

SMCV

APRIL

SPOTLIGHTS

**Recap of 2024:
A Year of Fulfilment,
Care, and Excellence**

What's New at SMCV?

Health Screening Centre Now
at Tower A

Relocation of Main Lobby,
Expansion of Wards and Accident &
Emergency Department

Exciting Heart Health Event!

Pulse of Life:
The Ultimate Heart Health
Experience





Message from the CEO

Dear Esteemed Partners,

Greetings from Sunway Medical Centre Velocity (SMCV) and welcome to the inaugural edition of **SMCV Spotlights** of 2025.

I am truly pleased and honoured to introduce Volume 1 of **SMCV Spotlights** corporate newsletter, which will be published quarterly to keep you informed and connected with the latest developments at SMCV. Through this platform, we will share the latest happenings, new services and packages, newly joined consultants, and updates on our ongoing hospital initiatives.

At SMCV, we believe healthcare is more than just treatment—it's about building relationships, fostering trust, creating a collaborative support system, and continuously innovating to serve you better. Since our inception, we have been committed to delivering high-quality medical care with a personalised touch, ensuring that every patient receives the best possible healthcare experience. However, none of our successes would be possible without your continued support.

I would like to extend my heartfelt appreciation to all our partners for the remarkable milestones we have

accomplished together over the past year. Your unwavering support and collaboration have been instrumental in our growth. Looking ahead, I am truly excited about what this year holds, including our ongoing expansion plans — notably the expansion of our Accident and Emergency Department and the addition of new wards, both set to be operational by Q3 2025. These developments will further strengthen our commitment to provide timely, high-quality care to our patients.

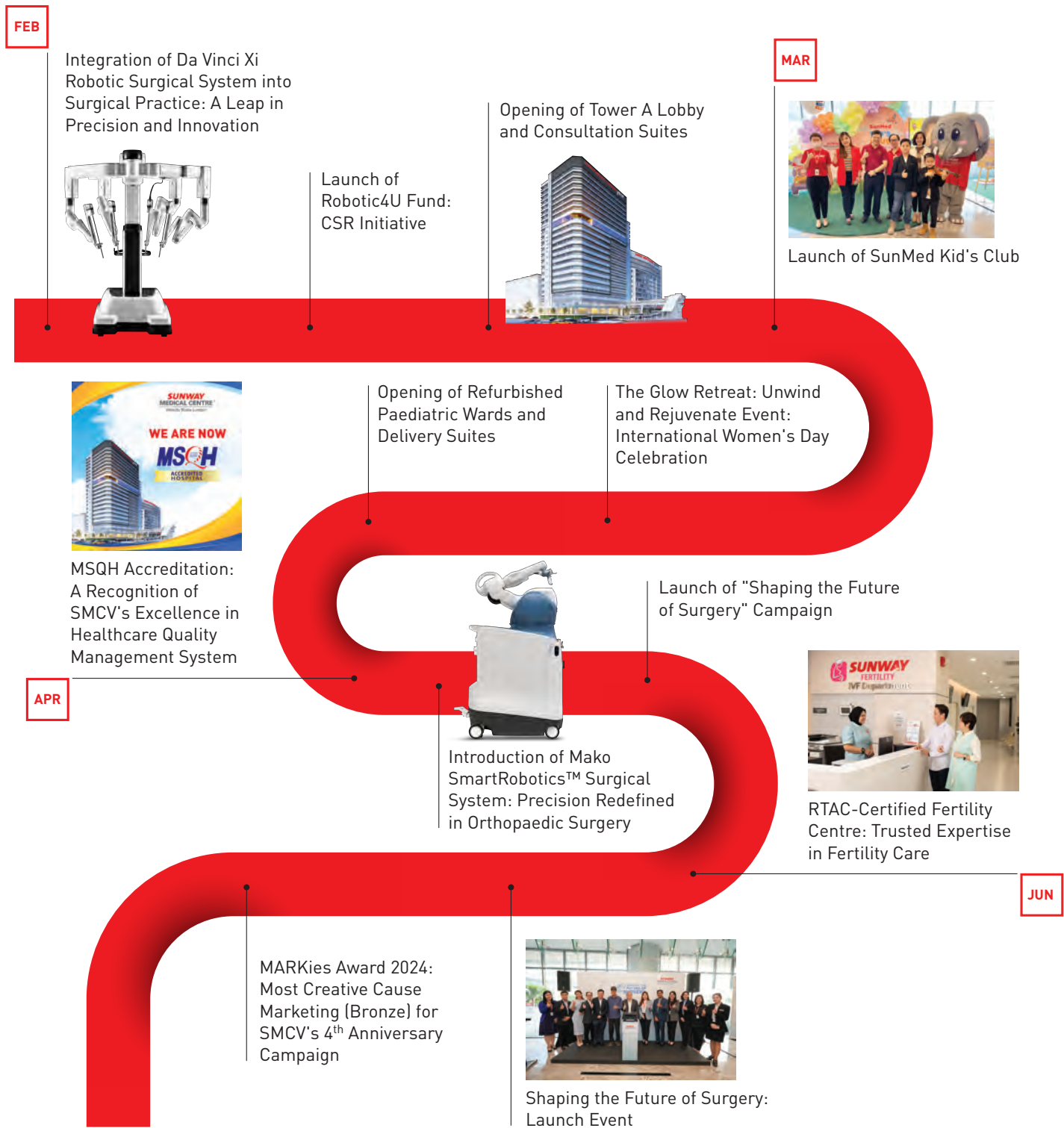
Thank you for placing your trust in Sunway Medical Centre Velocity. We are honoured to be your healthcare partner, and together, we will continue to shape a brighter, healthier future for the community we serve. We hope you will enjoy reading this newsletter and we look forward to sharing more updates with you in our future editions.

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

Recap of 2024: A Year of Fulfilment, Care, and Excellence

As we reflect on the successes of 2024, we proudly highlight the remarkable milestones we have achieved. From achieving medical breakthroughs and effective treatments to inspiring patient stories, and meaningful community engagements, 2024 had truly showcased SMCV's growth, commitment, and compassion.

None of this would have been possible without the dedication of our consultants, patients, staff, and partners. As we look ahead to 2025 and beyond, we remain committed to continuing our pursuit of excellence in all that we do.



JUL

Safety and Sustainability Day 2024: Turning Commitment into Action towards Environmental Sustainability



Empanelment as Part of AIA SMART Panel Hospital Network

SEP



Hi-5 for Health: SMCV 5th Anniversary Event



Recognition as Great Eastern Preferred Hospital

AUG

Stroke Campaign: Enhancing Awareness of Stroke and SMCV as a Comprehensive Stroke Care Centre



SHG Named "Company of The Year (Healthcare)" for Community Care and Sustainability: SMCV is the First Hospital in Malaysia to Commit to "Race to Zero"

NOV

10,000 Newborns Milestone in Five Years



100th Robotic Surgery: A Milestone in Surgical Excellence

OCT



Southeast Asia Green Hospital Awards 2024:

- 5 Sustainability Goals Award
- Environmental Footprint Reduction from Hospital Waste Management



Honoured with WSO Angels Award 2024 Gold Status: A Hallmark of Excellence in Stroke Care

DEC

Halal Certification: A Testament of Compliance and Dedication to Halal Principles

Health Care Climate Challenge Award 2024:
• Climate Commitment Recognition



Prioritising Health at Sunway Mega Roadshow

During the Sunway Mega Roadshow at Sunway Velocity Mall from 27 February to 1 March 2025, Sunway Medical Centre Velocity provided free basic health screening to the public, promoting the importance of preventive healthcare. Mall visitors also had the opportunity to enjoy exclusive promotion on health screening packages, complete with special freebies, making it a rewarding experience for all purchasers.

Stay Tuned for an Exciting Heart Health Event!

Mark your calendar for *Pulse of Life: The Ultimate Heart Health Experience* happening from 25 to 27 April 2025 (Friday to Sunday) at Sunway Velocity Mall, Main Atrium! Get ready for exciting activities for all and some Instagram-worthy moments too:

1. Heart Screening
2. Consultation with Consultant Cardiologist*
3. Immersive Visual Journey
4. Fitness Workshops
5. Giant Heart Exhibit
6. Partner Booths
7. Basic Health Screening
8. Medication & Vaccination Counselling

*T&Cs Apply.

Stay tuned to our social media for more updates!

SUNWAY MEDICAL CENTRE
Velocity Kuala Lumpur

Pulse of Life

The Ultimate Heart Health Experience

Main Atrium, G Floor, Sunway Velocity Mall
25 - 27 April 2025 (Friday - Sunday) | 10AM - 10PM

ACTIVITIES:

Heart Screening 12pm - 8pm Be part of the Malaysian Book of Records by joining our FREE ECG screening! Register now. <small>*Limited slots available.</small>	Immersive Visual Journey 10am - 9pm Experience your heartbeat come to life.	Health Screening 12pm - 8pm
Fitness Workshops Register now for a FREE workout session and let's move together! <small>*Limited slots available.</small>	Giant Heart Exhibit Step inside a giant heart and discover how it works.	Medication & Vaccination Counselling 12pm - 8pm
Partner Booths		

In collaboration with:

SUNWAY
MEDICAL CENTRE
Velocity Kuala Lumpur

The Heart: The Root of Life



Water Consistently
Hydrate with at least 1.6 litres a day to maintain smooth blood circulation and reduce strain on your heart.

Keep the Soil Rich
A nutrient-rich diet and an active lifestyle nourish the roots of a thriving heart.

Spot the Silent Root Deterioration
Regular check-ups catch silent but severe heart disease before it's too late.



When you care for your heart,
you nurture the roots of your existence.
Protect Your Heart.



Our Health Screening Centre Is Now at Tower A

Discover a whole new level of comfort and convenience at our newly relocated and renovated Health Screening Centre at SMCV. Our new location is at Level 2, Tower A.

With modern amenities, we are here to ensure your health check-up experience is seamless, comprehensive, and designed for your peace of mind.

Our services include:

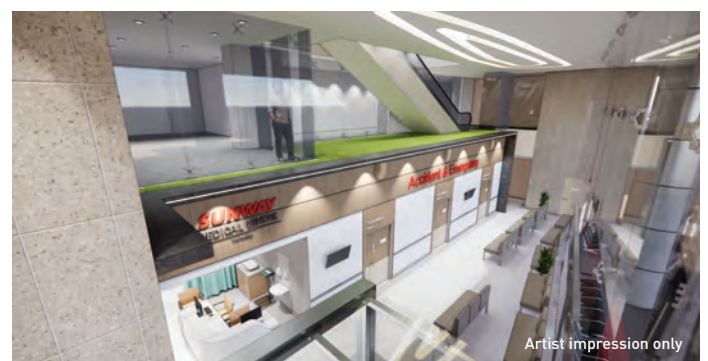
- Advanced diagnostic technologies
- Comfortable and private screening environment
- Personalised care by healthcare professionals



Relocation of Main Lobby to Tower A, and the Expansion of Wards and Accident & Emergency Department

We are pleased to announce that our Main Lobby has permanently relocated to Tower A. Tower A will serve as the designated drop-off and pick-up area, where there are also linkways between the two towers. The Main Lobby of Tower B is currently undergoing upgrades and expansion to improve our Accident & Emergency Department and to enhance the quality of care and services we provide to serve you better.

Additionally, the expansion of our ward facilities in Tower B is currently underway, which will enable us to accommodate more beds and better support our growing patient care needs.



Artist impression only



Artist impression only

**SAVE A NUMBER
SAVE A LIFE** 



9 OUT OF 10*

Malaysians did not save their local
emergency hotline



SCAN NOW,
MAKE A DIFFERENCE.



*Source: Street Interview,
Klang Valley July 2023

SUNWAY
MEDICAL CENTRE
Velocity Kuala Lumpur

NEW CONSULTANTS



Dr Chong Kheng Ling
Consultant Orthopaedic,
Trauma & Spine Surgeon

📍 Tower B, Level 7, 7B-02
☎ +603 9772 8144



Dr Chooi Lai Kuan
Consultant Plastic Surgeon
& Reconstructive Surgeon

📍 Tower B, Level 2, 2B-10
☎ +603 9772 9411



Dr Lim Shu Yu
Consultant General Surgeon

📍 Tower B, Level 2, 2B-09
☎ +603 9772 9359



Dr Loh Huey Wen
Consultant Obstetrician,
Gynaecologist &
Fertility Specialist

📍 Tower B, Level 3, 3B-13
☎ +6019 289 2390 (IVF Careline)



Dr Mak Woh Wei
Consultant Endocrinologist
& Internal Medicine
Physician

📍 Tower B, Level 2, 2B-13
☎ +603 9772 9178



Dr Johann Faizal Khan
Consultant General &
Hepatobiliary - Pancreatic
Surgeon

📍 Tower B, Level 7, 7B-12
☎ +603 9772 9266

ONGOING PROMOTIONS



Child Development Assessment Package

As parents, you want the best for your little ones. This Child Development Assessment Package is designed to support their growth and ensure they're on the right developmental track.



Stroke Risk Assessment Package

Through our Stroke Risk Assessment Package, we help identify your risk factors and guide you towards preventive measures. Take proactive steps to assess the risk of stroke for your loved ones and yourself, as the first line of defense against this life-threatening condition.



Delivery Package

Enjoy 25% Off Hospital Charges for All Deliveries – Normal Delivery or C-Section Package

Start your journey to parenthood with confidence at SMCV. From little surprises to heartfelt care, we are here to make every moment special for you and your baby. Let us be part of your story as you prepare to welcome your little one.



Skin Booster Package

Reveal your most radiant skin with our Skin Booster Treatment – a deeply hydrating, rejuvenating solution designed to restore elasticity, smooth imperfections, and enhance your natural glow.



Pico Laser Package

Are you struggling with stubborn pigmentation, acne scars, or dull skin? Our Pico Laser Treatment offers a fast, effective, and non-invasive way to achieve clearer and youthful-looking skin.



Arrhythmia Screening Package

Detecting heart rhythm irregularities early can make all the difference. Our Heart Arrhythmia Screening Package helps assess your risk and provides essential insights for preventive care. Take charge of your heart health today.



SCAN HERE

For more information on our ongoing promotions

Restoring **Health**, Renewing **Hope**: **COMPREHENSIVE STROKE CARE**



Multidisciplinary Team



Rapid Diagnosis & Cutting-Edge Imaging



Comprehensive Stroke Treatments



Advanced Rehabilitation Facilities



Scan here to
take a stroke risk assessment

KKLIU: 2478 / EXP 31.12.2026



Emergency Hotline:

03 9772 9111

Malaysia's First Hospital to Commit in the Race to Zero – Sunway Medical Centre Velocity



Sunway Medical Centre Velocity (SMCV) has proudly positioned itself as the first hospital in Malaysia to commit to Race To Zero, a global campaign spearheaded by the United Nations, aiming to achieve net-zero greenhouse gas emissions by 2050. As a forward-thinking healthcare institution, SMCV is dedicated to playing a pivotal role in reducing environmental impact, both within the healthcare sector and the broader community.

Key engagements include:

- Hosting and participating in the Global Green & Healthy Hospital (GGHH) Coffee Table Discussion for Malaysia and Singapore.
- Serving as facilitators for the Health Care Without Harm – Southeast Asia Climate Impact Check-up Tool Training of Trainers in the Philippines.
- Leading Climate Impact Check-up Training sessions in Penang, Malaysia.
- Participating in Health Care Climate Learning Initiatives for Race To Zero participants and GGHH members in Taiwan.
- Acting as panel speakers for training sessions on climate and health campaigns, advocating for the integration of climate action within the healthcare industry.

SMCV's Role in Sustainability Advocacy

SMCV's commitment to sustainability extends beyond its own operations. The hospital actively participates in a variety of advocacy efforts and educational initiatives aimed at raising awareness about the importance of climate action in healthcare, sharing its expertise and knowledge with other healthcare organizations through multiple platforms.

Measuring Progress

In line with Race To Zero's mission, SMCV seeks to address critical issues related to sustainability and environmental health, by integrating sustainable practices into daily operations. It has been actively monitoring its carbon emissions and establishing targeted mitigation strategies to reduce emissions by 45% by 2030. SMCV has made significant progress in reducing its carbon footprint, with a notable decrease in CO₂ emissions per occupied bed from 2020 to 2023 – reducing 130,385 kg/CO₂ per occupied bed in 2023 compared to the year before. The reduction in CO₂ emissions per bed is a direct reflection of the hospital's continuous efforts to optimize energy usage and adopt greener practices.

Recycling is another cornerstone of SMCV's sustainability initiatives. Over the years, the hospital has significantly increased its efforts to

collect recyclable waste, which has a direct impact on reducing landfill contributions. In 2023, SMCV successfully collected 39,337 kg of recyclable materials, a marked improvement from 8,443 kg in 2020.

This increase highlights the success of SMCV's recycling programs, which are part of a broader strategy to reduce waste and encourage sustainability across the hospital.

The path forward

For its efforts, SMCV won two Awards and three Recognitions in the Southeast Asia Green Hospital Awards 2022 and Healthcare Asia Award 2023 – ESG Program of the Year.

SMCV is also recognised with "5 Sustainability Goals Award" and "Environmental Footprint Reduction from Hospital Waste Management" at Southeast Asia Green Hospital Awards 2024 and "Climate Commitment Recognition" at Health Care Climate Challenge Award 2024.

As SMCV moves forward, it remains committed to its role in the Race To Zero campaign and to achieving the ambitious target of net-zero greenhouse gas emissions by 2050. The hospital plans to continue refining its sustainability strategies, including expanding its recycling programmes, improving energy efficiency, and reducing emissions in every aspect of its operations.

By making meaningful strides in sustainability, Sunway Medical Centre Velocity is not only improving the health of its patients but also contributing to the health of the planet—a powerful reminder of the interconnectedness between environmental health and human health.



Rising Cancer Cases in Malaysia Stress The Importance of Proactive Digestive Health Care

KUALA LUMPUR - Digestive health is often overlooked until discomfort arises, but stomach and oesophageal cancers remind us of the importance of proactive care in managing our digestive health and well-being.

According to a statement by Sunway Medical Centre Velocity (SMCV), data from the Health Ministry (MoH) showed that cancer was the third leading cause of death in Malaysia in 2022.

Although stomach and oesophageal cancers are not among the most common, they still pose significant health risks, with stomach cancer accounting for 3 in 100 and oesophageal cancer 1 in 100 of all new cancer cases in 2020.

Dr Hafizah Zaharah binti Ahmad, Consultant Clinical Oncologist emphasised that while early detection is crucial, these cancers often present with non-specific symptoms that are frequently overlooked, leading to late diagnoses at advanced stages.

"This highlights the need for early symptom recognition, as late-stage cancer diagnoses have risen from 63.7 to 65.1 per cent, according to the Malaysia National Cancer Registry Report 2017-2021," she added.

Additionally, stomach and oesophageal cancers develop when abnormal cells

grow uncontrollably in the digestive tract, with stomach cancer primarily affecting the stomach's main body while oesophageal cancer develops in the oesophagus lining which is often associated with chronic acid reflux and Barrett's oesophagus, a condition in which the lining of the food pipe changes due to prolonged acid reflux.

Dr Hafizah Zaharah noted that both cancers can present with similar symptoms, especially when tumours develop at the gastroesophageal junction. These symptoms may include difficulty swallowing (dysphagia), unexplained weight loss, loss of appetite, persistent heartburn and indigestion, nausea or vomiting, and chest or upper abdominal pain.

"The five-year survival rate for early-stage stomach cancer is 65 to 75 per cent but drops to five to seven per cent at Stage 4. Similarly, localised oesophageal cancer has a survival rate of 47 to 55 per cent for early stage diagnosis but falls to five to six per cent in advanced stages," she added.

Although stomach and oesophageal cancers are more prevalent in older adults, with six in 10 new stomach cancer cases are diagnosed in individuals aged 65 and above. However, age is not the only factor as lifestyle choices and underlying

medical conditions also contribute to an increased risk.

Dr Tan Yu Peng, Consultant Gastroenterologist and Hepatologist explained that individuals with high-risk lifestyles should be proactive about screening as they are at a higher risk of developing oesophageal and stomach cancers.

"Those who smoke heavily, chew betel nuts (a habit linked to cancer-causing effects due to the presence of harmful chemicals), frequently consume very hot liquids, binge drink alcohol or regularly eat preserved foods are more susceptible to squamous oesophageal cancer which starts in the thin, flat cells lining inside the oesophagus," he said.

On the other hand, those who are obese, smoking, have long-term gastroesophageal reflux disease (GERD) or suffer from Barrett's oesophagus are more likely to develop oesophageal adenocarcinoma which begins in the glandular cells lining the lower oesophagus near the stomach.

For stomach cancer, the risk factors include GERD, those who consume high-fat and low-fibre diets, frequent consumption of smoked foods and Helicobacter pylori infections caused by bacteria in the stomach lining which could lead to gastritis and increasing the risk of peptic ulcers and stomach cancer.



Dr Hafizah Zaharah binti Ahmad
Consultant Clinical Oncologist





Scan here to make an appointment with Dr Hafizah.

Moreover, individuals with a family history of stomach cancer should also be particularly vigilant and consider early screening to manage their risk. Dr Tan also explained how GERD is a condition where stomach acid frequently flows back into the oesophagus, causing irritation and, over time, increasing the risk of oesophageal cancer.

"Persistent acid exposure can lead to Barrett's oesophagus, a precancerous condition where the oesophagus undergoes abnormal changes. Smoking, overeating, excessive alcohol and even coffee consumption can worsen GERD, making effective management of the condition essential," he added.

While lifestyle modifications and medication often provide relief, Dr Tan emphasised that persistent or worsening symptoms may require endoscopic or surgical intervention like fundoplication that involves wrapping the top of the stomach around the lower oesophagus to strengthen its sphincter and prevent acid reflux to reduce complications and improve patient outcomes.

Dr Tan said endoscopic procedures such as gastroscopy and colonoscopy have significantly improved the ability to diagnose and treat gastrointestinal conditions as these procedures allow doctors to detect any abnormalities at an early stage and facilitate timely intervention.

"Gastroscopy enables detailed examination of the stomach lining, while colonoscopy provides insights into the health of the colon, helping to identify potential cancerous growths or inflammations," he explained.

Therefore, he said regular screenings are strongly recommended for individuals over 50 years old or those over 40 with a family history of gastric or colorectal cancer. In countries with a high prevalence of these cancers, such as Japan and South Korea, upper endoscopies are recommended to be

done from age 40 and repeated every three years.

"Whereas in Malaysia, screening is still primarily focused on individuals with gastric issues, a strong family history of cancer, or those exhibiting warning symptoms for cancer such as difficulty swallowing, bleeding, unexplained weight loss, or abdominal pain.

"Treatment for stomach and oesophageal cancers often overlaps, especially for tumours at the gastroesophageal junction, with surgery, chemotherapy, and radiation therapy being the standard approaches depending on the stage and location of the cancer," he added.

Immunotherapy has shown promise for advanced oesophageal cancer, particularly in PD-L1-positive tumours, improving survival rates when chemotherapy is ineffective. In stomach cancer, targeted therapies are increasingly used for patients with specific genetic mutations, such as HER2-positive cases, which account for 10-20 per cent of stomach cancers.

"In these cases, anti-HER2 therapy has been proven effective in slowing tumour growth and improving patient outcomes," Dr Hafizah Zaharah said.

It is important to note that a cancer diagnosis not only affects the patient but also has a profound impact on their loved ones. A caregiver of a stomach cancer patient at SMCV shared how her family's diagnosis drastically changed their life, but with adaptation and support, they found ways to cope.

She emphasised the importance of remembering that life does not end with cancer, patients can still find joy and fulfilment during and after treatment. She also highlighted how simple adjustments, such as liquid-based and pureed diets, can help stomach and oesophageal cancer patients maintain their nutrition while ensuring meals remain

enjoyable due to the difficulty in swallowing.

Beyond physical health, she stressed that mental and emotional well-being plays a crucial role in navigating the treatment process, making support and encouragement from loved ones invaluable.

Early detection, lifestyle modifications, and routine screenings are key in improving outcomes for stomach and oesophageal cancers. Although these cancers are not the most common in Malaysia, the high rate of late-stage diagnoses underscores the need for greater awareness.

By staying informed, recognising symptoms early, and prioritising regular screenings, individuals can take proactive steps in safeguarding their digestive health, enabling better health outcomes and improving overall quality of life. - BERNAMA

Dr Tan Yu Peng
Consultant
Gastroenterologist
and Hepatologist





Scan here to make an appointment with Dr Tan.



SCAN HERE
Read more on all
the latest news

Heart Racing After Coffee: Should I Be Worried About My Heart?



Does your heart start racing or feel heavy after a cup of coffee? Many people experience this, especially avid coffee lovers. But is this just a normal reaction to caffeine, or could it be a warning sign about your heart health? Let's delve into this common concern with insights from cardiologists at Sunway Medical Centre Velocity to help you understand your body's signals.

How Does Caffeine Affect Your Heart?

Caffeine is a stimulant that temporarily increases your heart rate by triggering the release of adrenaline. For most healthy adults, this brief increase is normal and not harmful.

However, if you frequently experience palpitations, dizziness, or chest discomfort after drinking coffee, it might indicate sensitivity to caffeine or an underlying heart condition, such as arrhythmia or reduced blood flow to the heart.

"Moderate coffee consumption is generally safe, but if you feel discomfort or abnormal heart reactions regularly, it's wise to consult a cardiologist."

—Dr Lim Chiao Wen, Consultant Cardiologist, Electrophysiologist and Internal Medicine Physician

When Should You Be Concerned?

While occasional heart racing after coffee is typically harmless, certain situations warrant further attention:

- **Prolonged Symptoms:** Heart palpitations lasting more than 30 minutes or accompanied by chest pain or difficulty breathing.
- **Frequent Episodes:** Palpitations occurring regularly, even without caffeine.
- **Additional Symptoms:** Fainting, blurred vision, or extreme fatigue, which could indicate more serious heart issues.

If you experience any of these, seek medical advice promptly. At Sunway Medical Centre Velocity, we offer comprehensive heart health services, including ECGs, echocardiograms, Holter and stress tests, to identify potential concerns quickly.

How to Protect Your Heart Health?

Maintaining good heart health involves both professional care and healthy lifestyle habits. Here are some tips to keep your heart in great shape:

- **Limit Caffeine Intake:** Stick to no more than three cups of coffee a day and avoid drinking it in the afternoon or evening.



- **Adopt a Healthy Diet:** Reduce high-salt and high-fat foods while increasing fibre-rich fruits and vegetables.
- **Exercise Regularly:** Aim for at least 150 minutes of moderate aerobic exercise, like brisk walking or swimming, each week.
- **Monitor Health Metrics:** Regularly check your blood pressure and cholesterol, especially if you have a family history of heart conditions.

"Your heart is the engine of your body, and regular maintenance is vital. With a healthy lifestyle and routine check-ups, many heart issues can be prevented."

Dr Lim Chiao Wen
Consultant Cardiologist,
Electrophysiologist and
Internal Medicine
Physician



Scan here to make an appointment with Dr Lim.

Listen to Your Body, Care for Your Heart

While a racing heart after coffee might simply be a normal reaction to caffeine, it could also be your body's way of signaling deeper issues. Regular check-ups and a heart-healthy lifestyle are essential for preventing heart problems. At Sunway Medical Centre Velocity, our cardiologists are dedicated to providing advanced diagnostics and personalised treatment plans to help you maintain optimal heart health.



SCAN HERE

Find out more about Our Heart & Lung Centre

Emergency Cardiac Care Through STEMI Network

STEMI (ST-Elevation Myocardial Infarction) Network is a coordinated system that ensures rapid, life-saving care for patients experiencing heart attacks. This network connects us with primary care clinics in our vicinity, ensuring that patients receive timely, life-saving interventions. Through seamless communication and swift transfers, we aim to minimise delays and improve patient outcomes, reinforcing our commitment to delivering the highest standard of emergency cardiac care.

SUNWAY
MEDICAL CENTRE
 Velocity Kuala Lumpur

STEMI NETWORK

EVERY SECOND COUNTS

Your partner in providing better access to round-the-clock care for heart attack patients through faster diagnosis, streamlined hospital transfers, and efficient, life-saving heart procedures.






SMCV EMERGENCY HOTLINE

03-9772 9111
019-377 9191

SMCV AMBULANCE SERVICE

010-266 7386



Dr Lim Fang Jen
Consultant Emergency Physician



Datuk Dr Foo Yoke Loong
Consultant Cardiologist & Internal Medicine Physician



Dr Tee Chee Hian
Consultant Cardiologist & Internal Medicine Physician



Dr Lim Chiao Wen
Consultant Cardiologist, Electrophysiology & Internal Medicine Physician

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Improving the lives we touch 
sunwaymedicalvelocity.com.my

Period Pain So Severe You Need To Take Leave Every Month? Signs You May Have Endometriosis



Do you experience “knife-like” pain during your period that leaves you unable to eat or sleep? Many women believe that period pain is a “small issue” that can be ignored or endured. However, severe and persistent menstrual pain may be a sign of a chronic gynaecological condition - **endometriosis**. Endometriosis not only impacts your quality of life but can also lead to infertility if left untreated. At Sunway Medical Centre Velocity Women and Health Centre, we help women uncover the root cause of their symptoms and provide effective treatment plans to safeguard their health.

Let's understand more about endometriosis with our **Dr Victor Chin Jia Yuan, Consultant Obstetrician and Gynaecologist**.

Endometriosis: The Hidden Cause Behind Period Pain

Endometriosis is a common gynaecological condition **endometrial**

tissue (the lining of the uterus) grows outside the uterus. These tissues are often found on the ovaries, pelvic walls, or other organs. Like the uterine lining, they also respond to hormonal changes during your menstrual cycle, causing inflammation, pain, and scar tissue.

Symptoms Beyond Period Pain

While intense menstrual cramps are the most common symptom, endometriosis can manifest in other ways:

- Severe abdominal pain during menstruation that worsens over time
- Heavy or prolonged menstrual bleeding
- Pain during intercourse or while passing stools
- Difficulty getting pregnant or infertility

If period pain disrupts your daily life, it's not “normal,” and you shouldn't just endure it.

Why You Shouldn't Ignore Endometriosis

Untreated endometriosis can lead to several complications:

- 1. Infertility:** Endometriosis can cause pelvic adhesions, making it difficult for sperm to meet the egg, thus increasing the risk of infertility.
- 2. Ovarian Cysts:** Known as chocolate cysts, these fluid-filled cysts on the ovaries can rupture and cause severe complications if untreated.
- 3. Chronic Pain:** Ongoing inflammation and scarring can lead to persistent pelvic pain, which can severely impact daily activities and emotional well-being.

Important Reminder: If your period pain prevents you from working or functioning normally, seek help from a gynaecologist immediately for evaluation and treatment.

How Is Endometriosis Diagnosed and Treated?

Diagnosing endometriosis requires a comprehensive medical evaluation by a healthcare professional, which generally includes:

- 1. Gynaecological Examination**
- 2. Ultrasound Imaging:** To detect cysts or tissue abnormalities.
- 3. Laparoscopic Surgery:** A minimally invasive procedure used to diagnose and treat endometriosis.



Self-Assessment: Could You Have Endometriosis?

If you're unsure about your symptoms, visit our Endometriosis Care Services and take a simple self-assessment quiz to understand your condition better. Early detection is key to safeguarding your health and future.

Care for Your Uterus, Free Yourself from Pain

Period pain is not just a “small issue”— it could be a warning sign of endometriosis. By listening to your body's signals and seeking professional help early, you can manage the condition effectively and enjoy a healthier, pain-free life. At Sunway Medical Centre Velocity, our gynaecology specialists are here to provide personalised care, advanced diagnosis, and treatment, ensuring your health and well-being at every stage.

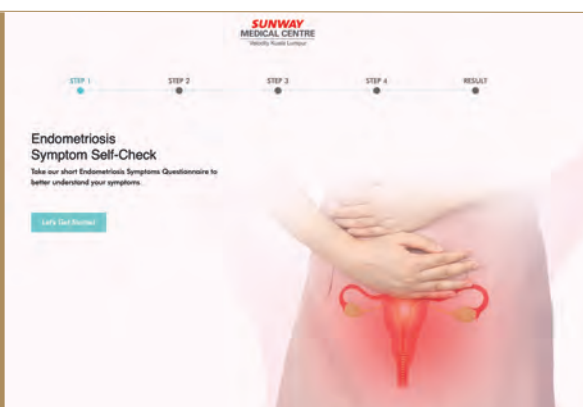
Treatment Options:

- **Medication:** For early symptoms, pain relievers or hormonal therapies can help manage discomfort.
- **Surgical Treatment:** In severe cases, laparoscopic surgery is performed to remove endometrial tissue and alleviate pain.
- **Robotic-Assisted Surgery:** Using advanced robotic technology, this minimally invasive procedure offers enhanced precision, reduced trauma, and faster recovery, making it one of the most effective options for treating endometriosis today.



SCAN HERE

Take a short Endometriosis Symptoms Questionnaire to better understand your symptoms.



Dr Victor Chin Jian Yuan
Consultant Obstetrician and Gynaecologist



Scan here to make an appointment with Dr Victor.

Cancer Prevention on Your Plate: What to Eat for Protection

1. Focus on Whole Foods

Whole foods are rich in vitamins, minerals, fibre, and phytochemicals which demonstrates potential anticarcinogenic properties. Incorporate a variety of colourful fruits, vegetables, whole grains, nuts, seeds, and legumes into your meals.

- **Cruciferous Vegetables:** Broccoli, cauliflower, kale, and Brussels sprouts are high in glucosinolates, which may help reduce carcinogens and inhibit cancer cell growth.
- **Berries:** Blueberries, strawberries, and raspberries are packed with antioxidants like vitamin C and ellagic acid, which protect cells from oxidative damage.
- **Legumes:** Kidney beans, chickpeas, lentils, and soybeans, are excellent sources of both protein and fibre, and also provide significant amounts of iron, zinc, potassium, and folate. Their nutritional profile is similar to that of vegetables, making them a valuable addition to a healthy diet.
- **Whole Grains:** Brown rice, quinoa, and whole-grain bread are excellent sources of fibre, which promotes a healthy digestive system and reduces the risk of colorectal cancer.

Recommended servings per day:

- 3 servings of vegetables (1 serving = ½ cup cooked vegetables or 1 cup raw vegetables)
- 2 servings of fruits (1 serving fruit = 1 medium apple/ orange/ pear/ banana)
- 1 serving of legumes (1 serving legumes = ½ cup chickpeas/ lentils/ mung beans)
- 1 serving of whole grains (1 serving whole grains = 1 slice wholemeal bread or ½ cup cooked brown rice)



2. Maintain a Healthy Weight

Being overweight or obese is linked to increased risk of cancers such as breast, colorectal, and pancreatic cancer. Choose nutrient-dense, low-calorie foods and practice portion control to help maintain a healthy weight.

- Aiming normal BMI between 18.5-22.9 for Asian adults.
- If overweight or obese, aiming to lose 2-4kg in a month via portion control and keep physically active as tolerated.

3. Reduce Red and Processed Meat Intake

Diets high in red meat (beef, pork, lamb) and processed meats (bacon, sausages, hot dogs) have been associated with higher risks of colorectal, lung and pancreatic cancer.

- Limit these foods to 1-2 times per week and opt for plant-based proteins such as beans, tofu, tempeh and lean meats like poultry without skin and fish.

4. Prioritise Healthy Fats

Healthy fats are unsaturated fats such as Omega-3 fatty acids. Include sources of Omega-3 fatty acids, which have anti-inflammatory properties and may reduce cancer risk:

- 2 servings fatty fish (salmon, mackerel, sardines) per week
- 2-3 tbsp chia seeds per day ¼ cup walnuts per day
- Avoid trans fats and limit saturated fats found in fried and processed foods.

5. Cut Down Sugary Snacks and Beverages

Sugary snacks and beverages often contain high amounts of added sugars and sweeteners like high-fructose corn syrup. Consuming these products are linked to an increased risk of weight gain and obesity, both of which are major risk factors for many types of cancer.

- Replace sugary snacks with natural alternatives like 1 serving of fruit or 1 handful of nuts

6. Drink to Your Health

What you drink matters as much as what you eat. Hydration supports overall health, but some beverages offer additional cancer-prevention benefits:

- **Water:** Staying hydrated supports cellular function and detoxification.
- **Limit Alcohol Intake:** Excessive alcohol consumption increases the risk of cancers like liver, breast, and oesophageal cancer. If you drink, limit intake to one standard drink per day for women and two for men.

- **Ginger:** May slow the growth of cancer cells and reduce inflammation.

Tips from dietitian to incorporate these potential foods into your diet:

- Opt for plain green tea as one of the healthier beverage choices when eating out.
- Use natural herbs and condiments such as turmeric, garlic and ginger in your food preparation such as meat marination.

7. Be Mindful of Food Preparation

How you cook your food can influence its cancer-preventive properties:

- Avoid charring or overcooking meats, which can produce carcinogenic compounds.
- Steam, bake, or sauté vegetables to preserve their nutrients.
- Use herbs and spices instead of high-sodium seasonings.

No single food can completely fight cancer - balance and moderate intake are key to preventing cancer!

Diversifying the food choice ensures you get a wide range of nutrients and phytochemicals that work synergistically to protect against cancer. Combine a balanced diet with regular physical activity, adequate sleep, stress management, and avoiding tobacco use for maximum benefit.

Potential Cancer-Fighting Foods

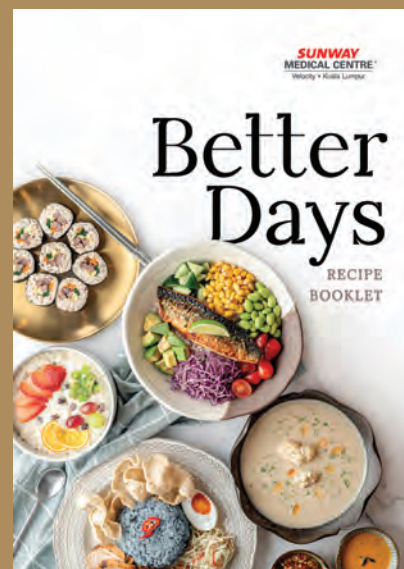
There are also some potential foods which are still undergoing research that might help to reduce cancer risk:

- **Green Tea:** Contains catechins, which may inhibit cancer cell growth.
- **Turmeric:** Contains curcumin, a powerful anti-inflammatory and antioxidant compound.
- **Garlic:** Rich in sulfur compounds that may prevent the formation of cancer-causing substances.



Better Days Recipe Booklet

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Understanding Colorectal Cancer: Prevention, Diagnosis and Treatment



Colorectal cancer, often known as the "silent disease," can develop unnoticed in its early stages, making regular screening crucial. Affecting the colon and rectum, it remains one of the most prevalent cancers worldwide, with potentially life-altering consequences if left undiagnosed. However, early detection and lifestyle modifications can significantly improve outcomes. In this article, we explore everything you need to know about colorectal cancer with **Dr Ussof Eskaandar bin Mohd Hussain, Consultant General and Colorectal Surgeon**, to understand its risks, symptoms, and the importance of timely intervention.

What Is Colorectal Cancer?

Colorectal cancer develops in the colon or rectum, typically starting as small, benign growths known as polyps in most of the cases. These polyps can gradually turn cancerous over time. Beginning from a benign polyp. Colorectal cancer often lacks symptoms, regular screenings can detect it early, significantly improving the chances of successful treatment.

Who Is at Risk?

Certain factors increase the likelihood of developing colorectal cancer. While it can affect anyone, those at higher risk include:

- **Age:** Most cases occur in individuals over 50, though it's increasingly diagnosed in younger adults.
- **Family History:** A family history of colorectal cancer or polyps raises your risk. Chronic conditions like Crohn's disease and ulcerative colitis heighten susceptibility.
- **Lifestyle Factors:** A low-fibre, high-fat diet, smoking, excessive alcohol consumption, and lack of physical activity contribute to higher risks.

If you fall into any of these categories, it's essential to consult a healthcare provider about screening options.

Can Colorectal Cancer Be Prevented?

While not all cases are preventable, you can take several steps to reduce

your risk: Adopt a Healthy Diet: Focus on fruits, vegetables, whole grains, and lean proteins while limiting red and processed meats.



- **Stay Active:** Regular exercise supports overall health and reduces cancer risk.
- **Quit Smoking and Limit Alcohol:** Both habits are linked to a higher likelihood of colorectal cancer.
- **Maintain a Healthy Weight:** Obesity is a known risk factor.

Preventive care can make all the difference. At SMCV, we offer nutritional counseling and lifestyle management programs to help you stay proactive about your health.

Symptoms to Watch For

Colorectal cancer often develops without noticeable symptoms, especially in its early stages.

However, as the disease progresses, you might experience:

1. Blood in your stool or per rectal bleeding.
2. Persistent changes in bowel habits, such as diarrhea, constipation, or narrow caliber stools.
3. Unexplained weight loss or fatigue.
4. Abdominal pain, bloating, or cramping.
5. A feeling that your bowel doesn't empty completely.
6. Unexplained iron deficiency anaemia.

Experiencing any of these symptoms? Schedule an consultation with our doctors.

How Is Colorectal Cancer Diagnosed?

Early detection saves lives. The most effective screening methods include:

- **Colonoscopy:** The gold standard for detecting and removing polyps before they become cancerous.
- **Stool testing:** A non invasive test to detect presence of occult blood in the stool.
- **CT Colonography:** Also known as a virtual colonoscopy, this imaging technique offers a less invasive alternative to colonoscopy in detecting colorectal polyps and cancer

Is recommend starting screenings at age 45 or earlier for those with higher risk factors. Consult our specialists at SMCV to discuss the best screening option for you.

What Are the Treatment Options?

Treatment plans for colorectal cancer depend on the stage and location of the disease. