

# SMCV

JULY

## SPOTLIGHTS

### **Accident & Emergency Campaign: Every Second Matters**

Collaboration with MRT Corporation,  
Menara Public Bank, Aquaria KLCC and  
Merdeka 118

### **SMCV Hits Triple Milestone in Healthcare Excellence**

### **Nurses Day 2026: Celebrating the Heroes Behind Our Care**



# Nurses Day 2026: Celebrating the Heroes Behind Our Care



At Sunway Medical Centre Velocity (SMCV), Nurses Day 2026 was more than a celebration. It was a heartfelt tribute to the individuals whose compassion, resilience, and constant dedication continue to make a meaningful difference in countless lives.

The event was honoured by the presence of Dato' Lau Beng Long, President of Sunway Healthcare Group; Dr Khoo Chow Huat, Managing Director of Hospital & Healthcare Operations, Sunway Healthcare Group; Ms Susan Cheow, Chief Executive Officer of Sunway Medical Centre Velocity; Ms Chan Lai Hong, Chief Nursing Officer, Sunway

Healthcare Group; and Ms Serene Lum Fuai Sian, Director of Nursing New Venture of Sunway Healthcare Group, reflecting a shared recognition of the invaluable contributions and commitment demonstrated by our nursing workforce.

Guided by this year's theme, "Our Nurses. Our Future. Empowered Nurses Save Lives," the celebration brought our nursing team together in unity through memorable experiences, including the Nurses' Pledge Recitation, cake cutting ceremony, lucky draw sessions, and engagement activities. A memorable highlight of the day was the heartfelt speech delivered by SMCV Director of Nursing, Ms Lim Lay Keng, whose words of appreciation and encouragement recognised the important role nurses play throughout every stage of the patient journey. Behind every moment of healing is a nurse who leads with empathy, professionalism, and courage, even in the most challenging circumstances.

On Nurses Day, and throughout the year, we honour the remarkable individuals who continue to bring comfort, reassurance, and hope to patients and families alike. To all our nurses – thank you for the sacrifices you make, the kindness you show, and the extraordinary impact you create each day.





## SMCV Is Now a Panel Hospital of Tenaga Nasional Berhad (TNB)

We are pleased to announce that Sunway Medical Centre Velocity has been officially appointed as a panel hospital for Tenaga Nasional Berhad (TNB).

This partnership highlights our shared commitment to providing accessible, comprehensive, and patient-centred healthcare services to the TNB workforce, as we look forward to working closely with TNB to support a healthier and more resilient workforce.



## Enhancing Patient Care Through Tower A Facility Expansion

As part of our ongoing commitment to enhancing patient care and healthcare experiences, SMCV continues to expand and strengthen its facilities and services to support the growing healthcare needs of our patients and the increasing demand for quality medical care.



The addition of a new ward located at Tower A, Levels 7 and 8 reflects our continued focus on providing more accessible, comfortable, and advanced healthcare spaces for patients and families. With this expansion, SMCV now has a total bed capacity of 337 beds, further strengthening our capacity to serve the community and meet the increasing demand for quality healthcare services.

At every stage of our development, our priority remains the same – delivering better care through continuous improvement and patient-centred healthcare.



## Advancing Patient Care Through Smart Ward Technology

Healthcare continues to evolve through technology that enables safer, more efficient, and integrated patient care.



At SMCV, we have introduced Smart Ward technologies designed to enhance care coordination, streamline workflows, and provide real-time access to patient information across the ward environment. Features such as the Digital Dashboard System, Smart Display Screens and Automated Dispensing Cabinets support better communication, improve efficiency, and enhance medication safety, creating a seamless experience for both patients and healthcare professionals.

By improving process flow and coordination, these technologies support safer, more convenient, and patient-centred care.

# SMCV Signs Strategic MOU with Institut Sukan Negara (ISN)



SMCV has formalised a strategic partnership with Institut Sukan Negara (ISN) through the signing of a Memorandum of Understanding (MOU).

This collaboration marks a significant milestone in our shared commitment to elevating Malaysian sports through excellence in sports medicine and clinical care.

Under this MOU, SMCV will extend its medical expertise to support Malaysia's national athletes, ensuring they receive world-class healthcare services that enable peak performance and sustained resilience on the global stage.

We were honoured to host

Dr Vellapandian Ponnusamy, CEO of ISN, and Dr Ahmad Munawwar Helmi Salim, Director of Sports Science Division at ISN, together with their distinguished management team. Representing SMCV as signatories were our CEO, Ms Susan Cheow, and Medical Director & Consultant Emergency Physician, Dr Wee Tong Ming.

This partnership reflects our steadfast commitment to supporting the nation's sporting heroes and as a vital contribution to nation-building – recognising that every achievement in sports is underpinned by exceptional medical care.

We look forward to a productive and impactful collaboration with ISN.

# Accident & Emergency Campaign: Every Second Matters

Medical emergencies can happen at any time – at home, at work, on the road, or even during ordinary moments with family and friends. In critical situations like these, panic, hesitation, and uncertainty can delay timely medical attention, potentially affecting outcomes when every second matters. Having quick access to the right emergency hotline and knowing when to seek immediate medical care can make a life-saving difference.

With this in mind, SMCV launched its Accident & Emergency Campaign to raise greater public awareness on emergency preparedness and the importance of acting quickly during medical emergencies. Building on the success of the “Save a Number, Save a Life” initiative introduced in 2023, this year’s campaign takes the message further through a series of impactful community initiatives, educational content, and public engagement activities aimed at encouraging Malaysians to stay alert, informed, and prepared.

At SMCV, our dedicated Accident & Emergency team is available 24/7, providing immediate medical attention and rapid emergency response whenever urgent care is needed. The campaign reinforces the importance of recognising emergency situations early and seeking prompt medical assistance without delay.

As part of the campaign’s community outreach efforts, SMCV also collaborated with MRT Corporation, Menara Public Bank, Aquaria KLCC, and Merdeka 118 through an initiative focused on AED placements and Emergency Response Workshops. Through this collaboration, AEDs were placed at selected high-traffic locations to improve public access to life-saving equipment during emergencies. The workshops also

equipped the staff of each location with essential knowledge and practical skills in recognising emergencies, responding appropriately, and taking immediate action while awaiting medical assistance.



## HAPPENINGS

To further support public education, a First Aid e-booklet was also made available for download through the "Save a Number, Save a Life" website, providing accessible guidance on basic emergency response and first aid information for the community.

In conjunction with the campaign, SMCV introduced the "Every Second Matters" video series, highlighting how emergencies can unfold unexpectedly and why timely action is crucial during critical moments. Through relatable storytelling and impactful scenarios, the videos serve as an important reminder that being prepared and remembering the correct emergency hotline can help save lives. One of the videos was also shown as a GSC cinema advertisement from 4 to 17 June 2026 to raise awareness among a broader audience.

Featured videos:

### The Durian Dilemma: Every Second Matters



### A Cat-astrophic Situation: Every Second Matters



Adding a fun and engaging element to the campaign, the SMCV Emergency Hotline Dance Challenge was launched across social media platforms from 16 May to 16 June 2026. Designed to help the public remember SMCV's 24-hour emergency hotline, 03-9772 9111, in a memorable way, the challenge encourages participants to learn and share the dance while spreading awareness on emergency response within the community. Participants also stand a chance to win exciting prizes throughout the campaign period. To further extend the campaign's reach, the anthem from the Emergency Hotline Dance Challenge was also used in a radio advertisement that aired from 1 to 12 June 2026.

Watch the Dance  
Challenge video here:



Through these combined efforts, the SMCV Accident & Emergency Campaign delivers a simple yet powerful message – while emergencies are unpredictable, preparedness can make all the difference.

As SMCV continues to engage with the community through education and outreach initiatives, we encourage everyone to stay alert, stay informed, and most importantly, stay prepared. Remembering the right emergency hotline and acting without hesitation can significantly improve outcomes during medical emergencies. Because when it comes to emergencies, every second truly matters.

# SKIP THE DRAMA

CALL  
SUNWAY MEDICAL  
CENTRE VELOCITY



**SUNWAY**  
**MEDICAL CENTRE**  
Velocity Kuala Lumpur

Every Second Matters.

Save our emergency hotline, seriously.  
**03-9772 9111**

SCAN FOR  
MORE INFO



**First in Malaysia**

**Revolutionary 0.23 Seconds Imaging Speed**

**512-Slice CT Scanner**  
by GE Healthcare

**Faster Rotation. Sharper Images. Exceptional Care.**

## First in Malaysia: Revolutionary 0.23 Seconds Imaging Speed 512-Slice CT Scanner

First in Malaysia. Faster Rotation. Sharper Images. Exceptional Care.

Introducing Malaysia's first CT scanner with a revolutionary 0.23-second imaging speed by GE Healthcare, now available at SMCV – engineered for advanced brain and cardiac imaging.

With ultra-fast imaging speed and unparalleled image clarity, we provide precise answers in moments, supporting clinical decisions and improving patient outcomes.



Scan to watch how this CT Scanner differentiates from others



## SMCV Tropical Fruits Festival

A vibrant afternoon of flavours, laughter, and shared moments at SMCV's Tropical Fruit Festival was held on 14 May 2026.

Organised as part of SMCV employee engagement initiatives, the event brought together staff and consultants for a refreshing and enjoyable gathering, providing an opportunity to unwind, connect with colleagues, and enjoy a variety of tropical fruits in a lively atmosphere.

Beyond the festivities, the Tropical Fruit Festival also served as a gesture of appreciation for the dedication, commitment, and continuous contributions of our teams, whose hard work plays an important role in shaping the SMCV community every day.

The event reflected SMCV's ongoing commitment to fostering a positive workplace culture, strengthening team spirit, and creating meaningful experiences for our people.





## Promoting Health and Wellness at the Food Fit Fun Fair 2026

SMCV participated in the Food Fit Fun Fair, organised by the Nutrition Month Malaysia at Sunway Velocity Mall from 4–7 June 2026.

Throughout the event, SMCV offered health screenings, including blood pressure and blood glucose checks, and cholesterol testing. Visitors also enjoyed a variety of interactive booth activities and engaging stage programmes, including cooking demonstrations, Zumba sessions, and activities for children, promoting healthier lifestyles for individuals and families alike.



## Connecting with Families at Gogo Bebe Wonderland

SMCV participated in the Gogo Bebe Wonderland Event at Sunway Pyramid, held from 21–24 May 2026. The event was supported by various Sunway business units, including Sunway Healthcare Group, Sunway Lagoon, Sunway Multicare Pharmacy, Sunway College, and others, and featured interactive games, mascot appearances, and special promotions from participating partners.

During the event, we engaged visitors through a Spin the Gashapon activity, where participants could stand a chance to win SMCV merchandise. In addition, our dietitian conducted a Healthy Plate and Healthy Eating session, guiding children in selecting food models while educating them on balanced nutrition and healthy eating habits.





## Supporting Eye Health at MOG Eyewear's Family Health Day

SMCV participated in the MOG Eyewear Family Day event held at Kuala Lumpur Performing Arts Centre (KLPAC), Sentul, from 9–10 May 2026, engaging the community through a variety of health screening and educational initiatives.

During the event, SMCV offered body composition analysis, blood pressure, and blood glucose tests to promote greater health awareness among attendees. The event also featured an engaging panel discussion titled *"Bio-Hacking" Your Vision: Can You Eat Your Way to 20/20 Vision? Separating Myths from Science*, presented by Dr. Nazila binti Ahmad Azli, Consultant Ophthalmologist and Oculoplastic Surgeon, together with Foong Xi Wei, Senior Pharmacist.

Together with MOG Eyewear, this event served as a meaningful platform to promote preventive healthcare awareness, encourage healthier lifestyle habits, and strengthen community engagement through accessible health education and screenings.



## Guiding Parents-to-Be Through an Interactive Parentcraft Workshop

SMCV successfully concluded another enriching Parentcraft Workshop on 17 May 2026, aimed at empowering expecting parents with practical knowledge and greater confidence as they prepare for parenthood.

The workshop featured informative sharing sessions by Dr. Gayathri Mariappa, Consultant Obstetrician, Gynaecologist and Maternal-Fetal Medicine Specialist; Dr. Kanesh Kumar, Consultant Anaesthesiologist; and Dr. Tan Jen Ern, Consultant Paediatrician and Paediatric Neurologist, and our nurses who provided valuable insights on pregnancy, childbirth, pain management, newborn care, and newborn movements.

Throughout the workshop, participants gained valuable insights into essential parenting skills, engaged directly with our consultants and nurses, and had the opportunity to practice hands-on techniques in a supportive and interactive setting. The session also fostered meaningful connections among parents-to-be, providing them with reassurance, guidance, and the confidence needed as they begin this exciting new chapter.





## Raya Celebration at SMCV

Looking back at SMCV's Hari Raya celebration in April 2026, the occasion was filled with warmth, gratitude, and togetherness.

