, and more women — especially in their 30s to 60s — are being diagnosed with it. The worrying part? Many have **no symptoms** in the early stages. They might feel a little tired or bloated, but usually nothing alarming. That's why

it's often called a “**silent condition**.”

Hormones, Lifestyle, and Hidden Risks in Women

Hormonal fluctuations can influence fat distribution in the body, including the liver. Let's explore how different phases of a woman's life may increase the risk of NAFLD:

Pregnancy

During pregnancy, the body undergoes significant metabolic adaptations. In some women, these changes can transiently increase hepatic fat accumulation and alter liver biochemistry. Although this typically improves after delivery, a subset of women may retain increased hepatic fat content if postpartum metabolic risk factors are not addressed.

Polycystic Ovary Syndrome (PCOS)

PCOS is a common hormonal disorder that affects up to 1 in 10 women. It is closely linked with insulin resistance and weight gain, both of which increase the likelihood of developing fatty liver. In fact, women with PCOS are more likely to have NAFLD.

Menopause

Oestrogen confers metabolic and anti-inflammatory protection within the liver. During menopause, declining oestrogen levels result in adverse changes in lipid handling, insulin sensitivity, and inflammatory signalling, which may facilitate hepatic fat accumulation. Consequently, even women without obesity may exhibit increased vulnerability to metabolic-associated fatty liver disease following menopause.

Silent, But Serious

One of the biggest concerns with NAFLD is how silent it is. Most women will not experience pain or discomfort until the disease has progressed to

later stages. In some cases, the liver can become inflamed (a condition called **non-alcoholic steatohepatitis or NASH**) or even develop scarring (**fibrosis**). If left untreated for years, this may lead to **cirrhosis** or **liver cancer**.

Symptoms, when they do appear, may include:

- Unexplained fatigue
- Mild abdominal discomfort
- Slight bloating or fullness
- Elevated liver enzymes in a routine blood test

But for many, the warning signs come too late — which is why proactive screening is essential.

Prevention Starts with Lifestyle

The good news is that **fatty liver is reversible** in its early stages. With the right steps, women can reduce fat in the liver, improve liver function, and even avoid complications altogether.

Adopt a liver-friendly diet

- Eat more vegetables, whole grains, and lean protein.
- Cut down on sugary drinks, refined carbs, and processed foods.
- Include healthy fats from sources like nuts, seeds, olive oil, and fish.

Get moving

- Aim for at least 150 minutes of exercise per week.
- Moderate-intensity activities like brisk walking, swimming, dancing, or cycling help reduce liver fat even without major weight loss.

Know your numbers

- Have regular check-ups to monitor **blood sugar, cholesterol, and liver function**.
- If you have PCOS, diabetes, or have gone through menopause, talk to your doctor about screening for fatty liver even if you feel fine.

A Word from Doctor

“Many women don't realise they are at risk of fatty liver because they associate it only with alcohol or visible symptoms. But the truth is, hormonal shifts and lifestyle factors can play a big role, even in women who don't drink. The key is early detection and prevention.”

Take Charge of Your Liver Health Today

Fatty liver isn't just a men's issue or a result of drinking. For many women, it's a **silent consequence of modern life**, hormonal shifts, and metabolic changes that often go unnoticed. Whether you're **planning a family**, managing **PCOS**, going through **menopause**, or simply trying to stay healthy — now is the right time to check in on your liver.

Don't wait for symptoms to appear.

By the time signs show up, the damage may already be done. Early detection and lifestyle changes can make a powerful difference.

Learn More at Our Digestive Care Centre

Fatty liver disease doesn't wait — and neither should you.

Learn more about our digestive health services at the Digestive Care Centre.

Taking care of your liver today means feeling better, ageing stronger, and reducing your risk of long-term complications down the road.

Dr Deborah Chew
Consultant
Gastroenterologist
and Hepatologist
& Internal Medicine
Physician



Not Just a Lump: Breast Health Signs You Shouldn't Ignore — Especially for Young Women

When it comes to breast cancer awareness, much of the conversation tends to focus on older women. But did you know that **breast cancer can, and does, occur in younger women too** — even those in their 20s and 30s?

We want to shift the focus slightly: from general awareness to **early self-awareness**. Whether you're 25, 35, or just starting your career and haven't even thought about marriage or children yet — your breast health still matters.

Let's learn together with **Dr Tan Yee Ling, Consultant General, Breast & Endocrine Surgeon** as we explore the lesser-known signs of breast changes, lifestyle tips to support your breast health, and why younger women should still take proactive steps.



First Things First: Can Young Women Get Breast Cancer?

Yes — breast cancer can and does affect women under 40. While it's more commonly associated with older age, younger women are not immune. In fact, breast cancer in younger individuals is often more aggressive, less likely to be detected early, and frequently misunderstood or dismissed because of age assumptions.

Some common challenges younger women face:

- Dismissed symptoms ("You're too young to worry about cancer")
- No routine screening (like mammograms) recommended under 40
- Denial or delay in seeking care
- Hormonal factors (such as early menstruation or irregular cycles)
- Lack of awareness due to being unmarried or without children

That's why this article isn't just about

awareness — it's about **empowerment through early recognition**.

6 Breast Changes to Watch Out For (Even Without a Lump)

You don't need to wait for a lump to appear before acting. Here are early, subtle signs that deserve your attention:

1. Skin dimpling or thickening

Looks like orange peel texture — could indicate inflammatory breast cancer.

2. Sudden nipple inversion or change in direction

Especially if it's new or affecting only one side.

3. Discharge that's bloody or persistent

Even without touching or squeezing.

4. Swelling or size difference between breasts

Especially if one feels firmer, warmer, or looks visibly different.

5. Unusual pain in one area

While breast pain is common during periods, persistent pain in one spot is not.

6. Redness, rash or itch that won't go away

Could be mistaken for skin allergy — but if it lingers, get it checked.

But I'm Not Married Yet. Should I Still Check?"

Absolutely. **Being single or not planning a family doesn't reduce your breast cancer risk.** In fact, some studies show that women who haven't had children or had children later in life may have a slightly higher risk due to prolonged oestrogen exposure.

Here's why unmarried women might be more at risk of **delayed diagnosis**:

- No regular gynaecological or breast check-ups
- Lack of awareness of hormonal changes or family history
- Less likely to prioritise self-exams
- Cultural taboos about discussing breast issues openly

It's time to break that silence.

Your breast health is part of your **overall health**, not just a maternal milestone.

Know Your Risk (Even If You're Young)

While being young is often seen as a protective factor, some **risk factors can still apply under 40**, including:

- **Family history** of breast or ovarian cancer (especially BRCA1 or BRCA2 genes)
- **Dense breast tissue**
- **Early menstruation** (before age 12)
- **Lifestyle habits** like smoking, alcohol, poor diet, and lack of physical activity
- **Long-term hormonal contraception** (talk to your doctor about risks and benefits)

Maintaining breast health isn't just about screening — it also involves proactive lifestyle choices, simple steps like balanced nutrition, maintaining a healthy weight, and managing hormones can make a difference — especially for younger women.

Here are some breast-friendly health tips to take note of:

- Load up on antioxidant-rich fruits and vegetables (e.g. berries, broccoli, tomatoes)
- Include healthy fats like omega-3s from salmon, walnuts, or chia seeds
- Cut down on processed meats, sugar, and trans fats
- Stay physically active to reduce body fat and support hormone balance

How About Collagen? — A Note on Breast Health and Supplements

Collagen supplements and injectable beauty enhancers like hyaluronic acid are increasingly popular, especially among young women seeking glowing skin or joint support. But while these products may seem harmless, it's important to know that not all health supplements, especially external collagen, are suitable for everyone. Without proper research or medical guidance, some supplements could potentially disrupt the body's natural balance.

In certain cases, collagen may influence tissue changes that support tumour initiation, particularly in sensitive areas like the breast. That's why it's always best to pause before starting any new supplement — and seek advice from a doctor or dietitian. Whether you're focused on beauty, wellness, or recovery, expert guidance ensures your choices are truly supporting your long-term health and safety.

Screening: What to Do If You're Under 40

If you're under 40 and don't yet qualify for routine mammograms, here's what you can do:

Do monthly breast self-exams

Get to know what's normal for you — and notice when something changes.

Schedule clinical breast exams with a doctor

Every 1–2 years if you're under 40; more often if you're at higher risk.

Discuss your family history

Genetic counselling or early screening may be advised if there's a strong family history of breast or ovarian cancer.

Don't wait

If something feels off — even if you're young — don't delay seeking a medical opinion.

This Pink October, the Message is Clear:

You don't need to be married, pregnant, or over 40 to start caring about your breast health.

It's time we stopped assuming breast cancer only affects "older women." **Let's encourage our younger sisters, colleagues, and friends to check in with themselves** — because early awareness leads to early action.

Because the earlier we detect, the better we protect.

Ready to Take the First Step?

If you've noticed any changes, have a family history, or simply want to take a proactive approach to your breast health — don't wait for the "right" time. The right time is now.

Dr Tan Yee Ling, our Consultant General, Breast and Endocrine Surgeon, is here to guide you through your concerns with care, clarity, and clinical expertise. Whether it's a routine check, a second opinion, or simply a safe space to ask questions — we're here for you.

Remember, taking charge of your breast health is not just an option — it's an act of self-respect, strength, and love.

Dr Tan Yee Ling
Consultant General,
Breast and Endocrine
Surgeon



Pickleball on the Rise: How to Stay Injury-Free While Enjoying the Game



Pickleball is quickly becoming a favourite activity among Malaysians of all ages. With its fun, social gameplay and lower-impact movements compared to tennis or badminton, it's no wonder more people are picking up a paddle and hitting the court. But as popularity grows, so does the risk of injury, particularly for beginners or those returning to sport after a long break.

Let's explore this growing trend with **Dr Aminudin Bin Mohamed Shamsudin, Consultant Orthopaedic Surgeon at Sunway Medical Centre Velocity**, and learn how proper conditioning and awareness can help you enjoy pickleball safely and confidently.

Why Are Pickleball Injuries on the Rise?

While the game may look easy,

pickleball still involves quick lateral movements, pivoting, lunges, and repetitive upper body motions, all of which can stress your joints, muscles, and tendons. Many players jump into the sport without warming up, stretching, or building the foundational strength and balance needed for sudden directional changes. As a result, they are more prone to common injuries such as:

- Ankle sprains
- Knee strains
- Shoulder tendinitis
- Wrist or elbow overuse injuries
- Lower Back Pain

Injuries can happen during a fast-paced rally, a sudden stop, or even just from landing awkwardly after a lunge. The risks increase when playing on unfamiliar surfaces or without proper footwear.

How to Protect Yourself on the Court

1. Warm Up and Cool Down

Don't underestimate the power of a good warm-up. Before hitting the court, take **5-10 minutes** to stretch and activate your muscles gently. Include light cardio such as brisk walking or jogging on the spot, followed by **dynamic stretches** like arm circles, side lunges, and hip rotations to get your joints ready for sudden movements.

After the game, cool down with slow stretches, focusing on the calves, hamstrings, shoulders, and lower back, to **reduce stiffness, flush out lactic acid, and aid recovery**. This simple step can significantly reduce muscle soreness and injury risk.

2. Strengthen Supporting Muscles

Your joints are only as strong as the muscles around them. Building up the **muscles that support your ankles, knees, hips, shoulders, and core** improves stability and power on the court.

Simple exercises like **squats, lunges, bridges, planks, and resistance band pulls** can go a long way. For players over 40, adding some weight-bearing or resistance training also helps **maintain bone density**, reducing your risk of fractures and joint degeneration.

3. Work on Balance and Agility

Pickleball involves quick stops, pivots, and side-to-side movements, which can lead to slips and falls if your balance isn't strong. Practising **single-leg stands, step-downs, yoga poses, or agility ladder drills** can mimic the quick changes of direction during play and **improve coordination**.

Good balance not only prevents falls but also helps protect your knees and ankles from twisting injuries.

4. Wear Proper Footwear

The wrong shoes can make you more prone to injury. Choose **court-specific shoes** designed for indoor or outdoor pickleball or tennis. These provide the right mix of **grip, ankle support, lateral stability, and cushioning** to handle side-to-side movements.

Avoid running shoes, which are built for forward motion and lack the stability needed for pickleball — wearing them increases the risk of ankle sprains and knee strain.

5. Listen to Your Body

Pain is your body's warning signal. If you feel sharp or persistent pain, especially in your knees, hips, or shoulders, take it seriously. Rest, ice the affected area, and seek medical advice early rather than pushing through an injury.

Ignoring these signs can lead to chronic problems like tendinitis, rotator cuff injuries, or stress fractures, which take much longer to heal.

Pro Tip:

Before you start playing regularly, consider checking your bone and joint health at our Health Screening Centre (Bone Health Screening Package). Early screening can identify hidden weaknesses — like low bone density or early joint wear — before they lead to injuries.

A Game for Life — When Played Wisely

Pickleball is more than just a trend. It's a wonderful way to stay fit, socialise, and enjoy healthy competition. Whether you're a beginner, a weekend player, or hoping to join a local tournament, taking time to prepare your body can keep you in the game for years to come.

But your **bone and joint health** plays a crucial role in how safely and comfortably you move, not just during sport, but in everyday life. Fast-paced games like pickleball can reveal early signs of **joint stiffness, cartilage wear, or decreased bone density**, especially in those aged 40 and above. If left unaddressed, these issues may lead to conditions like **osteoarthritis, meniscus tears, or stress fractures**.

That's why maintaining strong bones and flexible joints through regular exercise, proper stretching, and **preventive screening** is essential, even for casual athletes.

At **Sunway Medical Centre Velocity**, we encourage everyone to stay active, but safely. Our orthopaedic and sports medicine specialists are here to help if you experience:

- Joint pain or tightness after activity
- Reduced mobility or balance
- A history of fractures or osteoporosis

- Ongoing aches that affect your performance

Stay Active, Stay Safe

If you've recently started pickleball or are experiencing pain after play, don't wait until it worsens. Our team can help assess your joint health, build a personalised injury prevention plan, or treat any concerns early.

Dr Aminudin Bin Mohamed Shamsudin
Consultant Orthopaedic Surgeon



What to Expect After Surgery: Your Recovery Guide

Waking up after surgery marks the start of the healing process. Whether the procedure is minor or major, the days and weeks that follow play an important role in recovery. With insights from **Dr Khoo Eng Lea, Consultant Anaesthesiologist and Pain Management Specialist at Sunway Medical Centre Velocity**, this guide offers an understanding of what typically happens after surgery – and how to support a safe, smooth recovery.

In the Recovery Room

After the operation, patients are transferred to a recovery area where their condition is monitored. Grogginess or disorientation is common while the effects of anaesthesia wear off. Oxygen may be provided through a mask or nasal tubes to ease breathing.

Some individuals may experience a sore throat, dry mouth, or nausea. Nurses may administer medication to relieve these symptoms. Vital signs such as blood pressure, temperature, and heart rate will be checked regularly to ensure stability.

Understanding the Surgical Outcome

When alert, patients are briefed by the attending doctor or nurse about the outcome of the surgery. It may be helpful to ask:

- Was the surgery successful?
- How does the outcome affect the medical condition?
- What symptoms or effects are expected in the coming days?

Understanding the results of the procedure can help patients feel more prepared for what comes next.

Managing Pain After Surgery

Pain is a natural part of post-surgical recovery. It is important to inform the nurse at the first sign of discomfort so that medication can be provided before the pain worsens. Since pain relief may take 20 minutes or longer to take effect, early communication is encouraged.

Preventing Blood Clots

Early movement plays a vital role in preventing blood clots. Remaining in bed for too long can cause blood to pool in the legs, raising the risk of complications. Light leg



exercises—such as ankle rolls or gentle knee bends—can help promote circulation.

Compression stockings or blood-thinning injections may be prescribed to reduce clotting risk. Usage instructions will be provided by the care team.

Enhanced Recovery Support

Many patients benefit from enhanced recovery programmes, especially after major surgery. These pathways are designed to promote faster healing by encouraging walking, eating, and drinking soon after surgery.

At Sunway Medical Centre Velocity, multidisciplinary care teams—comprising surgeons, physiotherapists, dietitians, and rehabilitation specialists—collaborate to optimise the recovery process.

Planning for Discharge

Before being discharged, patients receive personalised guidance on wound care, prescribed medications, follow-up appointments, and any equipment needed for home care (e.g., crutches or dressings). Physiotherapists may also provide specific instructions or exercises to support recovery.

Patients are advised to arrange transport home, as driving is not recommended. For the first 24 hours post-anaesthesia or epidural, an adult should be available to assist.

Helpful questions to ask before leaving the hospital:

- Who should be contacted if any issues arise at home?
- What tasks can be done independently?
- What activities should be avoided?

- When is it safe to return to work?
- How should pain, swelling, or bruising be managed?
- When and where will stitches be removed (or how long will dissolvable ones take)?
- Are follow-up appointments required?

Wound Care & Hygiene

Wounds should be kept clean and dry. Patients should monitor for signs of infection such as increased redness, pain, or discharge. Showering is typically permitted 48 hours post-operation, unless advised otherwise. Full immersion (e.g. baths or swimming) should be avoided until wounds are fully healed.

Warning Signs After Surgery

It's important to watch for potential complications. Seek medical attention immediately if any of the following occur:

- Persistent or worsening pain
- High fever (above 38.5°C)
- Swelling or redness around the wound
- Leg pain, swelling, or changes in skin colour

These may be signs of infection or blood clots, which require prompt attention.

Returning to Normal Activities

Fatigue is expected after surgery, especially following general anaesthesia. Patients should resume daily activities gradually, following medical advice. Movement promotes circulation and muscle strength,

which are key to proper healing.

Eating a balanced diet, staying hydrated, and avoiding smoking can also improve recovery outcomes.

If you have concerns or questions during your recovery, don't hesitate to reach out. At Sunway Medical Centre Velocity, our team is here to help – from attending doctors to our physiotherapists, dietitians, and rehabilitation therapist, we are committed to supporting your safe and steady recovery every step of the way.

Dr Khoo Eng Lea

*Consultant
Anaesthesiologist and
Pain Management
Specialist*



Can Pneumonia Be Cured? What Every Patient Should Know



When a cough lingers longer than expected, turns painful, or is accompanied by fever and breathlessness, many begin to wonder, could this be something more serious? For some, the answer may be pneumonia. And for patients, **the next big question is: Can it be cured?** Let's understand more with **Dr Nurul Yaqeen Mohd Esa, our Consultant Respiratory and Internal Medicine Physician** at Sunway Medical Centre Velocity.

What Exactly Is Pneumonia?

Pneumonia is an infection that causes inflammation in the air sacs of one or both lungs. These air sacs may fill with fluid or pus, leading to symptoms such as cough with phlegm, fever, chills, and difficulty breathing. While it can affect anyone, pneumonia is especially concerning

for older adults, young children, and individuals with weakened immune systems.

The good news is that pneumonia is often treatable, especially when caught early. Most cases respond well to antibiotics, rest, and supportive care. But in some situations, such as when pneumonia becomes severe or leads to complications, hospital care may be necessary.

What Causes It?

Pneumonia isn't caused by one single thing. It can stem from bacteria, viruses, or even fungi. The most common cause in adults is bacterial pneumonia, particularly a strain known as *Streptococcus pneumoniae*. Viral pneumonia, including that caused by influenza or COVID-19, is also common and can sometimes lead to bacterial complications.

Understanding the cause is key because it determines the right treatment. Bacterial infections are treated with antibiotics, while viral infections are typically managed with rest, hydration, and antiviral medications (if needed).

How Do You Know If It's Pneumonia?

Pneumonia can be sneaky. It sometimes mimics a common cold or flu at first, but it tends to worsen rather than improve. Symptoms to look out for include:

- Persistent cough, often with thick or coloured phlegm
- High fever and chills
- Shortness of breath or rapid breathing
- Chest pain that worsens when breathing or coughing
- Fatigue and weakness



In elderly individuals, symptoms might be subtler, such as confusion or low body temperature. If you suspect pneumonia, especially if you're part of a higher-risk group, it's important to see a doctor promptly.

Is Pneumonia Curable?

In most cases, pneumonia can be cured with timely and appropriate treatment. For bacterial pneumonia, a full course of antibiotics is often all it takes. Symptoms usually begin to improve within a few days, although complete recovery can take weeks, depending on the severity and your overall health.

Even viral pneumonia often resolves with proper care and monitoring, though it may take longer to recover fully. The key is early diagnosis and treatment before complications like lung abscess, respiratory failure, or sepsis occur.

For high-risk patients, especially those with chronic conditions or reduced immunity, doctors may recommend hospital admission to ensure oxygen support, intravenous medication, or closer observation.

What About Long-Term Effects?

Most people recover completely from pneumonia, especially if they are otherwise healthy. But for some, particularly the elderly or those with underlying lung conditions, pneumonia can have longer-term effects, such as reduced lung capacity or repeated infections.

This is why follow-up care is important to monitor lung recovery and prevent recurrence. It also highlights the importance of vaccination (like the pneumococcal and flu vaccines), which can significantly reduce your risk.

Take Charge of Your Lung Health

If you've recently recovered from pneumonia or want to reduce your risk, there are simple steps you can take to strengthen your lungs and immune system:

- Stay up to date with vaccinations (flu, COVID-19, pneumococcal)
- Avoid smoking and secondhand smoke
- Manage chronic conditions such as asthma, diabetes, or heart disease
- Maintain good hygiene — frequent

handwashing, mask-wearing if unwell

- Stay active and eat a nutritious diet to boost immunity

Don't Wait to Get Checked

Pneumonia is treatable, but early action makes all the difference. If you're experiencing persistent cough, fever, or breathing difficulty, don't brush it off as a stubborn flu.

Make an appointment with our Consultant Respiratory Physicians at Sunway Medical Centre Velocity for expert evaluation and personalised care.

Already thinking about a check-up? Explore our Health Screening Packages, including lung health assessments and X-rays, to keep your respiratory system in check.

Final Takeaway

Pneumonia can be cured. But it depends on how early you catch it, how well you care for your body, and whether you follow through with treatment. Listen to your body. Take your symptoms seriously. And most importantly, don't delay seeking care.

Because when it comes to your lungs, every breath counts.

Dr Nurul Yaqeen Mohd Esa

Consultant Respiratory and Internal Medicine Physician



Constantly Wiping Your Eyes? It Could Be More Than Just Allergies

Understanding Tear Drainage System Disorder

Most of us don't think twice about tears, until something goes wrong. If your eyes are constantly tearing up, or you often wake up with a sticky discharge, it's easy to assume it's allergies, dry eyes, or "just one of those things." But sometimes, it's your tear drainage system sending out a distress signal.

Let's understand why this happens, with insights from **Dr Nazila Binti Ahmad Azli, Consultant Ophthalmologist and Oculoplastic Surgeon** at Sunway Medical Centre Velocity.

At the inner corner of each eye is a hidden but important structure: the tear outflow system, also known as the nasolacrimal drainage system. This is the part that quietly clears away tears and channels them into your nose. But when there's a blockage, whether partial or complete, that fluid has nowhere to go. What you experience is overflowing tears, sticky discharge, or even infection.

When Tears Don't Drain as They Should

As an oculoplastic surgeon, I often see patients who come in saying things like:

"My eye won't stop tearing, but it's not painful."

"It feels like I'm crying all the time, even when I'm not emotional."

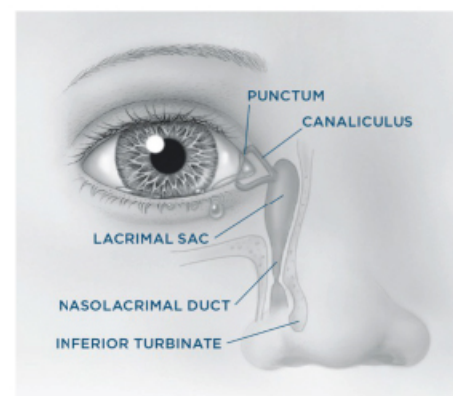
"There's a yellowish discharge every morning, is it an infection?"

These are all classic signs of a tear drainage issue. In most cases, it's caused by a blockage in the tear duct, either from age-related narrowing, past infections, inflammation, trauma to the face, or in some cases, congenital issues that appear in babies and young children.

In older adults, the tissues around the eye can loosen with age, making the ducts less efficient. In babies, the drainage system may not have fully developed at birth. Infections, sinus problems, or previous surgery can also lead to scarring and narrowing.

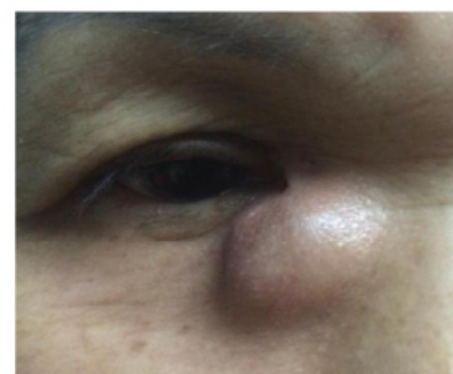
The Conditions Behind the Tearing

1. Congenital or Acquired Nasolacrimal Duct Obstruction



This is the most common reason people come to us for persistent tearing. Whether it's something you're born with or developed over time, the end result is the same: tears that can't drain properly. Left untreated, this can lead to chronic discomfort, frequent eye wiping, and irritation, and in some cases, recurrent infections.

2. Lacrimal System Infections: Acute Dacryocystitis



When tears stagnate due to poor drainage, bacteria can settle in. This often leads to acute dacryocystitis, which presents as sudden pain, redness, and swelling at the inner



corner of the eye. It may even form a pus-filled lump. Most patients with this condition need hospital admission for IV antibiotics, followed by a surgical procedure to clear the blockage once the infection is under control.

3. Lacrimal Trauma: Injuries that Involve the Tear System

Facial injuries, especially those affecting the eyelid or cheekbone, may damage the delicate tear duct structures. These cases must be carefully repaired by an oculoplastic surgeon, ideally within a short time after the trauma. A small silicone stent is often inserted to keep the tear duct open during healing, and is usually left in place for six weeks.



How We Diagnose and Treat Tear Drainage Problems

If you're experiencing unexplained tearing, the first step is a detailed evaluation. We assess the entire drainage pathway, from the tiny puncta (tear openings on your eyelids) to the nasolacrimal duct that empties into your nose.

Depending on the cause and severity of the blockage, treatment options may include:

- **Probing and Syringing:** A diagnostic and sometimes therapeutic procedure where a thin probe is passed through the duct to clear minor obstructions.

- **Tear Duct Intubation or Stenting:** A flexible tube is placed temporarily to keep the passage open.
- **Balloon Catheter Dilation:** A balloon is inserted and inflated inside the duct to widen narrowed areas.
- **Dacryocystorhinostomy (DCR):** A tear bypass surgery where a new drainage route is created between the eye and nose. This is usually performed for chronic or severe blockages.

When Should You See a Specialist?

If your eye constantly waters without an obvious reason, and especially if it's accompanied by discharge, swelling, or infection, it's time to consult an oculoplastic surgeon. These symptoms may seem mild at first, but chronic tearing can affect your comfort, vision, and even emotional well-being, especially when it interferes with daily activities or social confidence.

The good news? Most tear drainage disorders are very treatable, and many patients find immediate relief once the underlying issue is addressed.

Final Thoughts

Tearing may seem harmless but when it doesn't stop, it could point to something deeper. As with most conditions, early diagnosis and proper management make all the difference. Whether it's a minor blockage or a more complex case needing surgery, you don't have to live with discomfort or blurred vision.

If you've been dealing with persistent tearing, sticky discharge, or repeated eye infections, don't ignore it. These symptoms may seem minor at first, but they could point to an underlying issue in your tear drainage system.

Your tear ducts may be small, but keeping them healthy makes a big difference in how you see, feel, and go about your day.

If these symptoms have been affecting your daily comfort, don't wait too long to get it checked. Book an appointment with our Dr Nazila Binti Ahmad Azli, Consultant Ophthalmologist and Oculoplastic Surgeon at Sunway Medical Centre Velocity to explore the best treatment options available to you.

Dr Nazila Binti Ahmad Azli
Consultant
Ophthalmologist and
Oculoplastic Surgeon



Understanding How Specialists Support Your Recovery After Surgery



For many patients, having surgery is a big step, one that's carefully planned, often after weeks of decision-making and emotional preparation. But even after the operation is done, there's still one thing that often lingers in the back of people's minds: *"What if I get an infection?"*

It's a real concern, and a valid one. You might have heard stories of someone developing a fever after surgery or needing extra medication because something wasn't healing right. The truth is, infections can happen after surgery, but the good news is, at Sunway Medical Centre Velocity, we have a dedicated team of specialists ready to respond quickly and protect your recovery.

Let's walk through with **Dr Rasidah Binti Senian, Consultant Infectious Disease Physician, Sunway Medical Centre Velocity**, to understand how post-surgery infections are managed,

and most importantly, how we help keep you safe.

Why Do Infections Happen Even When Everything is Clean?

Many patients are surprised to learn that infection can still happen, even in a clean hospital or operating room. That's because bacteria, viruses, or fungi can sometimes come from:

- The patient's own skin or body (especially if the immune system is weak)
- Medical devices like catheters or IV lines
- Prolonged hospital stays or certain health conditions like diabetes

This doesn't mean something went wrong, it just means the body is in a vulnerable state. After surgery, wounds are still healing and the

immune system is busy repairing tissue, so there's a short window where infection risk is slightly higher.

What Are the Early Signs of a Post-Surgical Infection?

As a patient, you might start to notice:

- A fever that won't go away
- Redness, swelling, or pus near the surgical wound
- Pain that feels "different" than expected
- Feeling unusually tired or unwell

It's important not to panic. These signs don't always mean there's a serious infection, but they do **need to be checked**. The sooner we investigate, the better the outcome.

How We Find the Cause – Fast and Accurately

When symptoms appear, Infectious Disease specialists step in with a clear process. We use specialised tests like:

- Blood cultures to detect bacteria in the bloodstream
- Wound swabs to find out what's growing around the surgical site
- Imaging scans if there's swelling inside
- Lab work to check organ function or immune response

Every result helps us build a clearer picture. We don't guess, we identify exactly what's causing the issue and how best to treat it.

Do I Get Antibiotics Right Away? Not Always – And That's a Good Thing

Many patients expect to get antibiotics as soon as they have a fever. But here's the thing, not every fever is caused by infection, and not every infection needs the same antibiotic.

We tailor your treatment based on:

- The exact bacteria or virus identified
- How your body is responding
- Any other medical conditions you have

This approach helps avoid giving unnecessary antibiotics (which can lead to resistance or strain your kidneys or liver). Instead, we use the **right medicine, in the right dose**, for the infection, ensuring your safety throughout.

Why Acting Early Matters So Much

If infections go untreated, they can spread, sometimes even to the bloodstream, causing a serious condition called **sepsis**. But when

caught early, most infections are very treatable.

(Sepsis is a life-threatening response to infection that can lead to organ failure.)

This is why Infectious Disease specialists work closely with surgeons, anaesthetists, pharmacists, and nurses. Together, we monitor your recovery, track your test results, and act quickly if anything changes.

You're Not Alone in This Recovery Journey

As a patient, it's normal to feel nervous or unsure after surgery, especially if your body doesn't feel "right." But you're not left to figure it out alone.

At Sunway Medical Centre Velocity, your care continues beyond the operating theatre. You have an entire team watching over your healing process, including doctors like me who specialise in infection prevention and treatment.

If something doesn't feel right after your surgery, talk to us. That small question, or early check-in, could make all the difference in speeding up your recovery and avoiding complications.

Your Safety Is Our Priority

For more information on how Infectious Disease specialists support post-surgical recovery and infection management, visit our Consultant Infectious Diseases Physician or speak to your healthcare provider.

Dr Rasidah
Binti Senian

Consultant Infectious
Diseases Physician



Pregnancy with Pre-Diabetes: What You Need to Know for a Safer Delivery Journey



Pregnancy is a time filled with excitement, hopes, and plans for the future. But if you've been told you have pre-diabetes, it's normal to feel a little more anxious. Pre-diabetes means your blood sugar levels are higher than normal, but not yet in the range of diabetes. While this may not feel like a major concern on its own, during pregnancy, it becomes something that needs close attention.

Even slightly elevated blood sugar in early pregnancy can affect both your health and your baby's development. But here's the reassuring part: with the right care and early planning, you can have a safe pregnancy and a healthy baby.

At Sunway Medical Centre Velocity, we care deeply about supporting women through high-risk pregnancies. **Dr Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician**, and **Dr Gayathri Mariappa, Consultant Obstetrician & Gynaecologist and Maternal-Fetal Medicine Specialist**, work closely with expectant mothers to help manage pre-diabetes through tailored care, combining nutrition, monitoring, lifestyle changes, and regular check-ups.

Understanding the Risks — and Why Early Care Matters

Pregnancy puts extra demands on your body, especially how it handles sugar. For mothers with pre-diabetes, there's a higher chance of developing

gestational diabetes (GDM), a temporary form of diabetes that can appear during pregnancy. There's also a greater risk of high blood pressure, preeclampsia, or early delivery if blood sugar isn't well managed.

For your baby, elevated blood sugar early in pregnancy can affect organ development. Later in pregnancy, it may cause the baby to grow too large (a condition called macrosomia), which can make delivery more difficult and may increase the chances of needing a cesarean section. After birth, babies born to mothers with uncontrolled blood sugar may also experience low blood sugar and are more likely to develop obesity or type 2 diabetes later in life.

These risks may sound overwhelming, but they're not inevitable. With the right care and commitment, many of these complications can be avoided.

Planning Ahead: Before You Conceive

If you have pre-diabetes and are planning to become pregnant, it's important to start preparing your body early. This includes getting your blood sugar levels under control, reviewing your current medications with your doctor, and addressing any other health conditions that might affect pregnancy, such as high blood pressure, cholesterol issues, or thyroid problems.

Is recommends taking 5 mg of folic acid daily for at least three months before pregnancy. This helps protect your baby from neural tube defects, which affect the brain and spine and are more common in women with elevated blood sugar.

By planning early and working with your healthcare team, you're giving yourself the best chance for a

smooth, healthy pregnancy.

Eating Well with Purpose: Nutrition as Medicine

Food plays an incredibly important role in managing pre-diabetes during pregnancy. But this isn't about dieting or restriction, it's about learning how to fuel your body in a way that keeps your blood sugar stable and supports your baby's growth.

At Sunway Medical Centre Velocity, we encourage mothers to follow a carbohydrate-controlled meal plan developed with a registered dietitian. This is called Medical Nutrition Therapy (MNT), and it's a personalised approach that helps you understand which foods work best for your body.

You'll learn how to balance your meals with slow-digesting carbs, lean proteins, healthy fats, and plenty of fibre, all while ensuring you get the nutrients you and your baby need.

Daily Monitoring: Understanding Your Body's Signals

Once you're pregnant, keeping track of your blood sugar should become a daily habit. Most mothers with pre-diabetes are asked to check their glucose several times a day, before meals, after meals, and sometimes in between. This helps your care team see how your body is responding and make adjustments if needed.

Dr Gayathri Mariappa shares that, in her practice, she routinely recommends an HbA1c test early in pregnancy. This test reflects average blood sugar levels over the past few months and helps identify women who may already have pre-diabetes, even before pregnancy-related changes occur. It serves as an excellent early

screening tool, allowing the care team to take proactive steps to optimise both maternal and fetal health.

As pregnancy progresses, typically around 24 to 26 weeks, she advises all expectant mothers to undergo an oral glucose tolerance test (OGTT) to screen for gestational diabetes mellitus (GDM), which can develop due to normal hormonal changes in pregnancy. Early detection allows for timely and effective management through dietary adjustments, lifestyle modifications, and medication when needed.

Beyond blood sugar monitoring, Dr Gayathri places strong emphasis on tracking blood pressure, weight gain, and urine protein levels, all important markers for detecting potential complications such as pre-eclampsia. Regular ultrasound scans also play a key role in monitoring the baby's growth and overall wellbeing.

Dr Gayathri shares that many mothers feel empowered once they adapt to this rhythm of care, gaining a greater sense of control and connection to their pregnancy journey.

Moving Your Body, Supporting Your Health

Exercise is one of the most helpful tools for managing pre-diabetes, and it's safe during most pregnancies. Gentle activities like walking, swimming, and prenatal yoga can help improve how your body uses insulin, lower your blood pressure, and reduce stress.

If you're planning your pregnancy and carrying extra weight, even a modest weight loss of 5–10% before conception can help reduce the risk of complications. Once you're pregnant, the focus shifts to maintaining healthy weight gain and staying active in a way that supports your energy and mood.

Looking at the Bigger Picture: Managing Comorbidities

Pre-diabetes rarely exists alone. It often comes with other health conditions such as type 2 diabetes, high blood pressure, high cholesterol, or sleep problems like obstructive sleep apnoea. These are called comorbidities, and they can increase the risk of pregnancy complications if not properly managed.

We encourage women with pre-diabetes to take a whole-person approach. This means working with a team that looks at all aspects of your health, not just your blood sugar. At Sunway Medical Centre Velocity, our patients benefit from a team of endocrinologists, Obstetricians and Gynaecologists specialists and dietitians, who coordinate care every step of the way.

If Medication or Insulin Is Needed

Sometimes, even with lifestyle changes, blood sugar levels remain too high. If that happens, your doctor may recommend switching from tablets to insulin, which is safe to use during pregnancy. Insulin allows for more precise control and doesn't cross the placenta to your baby.

Dr Gayathri explains that starting insulin doesn't mean you've failed, it's simply one of the tools available to protect your baby's health and keep your pregnancy on track.

After Baby Arrives: What Comes Next?

The care doesn't stop after birth. Women who had pre-diabetes during pregnancy are at a higher risk of developing type 2 diabetes in the future, especially in the first few years postpartum. That's why it's important to continue monitoring your health after delivery.

Your doctor will usually recommend a glucose test 6–12 weeks after birth, and regular follow-up tests every 1–3 years. A dietitian can help guide you through postpartum nutrition, and

your care team will also advise on family planning and safe birth spacing to give your body time to recover.

When to Contact Your Doctor

If you ever notice that your blood sugar readings are staying too high, if your baby's movements feel reduced, or if you're experiencing symptoms like blurred vision, excessive thirst, or unusual fatigue — contact your care team right away. These may be signs that your treatment plan needs adjusting.

Also, if your pregnancy is unplanned and you have pre-diabetes, reach out to your doctor as soon as possible. Early action can make a big difference.

A Healthier Pregnancy, One Step at a Time

Pregnancy with pre-diabetes comes with extra responsibilities, but you're not alone. With good planning, regular monitoring, and a team of supportive specialists, you can have a healthy pregnancy and protect your baby's future.

At Sunway Medical Centre Velocity, our team is here to support you from preconception to postpartum. With the care of specialists like **Dr Lim Kim Piow** and **Dr Gayathri Mariappa**, we'll help you navigate every stage with confidence and peace of mind.

Dr Lim Kim Piow
Consultant
Endocrinologist and
Internal Medicine
Physician



Dr Gayathri Mariappa
Consultant Obstetrician
& Gynaecologist and
Maternal-Fetal
Medicine Specialist



Is Male Menopause Real? Understanding Hormonal Changes in Ageing Men

As men grow older, it's not uncommon to feel changes in energy, mood, sleep, or even sexual drive. Some may ask, "Am I going through male menopause?" You may be wondering whether men go through ageing-related hormonal changes as women do, and if so, how these changes affect their health, emotions, and everyday life.

While menopause is a well-understood and expected milestone for women, the idea that men experience something similar is still debated. However, there is a real condition that affects many aging men, known as andropause or late-onset hypogonadism. This condition involves a gradual decline in testosterone, the primary male hormone, which can influence both physical health and emotional well-being.

Let's take a closer look at what this really means, with expert insight from **Dr Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician at Sunway Medical Centre Velocity.**

What Is "Male Menopause" and Is It the Right Term?

Unlike women, who go through a distinct transition known as menopause, marked by a rapid drop in reproductive hormones and the end of fertility, men do not go through a universal, clearly defined change. Instead, men experience a gradual decline in testosterone that begins around the age of 40 and continues over time. This slow hormonal shift doesn't affect every man the same way. Some may have no symptoms at all, while others may feel significant changes in their physical and emotional health.

This condition has been referred to as



male menopause, andropause, or even male climacteric, but it's important to understand that it's not exactly equivalent to female menopause. While the term is convenient, it can be misleading. That said, the symptoms and changes are very real for many men.

What Are the Signs of Andropause?

As testosterone levels slowly decrease, some men begin to experience a range of symptoms that may affect their quality of life. These can include a decrease in sexual desire, difficulty maintaining erections, or reduced satisfaction during sex. Alongside these, men may notice increased belly fat, reduced muscle strength, and even changes in bone density.

Emotionally, the shift can be just as challenging. Some men report feeling unusually tired, irritable, or even depressed, with a noticeable dip in motivation. Others may struggle with concentration, experience hot flush-like sensations, or have disrupted sleep patterns. These symptoms may creep in subtly, and

can often be confused with general ageing or stress. That's why it's crucial to monitor how you're feeling and seek advice if things feel "off."

Why It's Not the Same as Female Menopause

It's important to distinguish that while women experience a sudden and complete cessation of hormone production during menopause, in men, testosterone declines at a much slower pace after age 40. This means many men may not notice symptoms until much later, or may never experience any at all.

Unlike women who lose the ability to conceive after menopause, men continue to produce sperm and remain fertile well into their older years. The testes still generate testosterone, especially within the reproductive system, even when blood levels may seem lower.

Furthermore, menopause is universal, all women will go through it, usually between ages 45 and 55. But for men, only some will experience testosterone levels low enough to require treatment. This reinforces the

medical community's position that male menopause is not a direct parallel to the female experience.

What Causes Testosterone to Decline?

Ageing is the main reason testosterone levels drop, but several lifestyle and health factors can worsen the decline. Conditions such as obesity, type 2 diabetes, chronic illnesses, and sleep disorders like obstructive sleep apnoea can accelerate hormonal changes. In addition, stress, depression, poor diet, or lack of exercise can play a major role in how testosterone is regulated in the body.

In some cases, the cause may be medical, such as testicular disorders, pituitary gland dysfunction, or side effects from certain medications like corticosteroids or opioids. If you're unsure, it's always best to get it checked professionally.

When Should You Seek Medical Advice?

If you've been feeling persistently low in energy, struggling with mood swings, or noticing changes in your sexual performance, it may be more than just getting older. Symptoms like low libido, erectile dysfunction, fatigue, weight gain, depression, or memory lapses can all point towards a hormonal imbalance especially if they occur together.

The first step is often a simple blood test to measure testosterone levels, usually taken in the morning when levels are at their peak. From there, your doctor may suggest additional investigations to rule out other causes, such as thyroid issues, metabolic conditions, or psychological factors.

If you're unsure where to begin, start by booking a Men's Health Screening Package to assess your overall health and hormone profile.

How Is Low Testosterone Treated?

Not every man with low testosterone needs treatment. Often, the first line of action is improving lifestyle habits – which can naturally help rebalance hormone levels. This includes:

- Adopting a healthier diet
- Losing excess body weight
- Engaging in regular strength-based and aerobic exercise
- Managing stress and sleep
- Limiting alcohol and smoking
- Managing comorbidities such as type 2 diabetes, high blood pressure, high cholesterol, and sleep apnoea, which can all worsen hormonal imbalance

If symptoms persist and testosterone is confirmed to be low, your doctor may consider **Testosterone Replacement Therapy (TRT)**. This can be administered through gels, injections, or patches and requires ongoing monitoring of blood parameters, including full blood count, lipid profile, liver function, and prostate markers, as well as cardiovascular health assessments. While TRT can significantly improve symptoms of hypogonadism such as fatigue, low libido, and mood changes, it is not suitable for everyone. There are certain contraindications, and TRT may not be recommended in men with specific prostate or cardiovascular conditions.

To determine if TRT is right for you, please consult a specialist. At Sunway Medical Centre Velocity, our team of urologists and endocrinologists work together to provide comprehensive evaluation and safe, personalised treatment plans.

If you're experiencing symptoms or need further advice, schedule a consultation with our Consultant Endocrinologist at Sunway Medical Centre Velocity.

The Bottom Line

So, is male menopause real? Not in the same way it is for women, but the hormonal changes many men experience as they age are very real, and they deserve attention. If you've been feeling off, less energised, or not quite yourself, don't ignore it. The earlier you understand what's happening in your body, the sooner you can make empowered choices for your health.

Whether it's through health screening, hormone testing, or personalised care, you don't have to navigate this journey alone. Our team at Sunway Medical Centre Velocity is here to help you feel your best at every stage of life.

Dr Lim Kim Piow
Consultant
Endocrinologist and
Internal Medicine
Physician



Recap of 2025: Milestones, Impact, and Growth

As we begin 2026, we take this opportunity to reflect on key milestones, achievements and meaningful moments in the past year.



SEP



SMCV 6th Anniversary & Long Service Award Celebration

Launch of "Golden Hands for Golden Care" Programme - A CSR Initiative for Senior Citizens



Opening of New Accident & Emergency Department



Launch of "The Hands that Heal" - Celebrating Skilled Surgical Teams

Ward Expansion - Ward M: Increased Bed Capacity to Serve the Community

OCT



Launch of Corporate Video 2025 - Showcasing SMCV's Service Excellence



Sustainability Week Celebration

NOV



Deepavali Celebration - A Reflection of Harmony and Shared Happiness

Doctor's Day Celebration



World Diabetes Day - Community Engagement Workshops on Blood Sugar Health



Recognised at the AIA Healthcare Appreciation Awards 2025 for Two Consecutive Years as an AIA Smart Panel Hospital

Consultant Orthopaedic, Trauma and Robotic Arthroplasty Surgeon; Dr Yuen Jin Chuan's 100th MAKO Robotic-Assisted Surgery - A Milestone Achieved



Cozy Cozy Christmas with Sunway Velocity Mall - Festive Cheer Shared with Paediatric Patients



Relay for Life - Collaboration with National Cancer Society Malaysia (NCSM) on Supporting Cancer Awareness and Recovery



Recipient of the Climate Commitment Recognition in the Health Care Climate Challenge 2025

DEC

Staff Engagement: Christmas and Departmental Year End Activities

SMCV's 6th Anniversary: Celebrating Growth and Supporting Healthy Ageing



On 3 September 2025, SMCV proudly celebrated its 6th Anniversary — a milestone that not only marks our growth as a hospital, but also reflects the strength of Sunway Healthcare Group's (SHG) vision to elevate healthcare delivery in Malaysia.

Since opening our doors in September 2019, our mission has remained clear: to provide quality, accessible healthcare to the community in this dynamic part of Kuala Lumpur. Six years on, we are proud of how far we have progressed. From achieving industry recognitions to expanding our clinical services, SMCV has established itself as a trusted healthcare provider — a testament to the dedication and excellence of our doctors, nurses, allied health professionals, and support teams.

This year's anniversary celebration featured our Long Service Award Ceremony, honouring team members who have been with us since the beginning. A symbolic time capsule envelope was also sealed by Dato' Lau Beng Long, President of SHG; Dr Khoo

Chow Huat, Managing Director of Hospital and Healthcare Operations, SHG; and Ms Susan Cheow, CEO of SMCV — representing our collective hopes, aspirations, and commitment for the years ahead.

As a token of appreciation, all staff received a commemorative 6th Anniversary "Elfy Pin", symbolising unity, growth, and pride in being part of the Sunway Healthcare family. With SHG's ongoing expansion nationwide, we look forward to growing together and creating more opportunities for our people to make an impact.

In conjunction with the anniversary month and in support of our senior community, we also introduced a CSR programme "Golden Hands for Golden Care" from September to November— offering up to 20% off selected procedures, along with additional post-stroke recovery sessions to support long-term rehabilitation. This programme, exclusively for Malaysians aged 60 and above, reflects our commitment to helping seniors enjoy healthier and

stronger years ahead.

To our staff, patients, and community — thank you for being part of our journey. Here's to many more milestones together.





The Launch of SMCV's Corporate Video

At SMCV, our mission is simple: to make a meaningful difference in every life we touch.

Whether in our Emergency Department or through our centres of excellence—Heart & Lung, Neuroscience, Digestive Health, Orthopaedics, Women's Health and Children's Health—we stand beside you as a trusted partner in your healing journey.

Beyond treatment, we believe true care begins with trust, empathy, and the assurance that you are never alone. We invite you to learn more about our story and join us as we continue redefining healthcare with purpose, compassion, and a human touch.



Scan here
to watch

Notes of Thanks: A Doctor's Day to Remember

Behind every diagnosis, every prescription, and every hour spent caring for others stands a doctor who gives their all to healing.

To honour their dedication on Doctor's Day, we invited patients to share handwritten messages of appreciation with their doctors. The warm smiles and heartfelt words captured the meaningful connection between doctor and patient—one built on trust, compassion, and genuine gratitude.

To all our doctors at Sunway Medical Centre Velocity, thank you for your tireless commitment and the care you bring to every patient you serve.





Supporting Community Health at Taman Tugu

SMCV was pleased to support a community health event held at Taman Tugu on 18 October 2025.

During the event, our team provided complimentary blood pressure and blood glucose checks. Participants also received complimentary Joints and Knee Strength Assessment by our Consultant Orthopaedic Surgeon, Dr Aminudin Bin Mohamed Shamsudin and a health talk by our Occupational Therapist.



Sustainability Week

As the first hospital in Malaysia to join the Race to Zero global campaign to achieve net-zero greenhouse gas emissions by 2050, SMCV proudly celebrated Sustainability Week 2025 with interdepartmental recycling challenge, recycling video competition, eco talks, and interactive green activities.

The Sustainability Day event held on 28 October 2025 underscored our ongoing commitment to sustainability – from recycling initiatives and waste management programmes to recognised achievements such as the Southeast Asia Green Hospital Award and the Healthcare Asia Award for our Environmental, Social, and Governance (ESG) efforts.



Preparing for Parenthood: Parentcraft Workshop

SMCV successfully concluded another enriching Parentcraft Workshop on 9 November 2025, designed to equip expecting parents with practical knowledge and confidence as they prepare for their new roles.

Participants had the opportunity to learn essential parenting skills, ask questions directly to our experts, and practice techniques in a supportive and interactive environment. The workshop fostered a sense of community among parents-to-be, giving them the tools and reassurance they need as they embark on this exciting journey.



World Diabetes Day: Find Your Sweet Balance

SMCV marked World Diabetes Day with a meaningful Diabetes Awareness Day event on 13 November 2025. We were honoured to have our CEO, Ms Susan Cheow, join and support this important initiative. The event featured an engaging health talk by Dr Lim Kim Piow, Head of Endocrinology, offering practical guidance on diabetes management and prevention.

Dr Lim, together with Dr Mak Woh Wei, Consultant Endocrinologist & Internal Medicine Physician, also participated in a lively Q&A session, addressing common concerns in the Malaysian community – from lifestyle management to clarifying myths about diabetes medication. Our dietitian team, diabetic nurses, and event partners provided complimentary consultations, health screenings, and lucky draw prizes.

At SMCV, we remain committed to delivering comprehensive endocrinology services – offering expert diagnosis, treatment, and personalised management plans to help our community live healthier lives.





Celebrating Two Consecutive Years as an AIA SMART Panel Hospital

We are honoured to be recognised for two consecutive years as an AIA SMART Panel Hospital at the AIA Healthcare Appreciation Awards 2025.

We also extend our heartfelt congratulations to Sunway Healthcare Group for being named Best Healthcare Group—a recognition that aligns strongly with our shared purpose of Improving the Lives We Touch and AIA Malaysia's commitment to Healthier, Longer, Better Lives.

These achievements reflect the steadfast dedication of our clinical, operational, and support teams, whose combined efforts continue to enhance patient outcomes, elevate service quality, and create a meaningful impact within the communities we serve.

We thank AIA Malaysia for their continued trust and collaboration. Together, we look forward to advancing healthcare accessibility, driving innovation, and delivering patient-centred care across our network.



NCSM Relay for Life Campaign

SMCV had the honour of standing alongside the National Cancer Society Malaysia (NCSM) at the Relay For Life Campaign 2025 — a meaningful event celebrating love, hope, and strength in the fight against cancer.

Our journey began with the Torch Relay on 17 November 2025, where SMCV proudly served as the first relay station and welcomed torchbearers with warmth and encouragement.

During the Relay Day Carnival on 23 November 2025, we were deeply honoured by the presence of Duli Yang Maha Mulia Raja Permaisuri Perak Darul Ridzuan, Tuanku Zara Salim. A proud moment for SMCV was witnessing our CEO, Ms Susan Cheow, receive a token of appreciation from Her Royal Highness.

Our team participated in the Relay Run and engaged with attendees at our booth, sharing health information and strengthening our connection with the community.

With nearly 2,000 participants, the event was vibrant, heartfelt, and filled with community spirit. SMCV remains committed to championing cancer awareness, early detection, and better health for all.



A Cozy Cozy Christmas Event

On 5 December 2025, we partnered with Sunway Velocity Mall to bring "A Cozy Cozy Christmas" to our paediatric patients and their families. The celebration was designed to spread warmth, joy, and festive cheer to children receiving care at our hospital.

The celebration featured several heartwarming activities. We distributed gifts to children in the Paediatric Ward, bringing smiles and excitement to the young patients. A special mascot appearance added extra cheer, while a cozy Christmas movie session provided a comforting and relaxing experience for the children and their families. The kids also enjoyed a hands-on DIY paper gingerbread activity, which allowed them to express their creativity and get into the festive spirit.



SERVICE HIGHLIGHT



This image is for illustration purpose only. It does not represent an actual medical event, procedure or interaction between healthcare professional and patient.

Newly Expanded Accident & Emergency Department and Ward

SMCV's newly expanded and upgraded Accident & Emergency Department is now ready to deliver more efficient care when every second counts. The redesigned layout features improved triage areas, additional treatment and observation bays, and inpatient beds, complemented by a spacious waiting area and a dedicated new entrance for your convenience.

To enhance capacity and accessibility, we have also opened Ward M, adding single and double-bedded rooms designed for greater comfort, privacy, and peace of mind throughout your recovery.





STEMI Symposium 2.0

As part of our first-quarter heart health campaign, SMCV relaunched STEMI Network on 15 March 2025 through a dedicated symposium aimed to equip General Practitioners (GPs) with essential knowledge on the end-to-end management of STEMI cases—from early recognition and initial intervention in primary care, to timely referral to a PCI centre, and the hospital protocols that follow once a STEMI patient arrives at our facility.

The symposium featured insightful presentations from our esteemed SMCV consultants: Datuk Dr Foo Yoke Loong and Dr Tee Chee Hian, both Consultant Cardiologists and Internal Medicine Physicians; Dr Lim Chiao Wen, Consultant Cardiologist; Dr Mohd Zamrin Dimon, Consultant Cardiothoracic Surgeon; and Dr Lim Fang Jen, Consultant Emergency Physician.



Colorectal Cancer Virtual CME Talk

SMCV partnered with National Cancer Society Malaysia (NCSM) to host a Colorectal Cancer Virtual CME Talk on the Docquity platform, held in conjunction with Colorectal Cancer Awareness Month.

Dr Ussof Eskaandar Mohd Hussain, Consultant General and Colorectal Surgeon, delivered the session titled “Colorectal Cancer in Young Adults: Who Are at Risk?”, sharing evidence-based insights and clinical perspectives with participating GPs, highlighting key risk factors, rising incidence trends, and the challenges of early detection among younger patients.

**Dr Ussof Eskaandar
Bin Mohd Hussain**
*Consultant General and
Colorectal Surgeon*



Lung Cancer Virtual CME Talk

In conjunction with World No Tobacco Day, SMCV partnered with the NCSM to organise an Anti-Smoking Virtual CME Talk on Docquity.

The session featured Dr Nurul Yaqeen Mohd Esa, Consultant Respiratory, and Internal Medicine Physician, who delivered a comprehensive presentation titled “The Danger of Tobacco: Smoking and the Lung”. Dr Nurul shared impactful case studies highlighting the severe effects of smoking on lung health, including early signs of smoking-related lung disease.

**Dr Nurul Yaqeen
Mohd Esa**
*Consultant Respiratory,
and Internal Medicine
Physician*



Skin Cancer Virtual CME Talk

In conjunction with Skin Cancer Awareness Month in December, SMCV partnered with NCSM to organise a virtual talk titled “The Hidden Face of Skin Cancer: An Asian Perspective”. The session was delivered by Datin Dr Nur Ashikin binti Ahmad, Consultant Dermatologist.

Datin Dr Nur Ashikin provided valuable insights supported by practical demonstration videos, guiding primary care providers on how to identify potential skin cancer cases before referring patients to dermatologists for further evaluation. She also highlighted the key symptoms and common skin conditions associated with skin cancer, helping clinicians enhance early detection and awareness.

**Datin Dr Nur Ashikin
Binti Ahmad**
Consultant
Dermatologist



Prostate Cancer Virtual CME Talk

In conjunction with Men's Health Awareness Month in November, SMCV partnered with NCSM to host a virtual talk on prostate cancer—one of the most common cancers among men and currently the third most prevalent cancer affecting Malaysian men.

We were honoured to have our Consultant Urologist, Dato' Dr Selvalingam Sothilingam, deliver a session on “Optimising Primary Care in Prostate Health and Cancer Management”. He highlighted the importance of recognising early symptoms, adopting appropriate screening practices and equipping primary care providers with effective communication strategies to support men in discussing prostate health more confidently.

**Dato' Dr Selvalingam
Sothilingam**
Consultant Urologist



ENT & Paediatric Roundtable CME

As part of our outstation visitation initiative, we held our first round table discussion in Raub on 18 May 2025. We were honoured to have Dr David Yee Leong Wai, Consultant Ear, Nose & Throat (ENT) Surgeon and Dr Chan Pei Sing, Consultant Paediatrician and Neonatologist to lead the session, where they discussed about the common cold, rhinosinusitis, and respiratory tract infections in children.



Pain and Metabolic Management Symposium

SMCV collaborated with Xepa-Soul Pattinson to host a symposium dedicated to supportive care on 29 June 2025, with a strong focus on pain management. The programme covered key topics such as acute pain management, neuropathic pain treatment, the link between obesity and diabetic peripheral neuropathy, as well as practical strategies for managing dyslipidemia in primary care.

We were honoured to have an excellent panel of speakers for this symposium, including Dr Khoo Eng Lea, Consultant Anaesthesiologist and Pain Specialist; 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.

Multidisciplinary Diabetes Care Symposium



SMCV concluded the Multidisciplinary Diabetes Care Symposium on 16 November 2025, organised in collaboration with DKSH Pharma for World Diabetes Awareness Month.

By integrating critical perspectives across, we fostered a unified approach to complex diabetes management. The engagement and insightful discussions throughout the event demonstrated a powerful commitment to patient-centred discussion in the area of cardiology, dermatology, endocrinology and nephrology empowered by our esteemed panel - Datin Dr Nur Ashikin Binti Ahmad, Consultant Dermatologist; Dr Lim Kim Piow, Consultant Endocrinologist and Internal Medicine Physician; Datuk Dr Foo Yoke Loong, Consultant Cardiologist and Internal Medicine Physician; and Dr Lim Soo Jin, Consultant Nephrologist and Internal Medicine Physician.





Robotic and Minimally Invasive Surgery Symposium

SMCV hosted the Robotic and Minimally Invasive Surgery Symposium on 15 June 2025 to highlight the latest innovations in minimally invasive and robotic-assisted surgical techniques—showcasing how precision technology, enhanced visualisation, and smaller incisions can lead to faster recovery and improved patient outcomes.

We were honoured to feature an exceptional panel of speakers representing various surgical specialties, including:

- 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 Haryan Abdul Karaf, Consultant Ear, Nose, Throat, Head and Neck Surgeon
- Dr Fiona Chew Lee Min, Consultant Ophthalmologist, Paediatric Ophthalmologist and Strabismus Surgeon

Their insights offered valuable perspectives on the evolving landscape of surgical care and reaffirmed SMCV's dedication to driving innovation for the benefit of our patients and the wider medical community.

Immunology Symposium

SMCV, in collaboration with Sunway Medical Centre and CSL Behring, recently hosted the Immunology Symposium on 9 November 2025, bringing together expertise across Neurology, Haematology, and Infectious Diseases.

We were honoured to have Dr Kok Chin Yong, Consultant Neurologist and Internal Medicine Physician, and Dr Sangeetha, Consultant Paediatrician and Infectious Disease Specialist, as our esteemed speakers for the event. Their insightful presentations provided valuable updates and practical perspectives on current developments in immunology and related specialties.





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Endoscopic Sleeve Gastroplasty Package

Small changes inside, big changes outside. Endoscopic Sleeve Gastroplasty (ESG) is a minimally invasive procedure that reduces the size of your stomach using an endoscope and sutures - no surgery required. By helping you feel full sooner, ESG supports safe, effective weight loss so you can regain your energy, confidence, and enjoy a healthier lifestyle measurement.



Pelvic Floor Muscle Rehabilitation Package

Our Pelvic Floor Rehabilitation Package is designed to help those who experience pelvic floor weakness, urine leakage, or related concerns—using an AI-powered machine that offers quick, accurate assessments and personalised rehabilitation plans. With targeted physiotherapy, this programme helps strengthen your pelvic floor muscles, improve bladder control, and reduce leakage so you can feel more confident and have a better quality of life.



SPOT-MAS Multi-Cancer Early Detection Package

Cancer doesn't wait. The sooner cancer is detected, the better treatment outcomes will be. Introducing SPOT-MAS 10, a non-invasive multi-cancer early detection test using advanced DNA sequencing with AI technology to detect up to 10 common and aggressive cancers — even before symptoms appear. The process is quick, simple, and convenient: just one blood draw during your visit.



Delivery Package

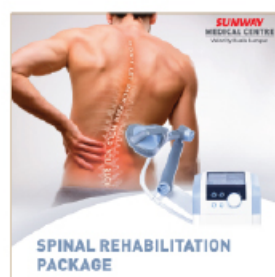
Welcoming a new life is a meaningful milestone, and our Delivery Package 2026 is designed to support families with comprehensive maternity care and added value throughout the journey. Enjoy 25% off hospital charges for all deliveries from 1 January to 31 December 2026, along with complimentary services, a Mommy Bag, and exclusive gifts and rewards.



Galaxy Watch8 Health Screening Package

This screening package is especially designed to complement the features of Samsung Galaxy Watch8 Series. Go beyond a one-time screening. Stay connected to your health and take charge of your well-being every day. Package includes Samsung Galaxy Watch8 Series discount voucher.

Make your purchase by 3 February 2026 to be part of our Early Bird Lucky Draw and stand a chance to win a Samsung Galaxy Watch8!



Spine Rehabilitation Package

Don't let back or neck pain hold you back. Our Spinal Rehabilitation Package is designed to restore mobility, strengthen muscles, and support recovery with advanced, non-invasive therapy.



Children Health Screening Package

This package provides a comprehensive check-up to support your child's growth and well-being. It includes essential assessments to detect early health concerns, ensuring timely care and a healthier future.

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