It was a fun-filled day to celebrate alongside CEO of SMCV, Ms Susan Cheow; Chief Human Resources Officer of Sunway Healthcare Group, Ms Joyce Wong; SMCV Consultants, SMCV Senior Management Team and staff.

From the joyful welcome of zapin and kompang performances to traditional games and trivia, Raya fashion show, shared laughter, and a meal enjoyed in good company, each moment was a reminder that caring for one another extends beyond the workplace.

Seasons like this offer a meaningful pause to appreciate the people around us and the shared spirit of camaraderie. As the festive season comes to an end, we carry these values of kindness, unity, and care forward with gratitude.



## A Joyous Chinese New Year Celebration at SMCV



SMCV welcomed the Year of the Horse with a vibrant Chinese New Year celebration attended by Dr Khoo Chow Huat, Managing Director of Hospital & Healthcare Operations at Sunway Healthcare Group, together with Ms Susan Cheow, CEO of SMCV, alongside our senior management team and consultants.

The festivities featured lively lion and dragon dances, a guzheng ensemble, and a captivating Face Changing performance. The celebration was further enlivened by the traditional yee sang tossing, symbolising prosperity, unity, and good fortune for the year ahead. Beyond the performances, the joyous occasion brought our staff together to share festive delicacies and strengthen the camaraderie that defines the SMCV family.





## SMCV Achieves WHO/UNICEF BFHI Global Criteria Accreditation

SMCV is proud to announce our official accreditation as a Baby-Friendly Hospital, effective from 5 March 2026 to 4 March 2028. As the first hospital within the Sunway Healthcare Group to earn this recognition, this achievement is particularly significant given that SMCV manage the highest delivery volume of any private hospital in the country. This milestone is made possible by our dedicated team of Consultant Obstetricians & Gynaecologists, Consultant Paediatricians and nursing staff to meet the stringent WHO/UNICEF Baby-Friendly Hospital Initiative (BFHI) Global Criteria.



## SMCV Wins Infection Control Initiative of the Year at Healthcare Asia Awards 2026

We are proud to announce that SMCV has been honoured with the Infection Control Initiative of the Year - Malaysia at the Healthcare Asia Awards 2026 in Singapore.

This recognition highlights our award-winning project, "Small Change, Big Impact: Redefining Infection Control Through Strategic PPE Holder Installation," which improved PPE accessibility and organisation in high-risk areas across SMCV, demonstrating how practical innovations can enhance hospital safety and reflect the team's commitment to strengthening best practices.



## SMCV Recognised at Parents' Choice Awards for Second Year In a Row

SMCV is honoured to receive recognition at the Parents' Choice Awards 2026 for the second consecutive year, being voted as the Best Private Hospital in Kuala Lumpur.

This achievement reflects the continued trust and confidence of parents and families, as well as SMCV's commitment to delivering safe, high-quality, and patient-centred care. Being recognised for two years in a row highlights the hospital's consistent efforts in enhancing patient experience and clinical excellence.

SMCV extends its heartfelt appreciation to all patients and families for their trust and support, which continue to inspire the team to uphold and advance healthcare excellence.



## Digestive Health Management Symposium

In March 2026, SMCV successfully hosted the Digestive Health Management Symposium, bringing together a multidisciplinary panel of consultants to share valuable insights on common digestive health conditions and their management.

The symposium featured a series of informative sessions covering a wide range of topics, including obesity management, gastroesophageal reflux disease (GERD), gallstones, metabolic-associated fatty liver disease, and common colorectal conditions. The event aimed to provide healthcare professionals with practical clinical updates and enhance understanding of digestive health management in primary care settings.

The speakers include:

- Dr Lim Kim Piow, Consultant Physician & Endocrinologist
- Dr Tee Tiong Jin, Consultant Physician, Gastroenterologist & Hepatologist
- Dr Johann Faizal Khan, Consultant General & Hepatobiliary Surgeon
- Dr Deborah Chew Chia Hsin, Consultant Physician, Gastroenterologist & Hepatologist
- Dr Tan Yu Peng, Consultant Physician, Gastroenterologist & Hepatologist
- Dr Ussof Eskaandar bin Mohd Hussain, Consultant General & Colorectal Surgeon

The symposium was attended by 130 General Practitioners and healthcare professionals and has delivered valuable practical updates to support effective patient management and enhance quality of care.

## Accident & Emergency (A&E) Workshop



In April 2026, SMCV organised an Accident & Emergency (A&E) Workshop aimed at enhancing the procedural skills and clinical confidence of our General Practitioner partners. The workshop saw strong engagement and reflected a shared commitment to advancing standards in emergency care.

The session was officiated by SMCV Medical Director & Consultant Emergency Physician, Dr Wee Tong Ming, and facilitated by Consultant Emergency Physicians Dr Lim Fang Jen and Dr Cyrus Lai, alongside our dedicated A&E and wound care nursing teams. Participants were guided through hands-on training across four key clinical areas: Basic Wound Management, Advanced Wound Management, Suturing Techniques, and Focused Assessment with Sonography for Trauma (FAST) Ultrasound.

The workshop provided a valuable platform for practical learning and professional exchange, reinforcing SMCV's commitment to supporting continuous medical education and clinical excellence among healthcare partners.



## Virtual CME Collaboration with MAFAR Academy

In April 2026, SMCV successfully concluded its first Virtual CME collaboration with MAFAR Academy, a healthcare education platform for general practitioners. This initiative forms part of SMCV's ongoing efforts to strengthen engagement with the primary care community.

During the session, Dr Lim Fang Jen, SMCV Consultant Emergency Physician, presented on STEMI, further supporting awareness of SMCV's STEMI network and cardiac emergency care services.

**Dr Lim Fang Jen**  
Consultant Emergency  
Physician



## RECENTLY ONBOARDED CONSULTANTS



**Dr Syahril Rizal Bin Arsad**  
Consultant Orthopaedic Surgeon  
📍 Tower A, Level 2, 2A-3A  
☎ +603 9772 9433



**Dr Dinesh Earnest Kunasingh**  
Consultant Orthopaedic Surgeon  
📍 Tower B, Level 7, 7B-02  
☎ +603 9772 8144



**Dr Koay Yeang Wee**  
Consultant Paediatric Surgeon  
📍 Tower B, Level 3, 3B-07  
☎ +603 9772 9247



**Dr Wong Yen Shen**  
Consultant Physician and  
Respiratory Specialist  
📍 Tower A, Level 3, 3A-17  
☎ +603 9772 9252



**Dr Srihari Singaravel**  
Consultant Paediatric Surgeon  
📍 Tower B, Level 3, 3B-07  
☎ +603 9772 9247



**Dr Khoo Boom Ping**  
Consultant Obstetrician, Gynaecologist &  
Gynae-Oncologist  
📍 Tower B, Level 3, 3B-12  
☎ +603 9772 9183



**Dr Tan Jen Ern**  
Consultant Paediatrician  
and Paediatric Neurologist  
📍 Tower B, Level 3, 3B-11  
☎ +603 9772 9409



**Dr Alexis Anand Dass A/L Lordudass**  
Consultant Paediatrician and Paediatric  
Endocrinologist  
📍 Tower B, Level 3, 3B-07  
☎ +603 9772 9247



**Dr Mohd Zamrin Bin Dimon**  
Consultant Cardiothoracic  
Surgeon  
📍 Tower B, Level 2, 2B-10  
☎ +603 9772 9411



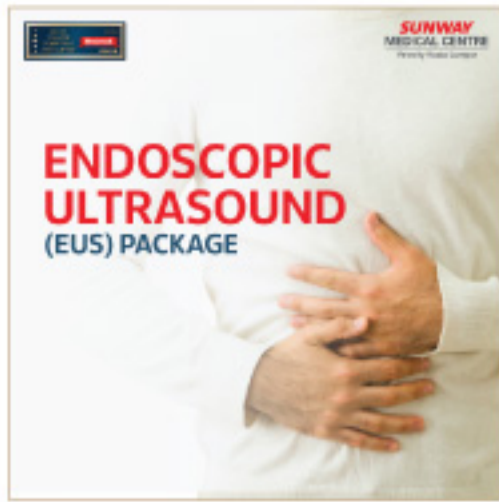
**Dr Putera Mas Pian**  
Consultant Vascular Surgeon  
📍 Tower B, Level 2, 2A-03  
☎ +603 9772 9431



**Dr Kathleen Chang Yee Kuin**  
Consultant Plastic and  
Reconstructive Surgeon  
📍 Tower B, Level 2, 2B-11  
☎ +603 9772 9263



**Dr Tan Ru Yi**  
Consultant Anaesthesiologist  
📍 Operating Theatre



### Endoscopic Ultrasound (EUS) Package

A minimally invasive diagnostic procedure that combines endoscopy and high-resolution ultrasound to examine the digestive tract and surrounding organs.



### Cherish Health Screening Package

It is thoughtfully designed for individuals aged 60 and above, offering comprehensive screening to help detect potential concerns early and provide greater clarity about your overall health.



### Comprehensive Child Learning & Developmental Assessment Package

Our comprehensive clinical and psychological evaluation offers in-depth insights into your child's learning, behaviour, and developmental profile, along with practical recommendations to guide next steps at home and in school.



### The Ultimate KL Healthcare Package

Enjoy a seamless wellness getaway that combines comprehensive health screening with a comfortable stay at either Sunway Velocity Hotel or Sunway Putra Hotel Kuala Lumpur. Package includes 3 days, 2 nights hotel stay, health screening for 1 pax, airport transfers, KL Hop-On Hop-Off tickets for 2 pax & welcome fruit platter and refreshments.



### TransNusa Boarding Pass Plus (Bpass+) Programme

TransNusa passengers can now enjoy a 10% discount on selected health screening packages at SMCV, Kuala Lumpur. Prioritise your health while enjoying exclusive travel benefits. Simply present your valid TransNusa boarding pass to enjoy 10% off selected comprehensive health screening packages.



### Occupational Health Screening Services

Support employee health and workplace safety with our Occupational Health & Safety Screening Services, designed for pre-employment and workplace health assessments across various industries. These screenings support smooth onboarding while meeting regulatory requirements and can be customised based on job roles and industry needs, as advised by our Occupational Health & Safety Doctor.



### Adolescent Health Screening

Adolescence is a key stage of growth and development. Our Adolescent Health Screening Package is designed for teenagers aged 13–18 years to promote early health awareness, preventive care, and healthy development. It offers a comprehensive health assessment to help parents and teenagers better understand their health status and make informed healthcare decisions with confidence.

# What Every Man in His 30s Should Know About Colon Cancer

"I never thought it could happen to me, I was only 42, healthy, working out, eating okay. But I started noticing blood in my stool, and after a few months of brushing it off, I finally saw a doctor. That's when I found out... it was colon cancer."

Stories like this are becoming more common, not from older men, but from those in their 30s and 40s. Colorectal cancer is no longer just a disease of the elderly. In fact, more men under 50 are being diagnosed each year, many without any obvious symptoms or family history.

If you're a man reading this and thinking, "I'm still young, this isn't about me," think again. This is exactly the age group where cases are rising the fastest. The good news? Colorectal cancer is one of the preventable cancers when caught early. **But you have to know the risks, recognise the signs, and take that first step, before it's too late.**

Let's dive into this topic with **Dr Deborah Chew, Consultant Physician, Gastroenterologist & Hepatologist**, and learn how awareness, lifestyle changes, and timely screening can save lives.

## A Silent Cancer That Starts Without Symptoms

**In Malaysia, colorectal cancer ranks as the most common cancer** among men, and is the second most common cancer overall. This data is more than just a statistic, it's a wake-up call. Too often, men delay getting checked until symptoms appear, but by then, the disease may already be in an advanced stage.

Colorectal cancer develops in the colon or rectum, the lower parts of your digestive system. It usually begins as small, non-cancerous growths called polyps. These polyps can take years to become cancerous,

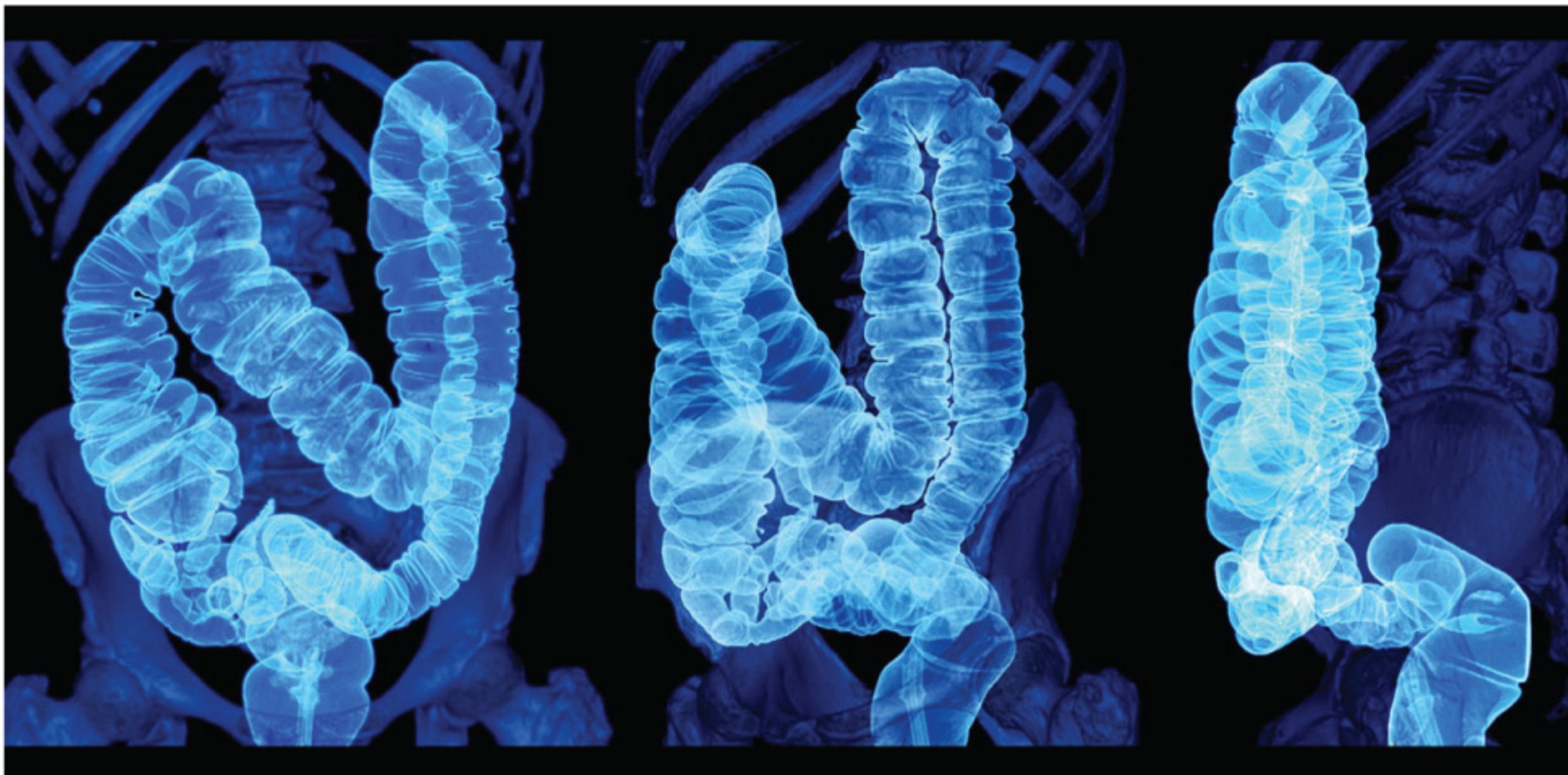
but when they do, they often do so silently. In the early stages, there are rarely any warning signs. You may feel perfectly fine while the disease progresses quietly within your body.

That's what makes colorectal cancer so dangerous. Without screening, many men only discover the disease once it has reached a more advanced, harder-to-treat stage. Early detection through screening can not only find cancer early, but it can also prevent it altogether by removing polyps before they become a threat.

## Why Are Younger Men More at Risk Today?

The rising rates of colon cancer in younger men are closely **tied to modern lifestyle habits**. Diets that are low in fibre and high in red or processed meat can change the environment of your gut, leading to inflammation and an increased risk of





polyp formation. At the same time, a sedentary lifestyle, too much sitting, too little movement, contributes to poor digestive health and weight gain, both of which are risk factors.

Stress, irregular sleep, alcohol, and smoking also play a role. These lifestyle habits, common in many young working adults, create a perfect storm that puts the colon under chronic strain. Over time, that strain can evolve into disease. Unfortunately, because many young men feel generally fit, they don't recognise these invisible risks until it's too late.

### Warning Signs You Should Never Ignore

Although early colorectal cancer often has no symptoms, there are certain red flags that should prompt a visit to your doctor, especially if they persist. Changes in bowel habits, such as ongoing diarrhoea, constipation, or stools that are narrower than usual, can indicate something's not right. The presence of blood in the stool, whether fresh red or dark black, is another serious sign that shouldn't be dismissed.

Other symptoms include frequent

abdominal discomfort, bloating, or a feeling that your bowels are not completely empty even after going. Some men also experience unexplained fatigue or weight loss. These symptoms don't automatically mean cancer, but they do mean your digestive system needs attention – and the earlier you act, the better your chances for a full recovery.

### Screening Isn't Just for the Elderly

Many people assume colonoscopy is only for seniors. But actually it is recommended the screening start at age 45, and even earlier for those with family history or certain medical conditions. At Sunway Medical Centre Velocity, we encourage all men in this age group to get screened, especially those experiencing symptoms or leading high-risk lifestyles.

There are several types of screening available. Colonoscopy remains the gold standard, not just because it detects cancer, but because it allows doctors to remove polyps on the spot. Stool-based tests, such as the FIT or FOBT, are also useful tools for detecting hidden blood in the stool, which can be an early sign of cancer. Some patients may benefit from CT

colonography, a non-invasive scan that offers a visual check of the colon.

If you're unsure which test is right for you, speak to a medical professional. What's important is not delaying, because every year counts.

### Lifestyle Habits That Lower Risk

While not all cases of colorectal cancer can be prevented, many can be delayed or avoided entirely through healthy lifestyle changes. Prevention doesn't need to be extreme – it's about consistent, balanced choices.

Here's what works:

- Eat more fibre-rich foods: Whole grains, vegetables, and fruits support healthy digestion and bowel movements.
- Cut down on red and processed meat: Sausages, bacon, and deli meats have been linked to increased risk.
- Stay physically active: Just 30 minutes of moderate activity a day (like brisk walking or cycling) makes a difference.
- Quit smoking: Tobacco increases risk for several cancers – including

colorectal.

- Limit alcohol: Drink in moderation, or not at all.
- Maintain a healthy weight: Especially around your waistline, where excess fat poses more danger.

These steps not only reduce your risk of colorectal cancer but also support your heart, mental health, and hormonal balance as you age.

### Don't Delay: Talk to a Specialist

It's easy to dismiss digestive symptoms or think, "I'll get checked later." But time matters. If you're experiencing any symptoms, or you're just ready to take a proactive step for your health, talk to a specialist.

At Sunway Medical Centre Velocity, our multidisciplinary team offers comprehensive screening, diagnostic imaging, and personalised treatment for digestive health. Whether you see a Gastrologist, Endocrinologist, or General Surgeon, rest assured you'll be supported every step of the way.

### Final Takeaway

Colorectal cancer doesn't make a loud entrance, it often grows quietly until it becomes serious. But that doesn't mean you have to wait in silence. By staying informed, making conscious lifestyle choices, and prioritising early screening, you give yourself the best possible defence.

If you're a man in your 30s or 40s, don't assume you're too young to be at risk. And if you're a friend, partner, or family member, don't wait for symptoms to appear, encourage the people you care about to get checked.

Take that first step today, schedule a consultation with our **Consultant Physician, Gastroenterologist & Hepatologist, Dr Deborah Chew**, to discuss any concerns you may have, whether it's symptoms you've noticed or questions about your

digestive health. You can also explore your options through our Health Screening Packages, designed to help detect issues early and give you peace of mind.

**Dr Deborah Chew**  
*Consultant Physician,  
Gastroenterologist  
& Hepatologist*



# Male Sperm Health? Here's What Your Urologist Wants You to Know

When we talk about fertility challenges, the conversation often focuses on women, but male infertility is just as important to understand. **One of the most common and correctable causes of male fertility issues is a condition called varicocele.** If you've never heard of it, you're not alone. It often goes unnoticed, until you start trying to have a child.

This November, as we focus on Men's Health, let's understand this issue more with **Dr Goh Cheng Hood, Consultant Urologist at Sunway Medical Centre Velocity**, as he explains how varicoceles can affect male fertility, the symptoms to look out for, and the treatment options available.

## What Is a Varicocele?

A varicocele is an enlargement of the veins within the scrotum, the sac of skin that holds the testicles. These veins, known as the pampiniform plexus, are responsible for draining blood from the testicles. When they become swollen and dilated, they disrupt the normal cooling mechanism that keeps the testicles at the optimal temperature for sperm production.

You can think of a varicocele like a



varicose vein in your leg, except it's in a far more delicate location. It's most commonly found on the left side of the scrotum due to anatomical differences in how blood drains from the testicles.

### Why It Matters

While varicoceles don't always cause obvious symptoms, they can interfere with sperm production, hormone levels, and even testicular growth. This makes them a leading cause of male infertility in men with abnormal semen analysis.

## How Do Varicoceles Affect Fertility?

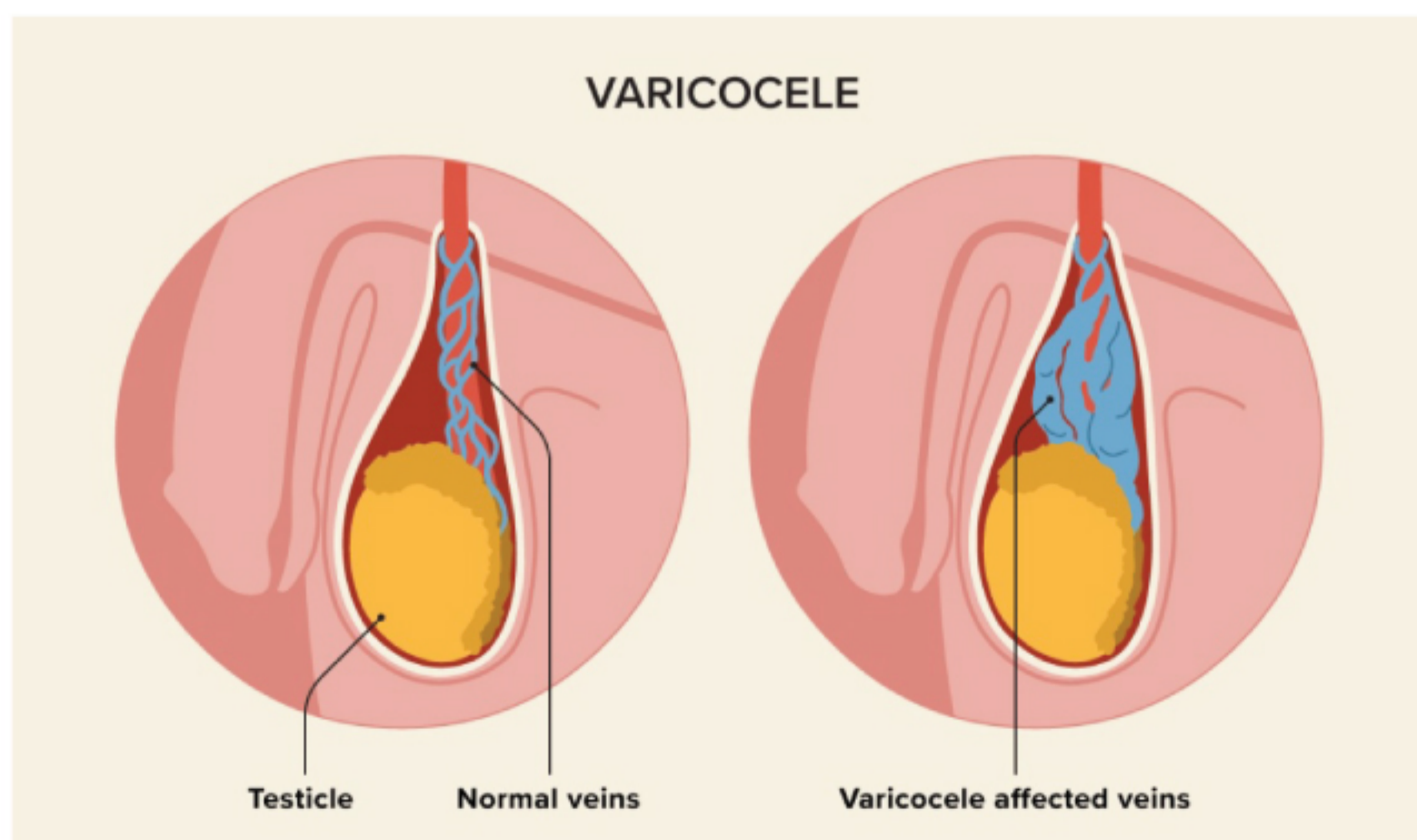
Fertility is a delicate balance. When veins in the scrotum become enlarged, blood tends to pool and create excess heat in the testicles. This subtle rise in temperature may disrupt:

- Sperm count (the number of sperm in ejaculate)
- Sperm motility (how well sperm move)
- Sperm morphology (shape and structure)
- Testosterone production

Even when symptoms are not noticeable, this internal disruption can reduce the likelihood of conception. For couples who have been trying to conceive for over a year without success, checking for varicocele is often a crucial step in the fertility work-up.

## Common Symptoms (And What It Feels Like)

Many men with varicocele have no symptoms at all. However, in some cases, it may cause:



- A dull ache or heaviness in the scrotum, especially after standing or exercising
- A visible or palpable “bag of worms” texture above the testicle
- One testicle appearing smaller than the other
- Fertility struggles or an abnormal semen analysis

If you're experiencing any of the above or have concerns about fertility, it's worth speaking to a urologist, the specialist trained in male reproductive health.

## Other Fixable Causes of Male Infertility

While varicocele is a key concern, it's not the only culprit. There are few common and treatable causes that urologists often screen for:

### Lifestyle Factors

Sperm health is highly sensitive to daily habits. These modifiable factors are often overlooked:

- Smoking and recreational drug use
- Heavy alcohol consumption
- Obesity and poor diet
- Chronic stress or inadequate sleep
- Heat exposure (frequent sauna use, hot baths, tight clothing)
- Nutrient deficiencies, particularly zinc, selenium, and vitamin D

These lifestyle-related issues are reversible meaning that even small changes can lead to significant improvements in sperm quality over time.

## Diagnosis: What to Expect During a Consultation

A urologist will begin with a detailed medical history and physical examination. If a varicocele is suspected, the doctor may perform a Valsalva manoeuvre, asking you to bear down while standing, to feel for abnormal veins.

If further confirmation is needed, additional tests may include:

- Scrotal ultrasound – to visualise the veins and assess the severity
- Semen analysis – to check sperm count, motility, and morphology
- Blood tests – to evaluate hormone levels such as testosterone, FSH, and LH

## Treatment Options: Do You Always Need Surgery?

Not necessarily. Treatment depends on your symptoms, fertility goals, and test results. If you're not in pain and not trying to conceive, monitoring may be enough. Tight-fitting underwear can help relieve discomfort during exercise or prolonged standing. Pain relievers may also be helpful.

### Surgical Option: Varicocelectomy

For those with fertility issues or persistent discomfort, a varicocelectomy is often recommended. This minor outpatient surgery involves tying off or sealing the affected veins so blood can reroute through healthy pathways.

Most men return to normal activities within 1–2 weeks, and sperm improvements may be seen within 3–6 months.

## Long-Term Outlook: What Happens If Left Untreated?

A small varicocele that doesn't cause symptoms may not need treatment at all. But in more severe cases, untreated varicocele may lead to:

- Permanent testicular damage or shrinkage
- Progressive decline in sperm quality
- Ongoing discomfort or scrotal heaviness
- Difficulty conceiving

Early diagnosis offers the best chance of preserving fertility and testicular function, especially for men considering fatherhood in the future.

## When Should You See a Urologist?

Make an appointment if you notice:

- A lump, swelling, or discomfort in your scrotum
- Changes in testicle size
- Difficulty getting your partner pregnant after a year of trying
- Concerns about hormone levels or low libido

A simple evaluation may provide clarity, and relief.

## Key Takeaway: Don't Ignore the Signs

Male infertility is far more common than most people realise, and the causes are often treatable. Whether it's a silent varicocele, an undiagnosed hormone issue, or a lifestyle factor, a urologist can help you identify the root of the problem.

Taking that first step may feel daunting, but it's the best way to take charge of your reproductive health and move closer to the future you envision, one that may include starting or growing a family.



# Endoscopic Sleeve Gastroplasty (ESG): A Less Invasive Path to Weight Loss



At Sunway Medical Centre Velocity, we understand how challenging weight-related health issues can be. For patients who struggle with obesity and its complications, despite changes in diet and exercise, ESG offers a minimally invasive, anatomy-preserving option to support weight loss and improve overall health.



## What is ESG?

- Endoscopic Sleeve Gastroplasty (ESG) is a non-surgical, incision-free procedure that uses an endoscope, a long, flexible tube with a camera, inserted through the mouth down into the stomach.

- Instead of removing part of the stomach (as in traditional bariatric surgery), ESG reduces the size of the stomach by placing internal stitches. This transforms the stomach into a narrower, sleeve-like shape limiting how much food you can eat and helping you feel full sooner.
- The result: smaller portions satisfy you, and you eat less overall. Over time, this can lead to sustainable weight loss and health improvements.

## Why Consider ESG?

ESG may be an option when:

- Your body mass index (BMI) is 30 or higher, and attempts at weight loss through diet and exercise alone have not worked.
- You prefer a less invasive alternative to bariatric surgery.
- You wish to reduce risk of obesity-related conditions such as high blood pressure, type 2 diabetes, non-alcoholic fatty liver disease, sleep apnea, or joint strain.

Because ESG preserves the anatomy and doesn't involve external cuts, recovery is quicker and complications are fewer compared to conventional bariatric surgery.

## What Happens During and After ESG?



During the procedure

- You'll be sedated, and the endoscope is gently passed through your mouth into the stomach.
- Using a suturing device attached to the endoscope, your doctor stitches folds in your stomach along its greater curvature. These folds

shrink the stomach's volume and reshape it into a sleeve-like shape. The procedure typically takes about 1 to 2.5 hours.

After the procedure

- Many patients go home the same day; some may stay overnight for observation.
- For the first few days, a liquid diet is typically recommended, gradually transitioning to soft and then regular foods, under guidance from dietitians.
- Because the stomach is smaller, you'll feel full sooner, which helps you eat less and lose weight gradually.

Typical total body weight loss ranges from 15% to 20% at one year for many patients who follow the recommended lifestyle changes.

### Is ESG Right For You?

ESG may be considered if:

- Your BMI is 30 or above
- You've tried lifestyle changes (diet + exercise), but couldn't maintain weight loss
- You prefer a non-surgical, less invasive approach
- You are willing to commit to long-term lifestyle changes: healthier eating, portion control, regular exercise, and follow-up visits

However, ESG is not suitable for everyone. It may be contraindicated if you have conditions such as large hiatal hernias, active stomach ulcers,

### Benefits of ESG

Feature	ESG
Incisions / Scars	None; access via mouth
Hospital stay	Often day-case or overnight
Recovery time	Short; quick return to normal activity
Risk & complications	Low overall risk of serious complications; mild GI side effects such as nausea or bloating are common but manageable
Long-term flexibility	Stomach preserved; sutures can be reinforced if needed

ESG doesn't permanently remove stomach tissue and avoids major surgery; it offers a balance: meaningful weight loss with fewer risks and broader suitability.

bleeding disorders, or other gastrointestinal complications.

### How to Get Started at Sunway Medical Centre Velocity

At Sunway Medical Centre Velocity, our multidisciplinary wellness team, including gastroenterologists and nutritionists - will evaluate your overall health and whether ESG is a suitable option for you.

1. Initial Consultation & Assessment – Review your medical history, body weight, any obesity-related conditions, and prior weight loss efforts.
2. Detailed Evaluation – Confirm suitability for ESG (gastric health, absence of contraindications,

- readiness for lifestyle changes).
3. Procedure & Aftercare Plan – If eligible, schedule the ESG, provide pre-procedure guidance, and plan for follow-up diet, exercise, and monitoring.

### Final Thoughts

For many people who have struggled with obesity, ESG offers a promising middle ground: significant weight loss and health benefits, with fewer risks and a quicker recovery than traditional surgery.

If you are considering weight-loss solutions and want to know if Endoscopic Sleeve Gastroplasty is suitable for you, speak with our team at Sunway Medical Centre Velocity. We are here to provide a comprehensive evaluation, honest guidance, and long-term support on your wellness journey.



## Morning Sickness vs Hyperemesis



### Understanding Severe Nausea in Pregnancy

Nausea and vomiting are often described as a “normal” part of pregnancy. For many women, it’s one of the earliest signs that the body is adjusting to hormonal changes and the presence of a growing baby. Mild nausea, food aversions, or occasional vomiting can be unpleasant, but they are usually temporary and manageable.

Pregnancy sickness is thought to be caused by the hormones produced in all pregnancies. \*Recent research suggests that some women experience more severe symptoms because of genetic differences that lead to higher levels of GDF-15, a hormone made by the placenta. This hormone is known to trigger nausea and reduce appetite, which explains why the same condition can feel mild for some and much more intense for others.

However, when nausea becomes overwhelming, constant, and begins to affect daily life, it may signal something more serious. Understanding the difference between typical morning sickness and a condition known as hyperemesis gravidarum is important for knowing when reassurance is enough and when medical care is needed.

Let’s understand this better with insights from **Dr Gayathri Mariappa**, our **Consultant Obstetrician & Gynaecologist and Maternal-Fetal Medicine Specialist**.

### What Is Morning Sickness?

Morning sickness is extremely common, especially in the first trimester of pregnancy. Despite the name, symptoms can occur at any time of the day or night.

Most women with morning sickness experience:

- Mild to moderate nausea
- Occasional vomiting
- Sensitivity to smells or certain foods
- Symptoms that ease with rest, small meals, or dietary changes

For many, symptoms peak during the early weeks of pregnancy and gradually improve by the second trimester as hormone levels stabilise. While uncomfortable, morning sickness usually allows women to continue eating, drinking, and carrying out daily activities with some adjustments.

Importantly, morning sickness does not usually cause dehydration, weight loss, or long-term health concerns.

## What Is Hyperemesis Gravidarum?

Hyperemesis gravidarum is a severe form of pregnancy-related nausea and vomiting. It goes far beyond typical morning sickness and can significantly affect both physical health and emotional wellbeing.

Women experiencing hyperemesis may notice:

- Persistent, intense nausea throughout the day
- Frequent vomiting that does not ease with rest or diet changes
- Difficulty keeping food or fluids down
- Weight loss during pregnancy
- Signs of dehydration such as dizziness, dry mouth, reduced urination, or extreme fatigue

Unlike morning sickness, hyperemesis can lead to dehydration, nutritional deficiencies, and electrolyte imbalance if not treated properly. This is why it should never be dismissed as simply “bad nausea.”

## Key Differences to Be Aware Of

A helpful way to think about the difference is this:

- **Morning sickness affects comfort**
- **Hyperemesis affects health**

Morning sickness is common, temporary, and usually improves with simple measures. Hyperemesis gravidarum is less common, but far more intense, and often requires medical treatment and close monitoring to protect both mother and baby.

## When Should You See a Doctor?

It's important to seek medical advice if nausea and vomiting begin to interfere with hydration, nutrition, or daily functioning.

You should speak to your doctor if you:

- Cannot keep fluids down for more than 24 hours
- Vomit multiple times a day
- Feel weak, dizzy, or faint
- Notice dark urine or very little urination
- Experience weight loss during pregnancy

Early assessment allows your doctor to determine whether symptoms fall within the expected range or whether further treatment is needed.

## How Are These Conditions Managed?

### Managing Morning Sickness

For most women, morning sickness can be managed with supportive care, including:

- Eating small, frequent meals
- Avoiding foods or smells that trigger nausea
- Staying hydrated with small, frequent sips of fluid
- Rest and simple lifestyle adjustments

Reassurance and guidance often go a long way in helping women cope during this phase.

### Managing Hyperemesis Gravidarum

Hyperemesis requires a more structured medical approach. Treatment may include:

- Prescription anti-nausea medication
- Fluid replacement to correct dehydration
- Nutritional support if intake is poor
- Monitoring of weight, hydration status, and blood levels

Care is always individualised, taking into account the severity of symptoms, pregnancy stage, and overall health.

## A Gentle Reminder for Expectant Mothers

Experiencing nausea during pregnancy does not automatically mean something is wrong. At the same time, severe or persistent symptoms should never be brushed aside as something you simply need to “tolerate.”

Listening to your body and seeking timely medical advice can make a significant difference, not only in comfort, but also in safety and peace of mind throughout your pregnancy journey.

If you are struggling with ongoing nausea or vomiting during pregnancy, don't hesitate to seek help.

You may book an appointment with **Dr Gayathri Mariappa, our Consultant Obstetrician & Gynaecologist and Maternal-Fetal Medicine Specialist**, for a personalised assessment, or learn more about the support available through our Women's Health Centre at Sunway Medical Centre Velocity, where comprehensive care is provided for every stage of pregnancy.

Early care, reassurance, and the right treatment can help make your pregnancy a healthier and more comfortable experience for both you and your baby.



## Minimally Invasive Mitral Valve Replacement



Minimally invasive mitral valve replacement is a surgical procedure to replace a damaged mitral valve through small incisions in the chest. The mitral valve plays a crucial role in regulating blood flow between the left atrium and left ventricle of the heart. When the valve becomes severely damaged and cannot be repaired, replacement may be necessary to restore proper heart function.

Unlike traditional open-heart surgery, minimally invasive mitral valve replacement is performed using smaller incisions, specialised instruments, and advanced imaging techniques. This approach aims to reduce surgical trauma while providing effective and durable valve treatment.

### What is a minimally invasive mitral valve replacement?

Minimally invasive mitral valve replacement is a type of heart surgery in which a diseased mitral valve is removed and replaced with a prosthetic valve through one or more small incisions on the side of the chest. The replacement valve may be mechanical or made from biological tissue.

The mitral valve ensures that blood flows in the correct direction through the heart. When it becomes severely

narrowed or leaky and cannot be repaired, valve replacement may be required to improve symptoms and prevent complications such as heart failure.

This minimally invasive approach avoids the need for a full breastbone incision and may result in faster recovery and less postoperative discomfort compared to conventional open-heart surgery.

### What conditions does minimally invasive mitral valve replacement treat?

You may require mitral valve replacement if you have severe mitral valve disease that is not suitable for repair, including:

- **Severe mitral valve regurgitation**  
When the valve does not close properly, allowing blood to leak backwards with each heartbeat.
- **Severe mitral valve stenosis**  
When the valve becomes stiff or narrowed, restricting blood flow through the heart.

These conditions can lead to symptoms such as shortness of breath, fatigue, swelling of the legs, and irregular heart rhythms if left untreated.

### What is the difference between mitral valve repair and mitral valve replacement?

- Mitral valve repair involves fixing the patient's own valve and preserving its structure.
- Mitral valve replacement involves removing the damaged valve and replacing it with an artificial valve.

Replacement is typically recommended when the valve damage is too extensive to allow for a durable repair.

### Who is a candidate for minimally invasive mitral valve replacement?

You may be a candidate depending on several factors, including:

- Severity and type of mitral valve disease
- Overall heart function
- Whether additional heart procedures are required
- Body structure and chest anatomy
- Medical history and existing health conditions

Not all patients are suitable for a minimally invasive approach. Your cardiac team will perform detailed assessments to determine the safest and most effective surgical option.

### What happens before minimally invasive mitral valve replacement?

Before surgery, your care team will conduct a thorough evaluation, which may include:

- Echocardiogram to assess valve structure and heart function
- CT scan to evaluate chest anatomy and surgical access
- Cardiac catheterisation to assess coronary arteries
- Blood tests and preoperative assessments

You will receive specific instructions regarding medications, fasting, and preparation before surgery.



### What happens during minimally invasive mitral valve replacement?

During the procedure, your cardiac surgeon will:

1. Make one or more small incisions between the ribs
2. Use specialised instruments and a camera to access the heart
3. Remove the diseased mitral valve
4. Implant the replacement valve
5. Test valve function before closing the incisions

The procedure is performed under general anaesthesia and uses heart-lung bypass support.

### How long does the surgery take?

Minimally invasive mitral valve replacement typically takes three to five hours, depending on the complexity of the condition and surgical approach.

### What happens after surgery?

After surgery:

- You will spend one to two days in the intensive care unit (ICU)
- Temporary chest drains may be used to prevent fluid buildup
- You will be encouraged to sit up and walk within a day or two
- Breathing exercises will help reduce lung congestion

Most patients stay in the hospital for five to seven days before being discharged home.

### What are the benefits of minimally invasive mitral valve replacement?

Compared to traditional open-heart surgery, benefits may include:

- Smaller incisions and less scarring
- Reduced pain and blood loss
- Lower risk of infection
- Shorter hospital stay
- Faster recovery and return to daily activities

Recovery varies from person to person. Most patients experience gradual improvement in symptoms such as breathlessness and fatigue over several weeks.

You may be advised to:

- Avoid heavy lifting for several weeks
- Attend follow-up appointments
- Take prescribed medications consistently

Cardiac rehabilitation programmes are often recommended to help improve strength, endurance, and heart health safely.

## Additional Common Questions

### Can the mitral valve be replaced without open-heart surgery?

Yes. In selected patients, the mitral valve can be replaced using minimally invasive surgical techniques. The suitability of this approach depends on several factors, including the patient's heart condition, valve anatomy, and overall health.

In some cases, catheter-based therapies may also be considered, depending on the type and severity of mitral valve disease and individual patient suitability.

Minimally invasive mitral valve replacement is an advanced surgical option for patients with severe mitral valve disease that cannot be repaired. By using smaller incisions and specialised techniques, this approach may help reduce surgical trauma and support a smoother recovery.

Care for mitral valve conditions is provided through our Heart & Lung Centre, where patients are assessed by a multidisciplinary team experienced in managing complex cardiac conditions.

If you have concerns about mitral valve disease or would like further assessment, you may book an appointment with our **Cardiothoracic Surgeon, Dr Mohd Zamrin Bin Dimon**, for a personalised evaluation and discussion on the most appropriate treatment options.

Early assessment by a qualified specialist plays an important role in determining the right course of care and supporting long-term heart health outcomes.



**Dr Mohd Zamrin  
Bin Dimon**  
Cardiothoracic  
Surgeon

## Seizures in Children: What Parents Should Know and When to Seek Help



Watching a child suddenly lose control of their movements, stare blankly, or collapse can be frightening. For many parents, caregivers, and teachers, a seizure can feel like a moment where time stands still. Seizures in children are not uncommon, and while some may be brief and not serious, others could signal an underlying neurological condition that requires proper assessment and care.

Understanding what seizures are, why they happen, and how to respond can make a meaningful difference. With the right knowledge, you can stay calm and ensure a child receives timely and appropriate care. In this article, **Dr Tan Jen Ern, Consultant Paediatrician and Paediatric Neurologist at Sunway Medical Centre Velocity**, shares insights into recognising seizures in children and what steps to take when they occur.

### What Is a Seizure?

A seizure occurs when there is an abnormal electrical activity in the brain. This can temporarily affect how a child moves, behaves, feels, or responds. Not all seizures look dramatic. Some children may briefly stop responding or stare into space, while others may have more obvious movements such as stiffening or jerking of the body. Because seizures can present in different ways, recognising that “something is not usual” is often the first important step.

### Common Causes of Seizures in Children

Seizures can occur for different reasons, and in many cases, especially in younger children, they may be triggered by temporary conditions. Common causes include fever (known

as febrile seizures), epilepsy, head injury, infections involving the brain such as meningitis or encephalitis, and metabolic disturbances such as low blood sugar. In some children, the exact cause may not be immediately clear and may require further medical evaluation.

### What to do If a Child Has a Seizure

In those intense moments, calm and safe actions are most important. If a child is having a seizure, gently place the child on their side and ensure the surrounding area is safe to prevent injury. Loosen any tight clothing around the neck and stay with the child until the episode ends. It is important not to put anything into the child’s mouth and not to restrain their movements. Avoid giving food or drink until the child is fully alert.

If possible, note how long the episode lasts, as this information can be helpful for medical assessment.

## When Should You Seek Emergency Care?

While some seizures stop on their own, certain situations require urgent medical attention. You should seek immediate care if the seizure lasts longer than five minutes, if the child has difficulty breathing, if it is the first seizure, or if the child does not recover fully after the episode. Medical attention is also important if seizures occur repeatedly within a short period or happen after a head injury. Early evaluation helps ensure appropriate treatment and reduces the risk of complications.

## Diagnosis and Evaluation

Children who experience seizures require careful assessment to determine the cause. This may include a detailed medical history, neurological examination, and investigations such as brain imaging or an electroencephalogram (EEG) to assess brain activity. An accurate diagnosis helps determine whether the seizure is an isolated event or part of a condition such as epilepsy.

## Treatment and Long-Term Management

Treatment depends on the underlying cause. Most children do not require long-term treatment, especially if the seizure is triggered by a temporary condition such as fever. Others may need long term medication to control recurrent seizures. With proper care and follow-up, many children with seizures are able to lead normal, active lives.

## Supporting Your Child with the Right Care

Seizures can be distressing but knowing how to respond helps reduce fear and build confidence. With proper guidance, most children can continue their daily activities safely. At Sunway Medical Centre Velocity, we provide comprehensive care to support both the child and their family. Early assessment is important to ensure the right diagnosis and appropriate treatment.

**Dr Tan Jen Ern**  
Consultant  
Paediatrician and  
Paediatric Neurologist



# Lung Cryoablation: A Minimally Invasive Option for Treating Lung Tumours

For many patients diagnosed with a lung tumour, concerns about major surgery, recovery time, and overall health are common. While surgery remains an important treatment option, not all patients are suitable candidates for it.

Advances in medical technology have introduced less invasive alternatives. One such option is lung cryoablation, a targeted treatment that uses extreme cold to destroy tumour tissue while preserving as much healthy lung as possible.

Let's understand how this approach works and who may benefit from it with **Dr Mohd Zamrin Bin Dimon, Cardiothoracic Surgeon at Sunway Medical Centre Velocity.**

## What Is Lung Cryoablation?

Lung cryoablation is a minimally invasive procedure used to treat certain lung tumours by freezing and destroying abnormal cells.

During the procedure, a specialised probe is inserted through the skin and guided precisely into the tumour using imaging such as CT scan. The probe then delivers extremely cold temperatures, forming an "ice ball" that destroys the tumour cells.

Because the treatment is targeted, surrounding healthy lung tissue can often be preserved.

## When Is Lung Cryoablation Considered?

Lung cryoablation may be considered for patients who:

- Have small lung tumours
- Are not suitable for surgery due to age or other medical conditions
- Prefer a less invasive treatment option
- Have tumours that are difficult to remove surgically
- Require treatment for metastatic (spread) tumours to the lung

It is often part of a personalised treatment plan, discussed with a multidisciplinary medical team.



## How the Procedure Is Performed

The procedure is typically performed under image guidance, such as CT scan, to ensure accuracy.

A small incision is made on the skin, and a thin probe is carefully inserted into the lung tumour. Once in position, controlled freezing cycles are applied to destroy the tumour cells.

Patients are usually monitored closely during and after the procedure. In many cases, hospital stay is shorter compared to traditional surgery.

## Benefits of Lung Cryoablation

One of the main advantages of cryoablation is that it is less invasive than conventional lung surgery.

Because it does not require a large incision, patients may experience less pain and a quicker recovery. The procedure also allows for targeted treatment, helping preserve healthy lung tissue and maintain lung function.

For patients who are medically unfit for surgery or wish to avoid more extensive procedures, cryoablation offers a valuable alternative.

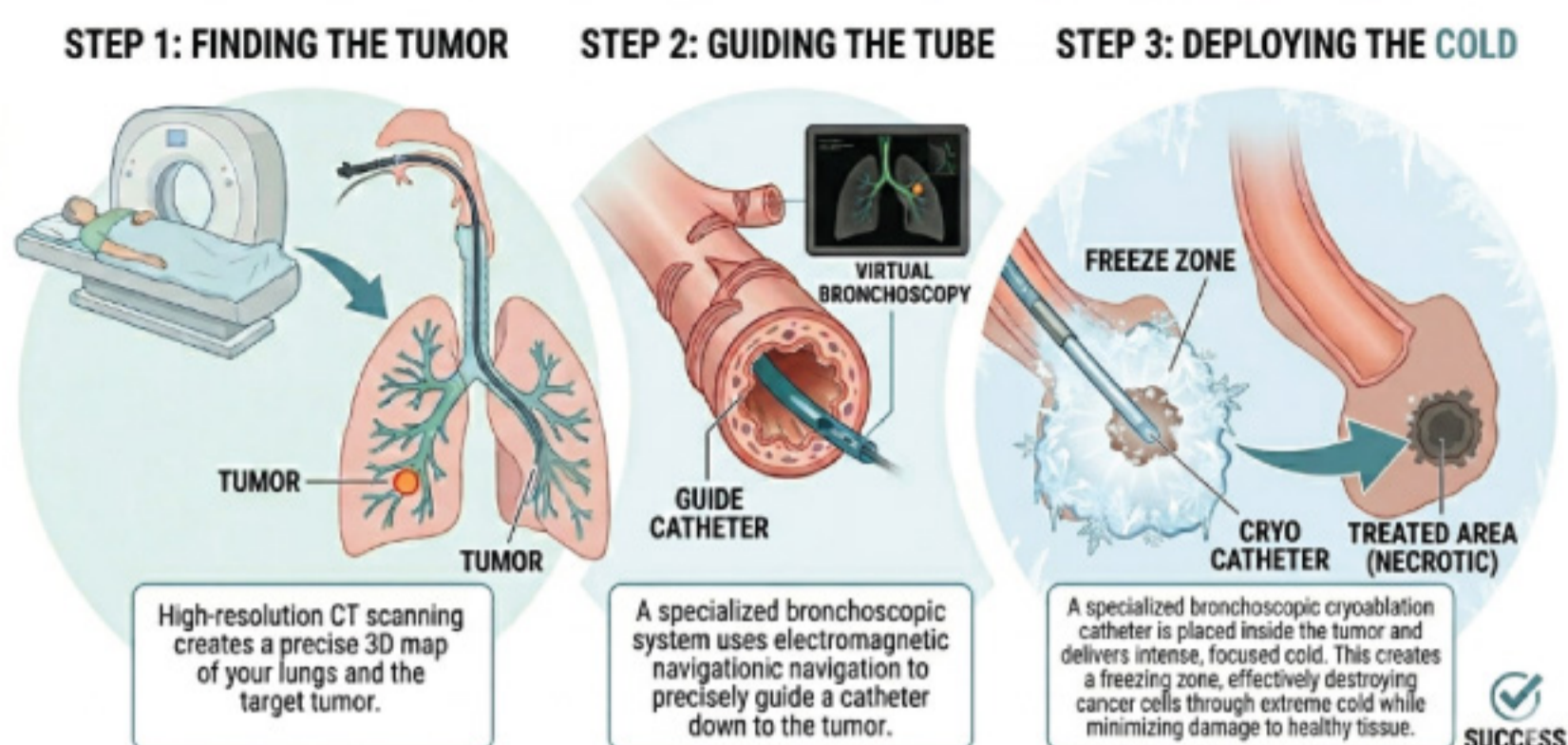
## What Are the Risks?

As with any medical procedure, lung cryoablation carries some risks.

The most common complication is pneumothorax, where air leaks into the space around the lung, which may require temporary drainage. Other risks include bleeding, infection, or discomfort at the treatment site.

Your doctor will discuss these risks and determine whether the procedure is suitable based on your condition.

## TREATMENT PROCESS: BRONCHUS CRYOABLATION



## Recovery and Follow-Up

Recovery after cryoablation is generally faster compared to traditional surgery.

Most patients are able to resume normal activities within a shorter period, although follow-up imaging is required to monitor treatment response.

Regular follow-up is important to assess whether the tumour has been fully treated or if additional sessions are needed.

## A Personalised Approach to Lung Cancer Care



Lung cryoablation is not a replacement for all forms of lung cancer treatment, but it plays an important role in selected patients.

Treatment decisions are based on tumour size, location, overall health, and patient preferences. A personalised approach ensures that each patient receives the most appropriate and effective care.

## Taking the Next Step

A diagnosis of a lung tumour can feel overwhelming, especially when considering treatment options.

For some patients, minimally invasive treatments like cryoablation may offer a balance between effectiveness and recovery.

At Sunway Medical Centre Velocity, our multidisciplinary team provides comprehensive evaluation and advanced treatment options, including image-guided tumour ablation, to support patients throughout their care journey.

If you would like to understand whether lung cryoablation is suitable for you or your loved one, speak to our **Dr Mohd Zamrin Bin Dimon, Cardiothoracic Surgeon at Sunway Medical Centre Velocity.**

You may also visit our Heart and Lung Centre to learn more about our comprehensive diagnostic and treatment services.

**Dr Mohd Zamrin Bin Dimon**  
Cardiothoracic Surgeon



## Just Fainting Or A Serious Heart Warning?



KUALA LUMPUR, April 9 (Bernama) -- Fainting can happen for many reasons and is often perceived as harmless. Although many episodes are linked to stress, dehydration, prolonged standing, or overwhelming emotion, some collapses may in fact be the body's first warning sign of a serious underlying heart condition.

Sunway Medical Centre Velocity (SMCV) **Consultant Physician, Cardiologist & Electrophysiologist, Dr Lim Chiao Wen** explained that cardiac syncope refers to fainting caused by a sudden drop in blood flow from the heart to the brain. Unlike common fainting, it is dangerous, often occurs without warning, and can be life-threatening if left untreated.

She said the causes may include irregular heart rhythms, structural problems affecting the heart muscle or valves, as well as serious circulation-related events such as a

blood clot in the lungs or a tear in the body's main artery.

Part of what makes this condition concerning is how easily it can be mistaken for an ordinary fainting episode. Dr Lim explained that when the heart beats too fast or too slow, blood pressure can drop suddenly, reducing blood flow to the brain and causing a sudden collapse.

She highlighted several structural conditions linked to cardiac syncope, including hypertrophic cardiomyopathy (thickening of the heart muscle), aortic stenosis (narrowing of the aortic valve), and myocarditis (inflammation of the heart muscle).

Dr Lim also pointed out that emotional stress may affect the heart more directly than many realise, as adrenaline surges can disrupt both heart rhythm and blood pressure. She cautioned that abnormal heart rhythms can occur suddenly and may

not be detected during routine screening, meaning even seemingly healthy individuals may collapse without warning.

Meanwhile, **SMCV Consultant Emergency Physician, Dr Cyrus Lai Sin Nan** said while fainting, or syncope, accounts for roughly one to three per cent of emergency department visits, cardiac-related syncope is significantly more dangerous due to its link to serious arrhythmias, sudden deterioration and even death.

"Although these cases are less common, their potential severity means they should not be dismissed, especially when the collapse occurs suddenly, recurs without explanation, or is accompanied by other concerning symptoms," he said in a statement today.

He added that recovering quickly after a collapse does not necessarily

mean the episode is harmless, as the underlying cause may still be serious.

“This is why the accident and emergency (A&E) department is a crucial point of assessment, as the immediate goal is not only to stabilise the patient but also to determine whether the collapse is linked to a serious heart condition requiring urgent attention.

“In A&E, the more common cardiac-related presentations include chest pain or acute coronary syndrome, arrhythmias, heart failure and uncontrolled hypertension,” he said.

He said cardiac syncope can occur at any age but is more concerning among older adults, particularly those with reduced blood flow to the heart, heart valve disease, abnormal heart rhythms, implanted pacemakers or multiple medical conditions.

“In younger patients, we are particularly alert if syncope occurs during exertion, is accompanied by palpitations, or if there is a family history of sudden death, as inherited arrhythmic disorders or structural conditions such as hypertrophic cardiomyopathy may be involved,” Dr Cyrus said.

Dr Cyrus said emergency assessment for cardiac syncope typically includes airway, breathing and circulation checks, vital signs monitoring, blood sugar testing, a focused medical history, physical examination, orthostatic blood pressure measurement where needed, and a 12-lead electrocardiogram to detect rhythm abnormalities or other warning signs.

He said patients with concerning features may require continuous cardiac monitoring, while further investigations may include cardiac blood markers, blood counts, kidney and electrolyte tests, and selected imaging based on the patient's condition.

He added that early recognition in emergency settings is crucial, as some patients may appear stable initially but remain at risk of rapid deterioration.

From a cardiology perspective, Dr Lim said further evaluation may include echocardiography, which uses ultrasound to assess the heart's structure and function; Holter monitoring, which records heart rhythm continuously over an extended period (typically more than 24 hours); as well as stress testing and selected coronary imaging where needed.

She said treatment depends on the underlying cause and may include medication, implantable devices such as pacemakers or defibrillators, or ablation procedures to correct abnormal electrical pathways in cases of life-threatening rhythm disturbances.

“When a heart attack is identified, urgent procedures such as coronary angioplasty and stent placement may be required to restore blood flow,” she said, adding that untreated cardiac syncope carries a high risk of death.

The hospital advised the public to adopt a healthy lifestyle and undergo regular health screenings, especially those with a strong family history of heart conditions, as early detection plays a key role in reducing the risk of serious cardiac events and improving long-term health outcomes.

It added that fainting should not be automatically dismissed as harmless, particularly when accompanied by chest pain, palpitations, breathlessness, or when it occurs during exercise, while lying down, or is followed by prolonged confusion or serious injury.

**Dr Lim Chiao Wen**  
*Consultant Physician,  
Cardiologist &  
Electrophysiologist*



**Dr Cyrus Lai Sin Nan**  
*Consultant Emergency  
Physician*



## Emergency Situations: What to Do for Heart Attack, Stroke and Other Common Medical Emergencies



Emergencies can happen suddenly and without warning, whether at home, in school, or in public places. In those critical moments, knowing how to recognise the signs and respond appropriately can make a life-saving difference. For parents, caregivers, teachers and the general public, having basic knowledge of common medical emergencies helps reduce panic and ensures faster, safer action.

Let's understand how to recognise and respond to medical emergencies together with the **Consultant Emergency Physician team at Sunway Medical Centre Velocity, Dr Lim Fang Jen and Dr Cyrus Lai.**

This guide explains how to identify and respond to some of the most common emergencies, including heart attack, stroke, seizures, choking and severe allergic reactions. Early recognition and immediate response are key to improving outcomes and

preventing complications.

### Heart Attack: Recognising the Warning Signs Early

A heart attack occurs when blood flow to the heart muscle is blocked, usually due to a buildup of fat, cholesterol or other substances in the coronary arteries. Without prompt treatment, the heart muscle can become damaged.

### Common Symptoms

The most recognised symptom is chest discomfort. This may feel like pressure, tightness, fullness or pain in the centre of the chest. The discomfort may last for several minutes or come and go.

Other symptoms include:

- Pain or discomfort spreading to the

- arms, neck, jaw, shoulder or back
- Shortness of breath
- Cold sweats
- Nausea or vomiting
- Lightheadedness or dizziness

In some individuals, especially women, older adults and people with diabetes, symptoms may be less typical. They may experience fatigue, indigestion-like discomfort, or shortness of breath without chest pain.

### What to do

If a heart attack is suspected, call emergency services immediately. Do not delay or attempt to drive the person to the hospital yourself unless absolutely necessary.

Help the person sit down and remain calm. Loosen any tight clothing and ensure they are comfortable. If the person has been prescribed heart

medication, assist them in taking it as directed. Stay with the person and monitor their condition until medical help arrives.

## Stroke: Acting Quickly to Protect the Brain

A stroke occurs when blood supply to part of the brain is interrupted or reduced, preventing brain tissue from receiving oxygen and nutrients. Brain cells begin to die within minutes, making early treatment critical.

### Recognising stroke using FAST

A simple way to identify stroke symptoms is the FAST method:

- Face: One side of the face may droop or feel numb
- Arms: The person may be unable to raise both arms evenly
- Speech: Speech may be slurred or difficult to understand
- Time: Immediate medical attention is required

Other symptoms may include sudden confusion, trouble seeing in one or both eyes, difficulty walking, dizziness, or a severe headache with no known cause.

### What to do

Call emergency services immediately if a stroke is suspected. Note the time when symptoms first appeared, as this information is important for treatment decisions.

Keep the person lying down with their head slightly elevated. Do not give food, drink or medication unless advised by medical professionals. Stay with the person, monitor their breathing and level of consciousness, and provide reassurance until help arrives.

## Seizures: Ensuring Safety During the Episode

Seizures are caused by sudden

abnormal electrical activity in the brain. They can vary in appearance, from brief staring episodes to full-body convulsions.

### Signs of a seizure

- Sudden loss of awareness or responsiveness
- Uncontrolled jerking movements of the arms and legs
- Stiffening of the body
- Staring spells
- Confusion or drowsiness after the episode

### What to do

If someone is having a seizure, gently guide them to the ground if needed and place them on their side. This helps keep the airway clear and reduces the risk of choking.

Remove any nearby objects that could cause injury. Place something soft under their head if possible. Time the duration of the seizure.

Do not restrain the person or attempt to stop their movements. Do not place anything in their mouth.

Emergency medical help is needed if the seizure lasts more than five minutes, if it is the person's first seizure, if repeated seizures occur, or if the person has difficulty breathing or does not regain consciousness.

## Choking: Acting Quickly to Restore Breathing

Choking occurs when an object blocks the airway, preventing normal breathing. It is a common emergency, especially in young children and older adults.

### Signs of choking

- Inability to speak or cry
- Weak or ineffective coughing
- Clutching the throat
- Difficulty breathing or noisy breathing

- Bluish colour of lips or face in severe cases

### What to do

If the person can cough, encourage them to continue coughing as this may help clear the obstruction.

If the airway is completely blocked, perform back-blows and abdominal thrusts. Stand behind the person and lean them forward, then perform 5 back blows between the shoulder blades using the heel of your hand. Next, place your arms around their waist, and apply quick, inward and upward thrusts to help expel the object. Continue alternating 5 back blows and 5 abdominal thrusts until the object is expelled or they can breathe again.

If the person becomes unconscious, begin basic life support and call emergency services immediately.

## Severe Allergic Reaction (Anaphylaxis): A Medical Emergency

Anaphylaxis is a severe and potentially life-threatening allergic reaction that can develop rapidly after exposure to allergens such as food, medication or insect stings.

### Symptoms

- Difficulty breathing or wheezing
- Swelling of the face, lips, tongue or throat
- Skin reactions such as hives or redness
- Rapid or weak pulse
- Dizziness or fainting

### What to do

If an epinephrine auto-injector is available, use it immediately as instructed. Call emergency services without delay.

Lay the person flat and elevate their legs if possible, unless they are having difficulty breathing, in which case

they may need to sit up slightly. Monitor their condition closely while waiting for medical assistance.

## Severe Bleeding: Controlling Blood Loss

Severe bleeding can quickly become life-threatening if not controlled.

### What to do

Apply firm, direct pressure to the wound using a clean cloth or bandage. Maintain pressure continuously to help stop the bleeding.

If possible, elevate the injured area above heart level. Avoid removing any objects embedded in the wound, as this may worsen bleeding.

Seek emergency medical care as soon as possible.

## When to Seek Immediate Medical Attention

It is important to seek emergency care if:

- Symptoms are severe or worsening
- The person loses consciousness
- Breathing becomes difficult
- There is uncertainty about the condition

When in doubt, it is always safer to seek professional medical help.

## Emergency Care Near You in Kuala Lumpur

If you are searching for an emergency hospital near you, it is important to choose a facility that provides immediate care with experienced medical teams and advanced equipment.

Sunway Medical Centre Velocity is a 24-hour emergency hospital in Kuala Lumpur, conveniently located within Sunway Velocity, less than 4km from Kuala Lumpur City Centre.

Our Emergency Department is equipped to manage:

- Heart attacks and chest pain
- Stroke and neurological emergencies
- Seizures and sudden loss of consciousness
- Trauma and injuries
- Severe infections and breathing difficulties

If you or someone around you is experiencing urgent symptoms, seek immediate medical attention at the nearest emergency department.

### Final Note

In emergency situations, staying calm and acting quickly can make a significant difference. While not every emergency can be prevented, being prepared allows you to respond with confidence and provide immediate support until professional care is available.

**Dr Lim Fang Jen**  
*Consultant Emergency  
Physician*



**Dr Cyrus Lai Sin Nan**  
*Consultant Emergency  
Physician*



## Excessive Tearing May Signal Blocked Tear Ducts



KUALA LUMPUR, Jan 7 (Bernama) -- Obstructed tear ducts, a condition that blocks the eye's natural drainage system, could affect people of all ages, with experts warning that low awareness often delays treatment, causing tears to overflow and, in some cases, leading to infections.

Sunway Medical Centre Velocity (SMCV) **Consultant Ophthalmologist and Oculoplastic Surgeon, Dr Nazila Ahmad Azli** said the condition occurs when the drainage pathway from the eyelids to the nose becomes blocked, preventing tears from draining normally and causing them to back up and overflow onto the cheeks, a condition known as epiphora.

She explained that excessive tearing usually stems from two main causes, namely overproduction of tears and a blockage in the tear drainage system.

"One common cause is

overproduction of tears due to irritation, infection, inflammation, allergies, or eye conditions such as facial nerve palsy.

"The other common cause is a blocked tear drainage system. When tears cannot drain normally, they overflow. Patients may also experience sticky discharge, and if the blockage is left untreated, the area may become infected," she told Bernama recently.

She noted that the condition typically affects two groups, namely children and adults.

In children, this is usually congenital in origin and can affect infants up to three years of age. As for adults, this is usually acquired in life for various reasons.

"Adult cases can appear as early as the age of 20, but in my practice, they

are more commonly seen between 40 and 70 years old," she said, adding that women are more susceptible than men.

She explained that women generally have narrower tear drainage systems, and that menopausal hormonal changes, along with the higher prevalence of dry eyes, which can trigger inflammation and scarring, may further increase the risk of obstruction.

To diagnose obstructed tear ducts, Dr Nazila said an Oculoplastic Surgeon typically begins with a detailed medical history and a physical examination, assessing the pattern of tearing and examining the tear sac area at the inner corner of the eye.

Additional tests, such as the dye disappearance test, may be conducted to observe how efficiently a coloured dye placed on the surface

of the eye drains into the tear duct.

According to Dr Nazila, a clinic procedure such as lacrimal irrigation or syringing may also be performed, gently flushing the tear system with saline to determine the location and severity of the blockage. In more complex cases, or when a tumour is suspected, imaging tests such as dacryocystography or a CT scan may be used to visualise the duct and surrounding structures.

“Treatment depends on the severity of the condition and the patient’s age. For infants or mild cases, non-surgical approaches such as gentle massage of the tear sac are usually recommended, while probing and syringing or lacrimal stent placement may be carried out for infants if necessary. Approximately 90 per cent of infants have their symptoms resolved by one year of age.

“For persistent blockage in adults, the definitive treatment is dacryocystorhinostomy (DCR), a surgical procedure to create a new drainage channel. This can be performed externally through a small incision between the eye and the nose, or endoscopically via the nose using a camera. In most cases, a temporary silicone stent is placed to keep the newly created drainage channel open during healing,” she said.

Dr Nazila also stressed that early diagnosis and proper treatment are important to relieve symptoms and prevent complications such as recurrent infections or inflammation around the eye.

However, she cautioned that symptoms such as pain, swelling, redness, or blurred vision require prompt treatment to prevent complications such as orbital cellulitis, a serious inflammation of tissues behind the eye.

She also advised the public to maintain good eyelid hygiene, including doing regular warm

compresses and using eyelid wipes, to reduce the risk of inflammation.

“If you develop symptoms that are unusual for you, seek help promptly. If left untreated, a blocked tear duct can lead to infection and more sinister complications,” she added.

**Dr Nazila Binti  
Ahmad Azli**  
*Consultant  
Ophthalmologist and  
Oculoplastic Surgeon*



# Could Your Flu Symptoms Actually Be Pneumonia Warning Signs?

Breathlessness, chest pain, fatigue, confusion, and dizziness may signal pneumonia – early recognition is crucial to prevent serious complications.

The increasing prevalence of respiratory viruses like influenza and COVID-19, aging population, delays in seeking medical care, and low vaccination rates are key factors in the rise of pneumonia-related deaths.

## Understanding pneumonia and who is at risk

Pneumonia is a serious respiratory infection that causes lung inflammation, leading to difficulty breathing, reduced oxygen levels, and potential complications that may

result in hospitalization or even death.

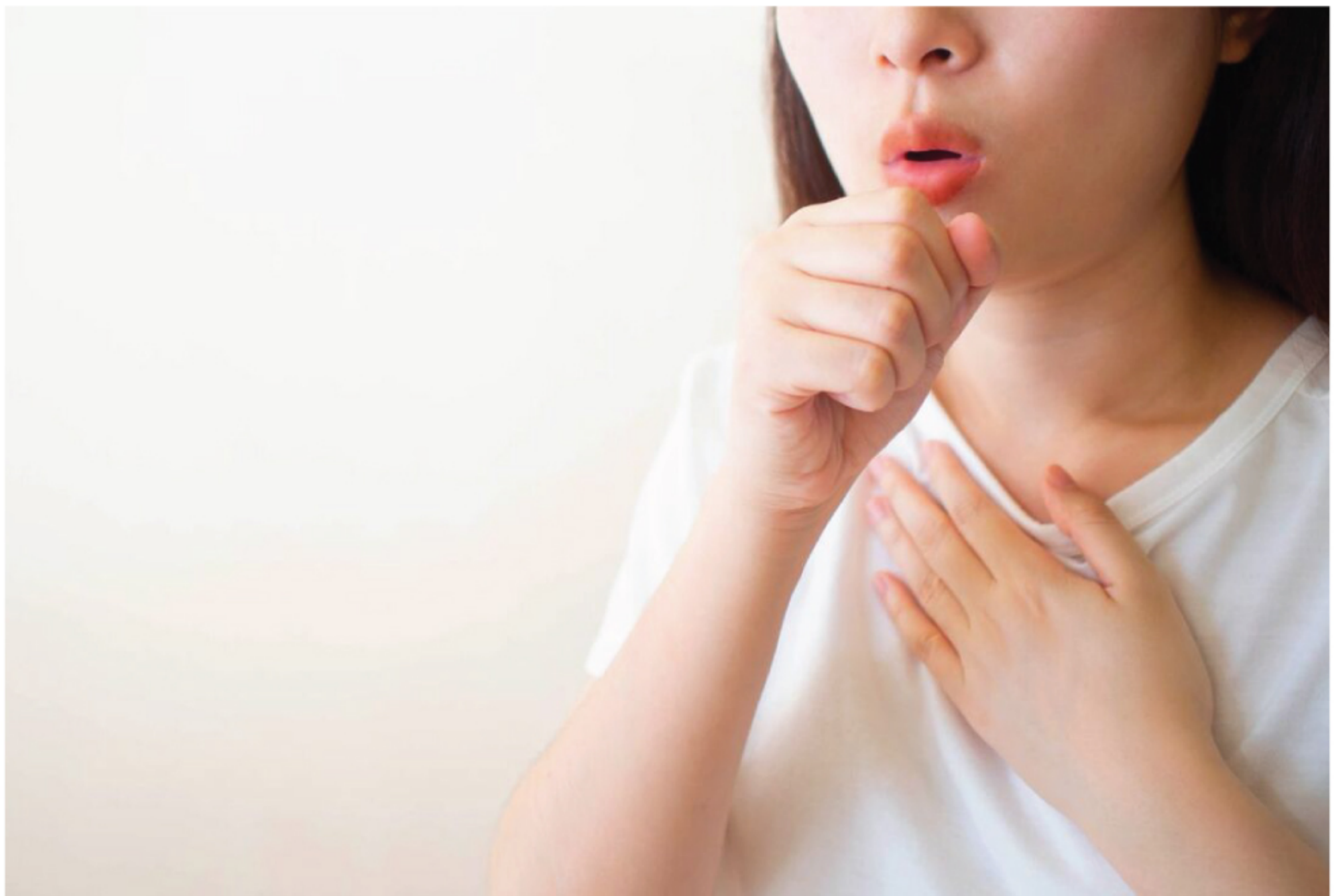
While the elderly face a higher risk of contracting pneumonia, younger individuals are also vulnerable, particularly those with weakened immune systems, chronic illnesses, or who practice lifestyle habits that compromise lung health. A rise in pneumonia cases among younger individuals in recent years is largely due to greater exposure to respiratory viruses, smoking and vaping.

Pneumonia can escalate quickly, making it crucial to recognize its warning signs early. Key pneumonia indicators to be aware of are shortness of breath, rapid breathing, chest pain, severe lethargy, confusion, and persistent dizziness.

As its symptoms often mimic common respiratory infections, it can be easily overlooked, leading to delays in treatment. This highlights the importance of distinguishing pneumonia from other respiratory conditions.

## The role of respiratory viruses in pneumonia

Influenza and COVID-19 are significant contributors to pneumonia cases, as they weaken the body's defence mechanisms and respiratory system. The flu virus damages the protective membranes lining the airways and the cilia, tiny hair-like structures that clear mucus, making individuals more vulnerable to bacterial infections that



can trigger pneumonia. It spreads through respiratory droplets dispersed into the air, when an infected person coughs or sneezes, and through contaminated surfaces if someone touches their nose or mouth afterward.

If someone has recently had the flu, they should watch for prolonged fever, worsening cough, or difficulty breathing, as these could indicate pneumonia. It is also important to note that infected people can be contagious one day before symptoms start to show, and up to five to seven days after symptoms surface.

When pneumonia becomes critical, its progression can be swift and devastating. Patients experiencing severe respiratory distress, dangerously low oxygen levels, confusion, or altered mental status may require intensive care or mechanical ventilation. If left untreated, pneumonia can cause myocarditis (heart muscle inflammation), encephalitis (brain inflammation), myositis or rhabdomyolysis (muscle inflammation or damage), sepsis (a life-threatening inflammatory response to infection), and multi-organ failure. Additionally, pneumonia can worsen pre-existing conditions, particularly in individuals with diabetes, heart disease, or chronic lung conditions, and those with compromised immune systems face an increased risk of prolonged hospitalization, permanent organ damage, or death.

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

### Strengthen your defence against pneumonia

Vaccination is one of the most effective preventive measures

against severe pneumonia. High-risk individuals are advised to prioritise both pneumococcal and influenza vaccinations as the influenza vaccine reduces hospitalization rates among healthy adults by 40-60%, while the pneumococcal vaccine lowers the risk of severe pneumonia by up to 75% in older adults.

Annual influenza vaccination is recommended for everyone, while adults over 65 should receive the pneumococcal vaccine with booster doses based on respective individual risk factors. Benefits in real life case includes a 72-year-old diabetic patient who received both flu and pneumococcal vaccines experienced only mild symptoms without developing pneumonia. In contrast, a 50-year-old diabetic patient who had not been vaccinated was hospitalized with severe pneumonia after contracting influenza.

In addition to vaccinations, maintaining a strong immune system through regular exercise, a balanced diet, and adequate rest are also essential.

### Taking proactive steps for better respiratory health

Pneumonia, though a serious illness, is largely preventable through early detection and preventative measures. Respiratory viruses like influenza and COVID-19 heightens the risk of severe infection, affecting not only older adults and those with chronic conditions, but also younger individuals.

Prevention begins with routine vaccinations, reinforced by simple yet effective practices like avoiding smoking, practicing good hygiene, and maintaining a healthy lifestyle.

**Dr Nurul Yaqeen Mohd Esa**

*Consultant Physician & Respiratory Specialist*



## What Comes After the Crash: Be Aware of the Head Injury You Cannot See



Road accident-related head injuries may unfold beyond the crash itself, with delayed symptoms and internal complications that are not always visible at the scene.

KUALA LUMPUR, May 11 — Road accidents continue to pose a major public safety concern in Malaysia.

Collisions can happen in seconds, but can leave injuries that unfold over hours, especially when the head is involved.

Head injuries are among the most concerning outcomes of road traffic accidents, ranging from mild concussions to serious brain trauma and skull fractures. According to **Dr Cyrus Lai, Consultant Emergency Physician at Sunway Medical Centre Velocity (SMCV)**, road traffic accidents remain one of the leading causes of traumatic brain injury in Malaysia and globally.

These injuries may happen through a direct hit to the head, the sudden force of the body being thrown forward and back, or rotational movement during impact, with some cases involving brain bleeding or skull fractures that require urgent intervention.

What makes head injuries especially dangerous is that they are not always obvious at the scene. A person may remain conscious, speak normally or appear stable, while bleeding, swelling or injury to the brain continues to develop internally.

“A patient may look well initially and still have internal bleeding, brain swelling, or a skull fracture. Serious head injuries may evolve over hours, which is why symptoms and neurological status must be monitored closely,” said Dr Lai.

### Understanding Head Injuries: Concussions, Brain Trauma, And Skull Fractures

Not all head injuries carry the same level of risk, as they may present across a wide spectrum from concussion to brain trauma and skull fracture.

A concussion may temporarily disrupt how the brain functions, while more serious brain trauma can involve internal bleeding or swelling. A skull fracture, on the other hand, occurs when the force of impact is strong enough to break the bone protecting the brain.

According to **Dr Mah Jon Kooi, Consultant Neurosurgeon at SMCV**, what separates these injuries is not always how the patient appears immediately after the accident, but

whether there is structural damage, pressure on the brain or the need for urgent intervention.

Even without visible bleeding or an open wound, the soft brain tissue can still jolt inside the rigid skull during impact, causing injury at a cellular and functional level.

While skull fractures are often associated with high-energy impact, concussions may still occur in lower-velocity collisions due to rotational forces on the brain.

Dr Lai explained that head injuries may involve primary injury, where the brain is affected at the moment of impact through direct force, acceleration-deceleration movement or rotational shear, as well as secondary injury, where complications such as cerebral oedema (brain swelling), hypoxia, (lack of oxygen), or hypotension (low blood pressure reduces blood flow to the brain), worsen the initial trauma.

This makes head injuries difficult to judge based on the appearance of the accident alone, as even a less dramatic collision can still affect brain function.

## Recognising Red Flags And Behavioural Changes After A Head Injury

Although some head injuries may initially seem minor, certain symptoms can signal more serious brain trauma and require urgent medical attention.

Early signs may include persistent headaches, confusion, memory lapses, or subtle changes in thinking and behaviour.

As the condition progresses, more concerning symptoms may develop, such as repeated vomiting, worsening headaches, slurred speech, weakness or numbness, and difficulty with coordination. In more

severe cases, red flags include unequal pupil size, bleeding or fluid from the nose or ears, seizures, or loss of consciousness.

Any symptoms that persist, fail to improve, or worsen over time should not be ignored and require prompt medical evaluation.

It is also important to note that symptoms may not appear immediately after the accident. Individuals may seem well initially, only to develop warning signs hours later.

This delayed onset highlights the importance of close observation within the first 24 to 48 hours, with family members or caregivers monitoring for subtle changes such as confusion, unusual drowsiness, difficulty concentrating, or changes in speech and coordination, which may signal a more serious underlying issue.

Beyond physical symptoms, head injuries can also affect mood and behaviour, particularly when the frontal lobe is involved. Individuals may experience irritability, anxiety, depression, or changes in personality and self-control.

While most mild head injury symptoms improve within one to two weeks, some may persist for weeks or months, known as post-concussional syndrome. In more severe cases, these effects can be long-term or permanent, underscoring the importance of early detection, proper monitoring, and timely medical care.

## The Importance Of Immediate A&E Assessment And Underlying Complications

Once a head injury is suspected, the priority is no longer just whether the patient looks well, but whether the brain is being protected from further damage.

In the Accident and Emergency (A&E) Department, assessment begins with stabilising the patient, protecting the cervical spine where needed, and checking the neurological functions through level of consciousness, pupil response, and limb strength.

Imaging may also be required, since a CT scan may help detect bleeding, swelling or fractures that are not visible through clinical assessment alone.

From a neurosurgical perspective, the most concerning complications are those that increase pressure within the skull. If bleeding expands or swelling worsens, blood flow to the brain may be restricted, increasing the risk of permanent neurological damage.

"The rigid skull allows for very little expansion, and excessive pressure may restrict blood flow to the brain, leading to ischemia (a condition where blood flow to the brain is reduced or interrupted, resulting in insufficient oxygen and nutrients needed for normal brain function) and permanent damage," said Dr Mah.

In severe cases, this pressure can lead to brain herniation, where brain tissue is compressed and displaced, making early detection and close monitoring critical.

Beyond bleeding and swelling, the impact of a head injury can also affect the way a person thinks, speaks, moves or behaves, depending on the area of the brain involved.

Dr Mah explains that trauma to areas such as the frontal lobe may affect judgement, speech and mood regulation, while more severe injuries may lead to longer-lasting changes in memory, behaviour or personality.

These changes may not be immediately obvious at the scene, but can significantly affect recovery,

independence and quality of life if the injury is not properly assessed.

## Management And Treatment

After the initial assessment, the next step is deciding how closely a patient needs to be monitored and whether the injury can heal with supportive care or requires urgent intervention. For milder cases such as concussion, this may involve observation, adequate rest and a gradual return to normal activities under medical advice and physiotherapy if needed.

Dr Mah notes that even mild head injuries may still require monitoring, as the goal is not only to support recovery, but to detect any signs of secondary injury before the condition worsens.

The treatment becomes more urgent when scans show bleeding, swelling or pressure affecting the brain. Dr Lai explains that patients who remain stable may be observed closely, while those with worsening neurological signs or pressure on the brain may require urgent neurosurgical review.

If a patient is discharged, caregivers must continue monitoring for red flags such as worsening headache, repeated vomiting or increasing confusion, which should prompt immediate return to the A&E Department.

In severe cases, treatment may move beyond observation and medication. Dr Mah explains that surgery may be needed when bleeding expands, pressure rises or the patient does not respond to initial treatment. The priority is to relieve pressure, stop bleeding and prevent further damage to the brain.

Beyond the acute phase, recovery may also involve rehabilitation to support physical, cognitive, and daily functional recovery, particularly for patients experiencing neurological or cognitive impairment.

The recovery and rehabilitation process can vary widely depending on the severity of the injury. Patients with mild head injuries are often able to return to their usual daily activities within one to two weeks.

However, those with moderate to severe head injuries typically require a longer period of recovery, which may include structured rehabilitation programmes involving physiotherapy, occupational therapy, and cognitive support.

In some severe cases, patients may experience lasting or permanent impairments that affect their independence, mobility, or ability to return to work.

If head injuries such as concussion, brain trauma, or skull fractures are not treated promptly, the long-term consequences can be significant. These may include persistent cognitive impairment such as memory loss and difficulties with decision-making, as well as emotional and behavioural changes including depression and personality shifts.

In addition, untreated head injuries may increase the risk of neurodegenerative conditions such as Alzheimer's disease, chronic traumatic encephalopathy (CTE), and Parkinson's disease.

Patients may also experience chronic headaches and a higher risk of seizures, highlighting the importance of early diagnosis, appropriate treatment, and ongoing monitoring to reduce the risk of long-term complications.

## A Wake-Up Call For Road Users

A head injury after a road accident should not be treated as minor simply because there is no visible wound or because the person appears alert after the incident.

By the time symptoms become more

obvious, internal complications may have already progressed, narrowing the window for effective treatment.

Early assessment at the A&E Department allows doctors to stabilise the patient, identify hidden injuries and decide whether observation, medical treatment or surgery is needed.

For both consultants, the message is clear: "time is brain" when it comes to head injuries, and early diagnosis can prevent a seemingly minor injury from developing into a severe condition.

Following any significant head impact, especially after a road accident, seeking medical assessment early and monitoring symptoms closely can make a meaningful difference to recovery, long-term function and survival.

**Dr Mah Jon Kooi**  
Consultant  
Neurosurgeon



**Dr Cyrus Lai Sin Nan**  
Consultant Emergency  
Physician



## Back of the Thigh, Front of the Problem: The Injury That Can Sideline Players



KUALA LUMPUR, June 16 (Bernama) -- As the 2026 FIFA World Cup season unfolded across the global football stage, many athletes and recreational players returned to the pitch and placed their bodies under the repeated stress of sprinting, sudden stops and powerful kicks.

While football continued to be one of the most widely played and followed sports in Malaysia, the physical demands of the game increased the risk of injury, especially for those who returned to high-intensity activity without consistent conditioning.

Sunway Medical Centre Velocity (SMCV) **Consultant Orthopaedic, Trauma and Sports Surgeon, Dr Aminudin Mohamed Shamsudin**, said hamstring injuries affect an estimated 10 to 30 per cent of sportsmen and account for nearly 35 per cent of all muscle injuries among professional athletes.

He said the hamstring, comprising three muscles located at the back of the thigh and running from the hip to just below the knee, plays a key role in supporting speed, control and stability during a game.

"When these muscles are placed under extreme stress, the muscle fibres can stretch beyond their limit, causing them to strain, partially tear or, in severe cases, completely detach from the bone," he said in a statement.

According to Dr Aminudin, the muscles acted as the body's brakes and accelerators during sport by helping to absorb force, control movement and generate power.

Dr Aminudin said hamstring injuries varied in severity, with mild cases involving the disruption of some muscle fibres, with short-lived pain and disability, and return to play

typically taking around four to six weeks.

Moderate injuries may involve larger muscle tears, noticeable bruising, and a three-to-four-month recovery, whereas severe injuries result in significant pain, loss of function, and an even longer period away from sport.

In some cases, the hamstring tendon may pull away from the bone, known as an avulsion injury, which requires surgical repair, he added.

Meanwhile, **SMCV Consultant Orthopaedic, Trauma and Paediatric Orthopaedic Surgeon, Dr Maria Shellynn Wong**, said children and adolescents aged between 13 and 15 who participated in football, futsal, or any other field sports may also be affected, and the injury they sustain may be different from a typical adult muscle strain.

She explained that during this age, the bones are still growing and the growth plate may be weaker than the surrounding tendons and ligaments, making it more vulnerable to injury during sudden, forceful movement.

Dr Maria noted that in some cases, a sudden, strong pull from the hamstring may injure the growth plate instead of tearing the muscle itself, causing a small piece of bone to be pulled away from the pelvis in an injury known medically as an apophyseal avulsion fracture.

Although such injuries were uncommon and represented only 1.4 to four per cent of all hamstring injuries, Dr Maria said it is important to recognise them because it requires a different assessment approach and need X-rays, CT scans or MRI examinations to confirm the diagnosis.

“Warning signs include a sudden popping or tearing sensation in the buttock or back of the thigh, localised pain and swelling over the sit bone, difficulty walking or straightening the knee, or numbness and tingling down the leg,” shared Dr Maria.

As these signs may point to a serious injury, imaging becomes important to confirm whether there is a fracture. X-rays can help identify bony injuries at the growth plate, while CT or MRI may be needed for further assessment.

From there, doctors can determine the most appropriate recovery plan based on how much the bone has shifted and the patient’s age and level of activity.

She said most cases were treated conservatively through rest and physiotherapy, while surgery was usually reserved for significant displacement or high-level athletes.

Both specialists stressed that athletes should not rush their return to sports, noting that pain could

disappear before the hamstring fully regained its strength and function.

They added that early diagnosis, appropriate treatment and structured rehabilitation were crucial in reducing the risk of reinjury and ensuring a safe return to play.

Ultimately, hamstring injuries should not be treated casually when symptoms are severe, persistent, or recurring, as what begins as a pull during play may involve a more serious tear or, in younger athletes, a growth plate injury that requires different assessment and care.




**Dr Aminudin  
Mohamed Shamsudin**  
*Consultant Orthopaedic,  
Trauma and Sports  
Surgeon*




**Dr Maria Shelynn Wong**  
*Consultant Orthopaedic,  
Trauma and Paediatric  
Orthopaedic Surgeon*

## Sunway Medical Centre Velocity

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

 +603 9772 9191

 +6019 320 2291

 [smcv-enquiry@sunway.com.my](mailto:smcv-enquiry@sunway.com.my)



**SUNWAYMEDICALCENTREVELOCITY**

[www.sunwaymedicalvelocity.com.my](http://www.sunwaymedicalvelocity.com.my)

### Curators & Storytellers

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

### Cultivators & Contributors

Dr Aminudin Mohamed Shamsudin  
Dr Cyrus Lai Sin Nan  
Dr Deborah Chew  
Dr Gayathri Mariappa  
Dr Goh Cheng Hood  
Dr Lim Chiao Wen  
Dr Lim Fang Jen  
Dr Mah Jon Kooi  
Dr Maria Wong  
Dr Mohd Zamrin Bin Dimon  
Dr Nazila Binti Ahmad Azli  
Dr Nurul Yaqeen Mohd Esa  
Dr Tan Jen Ern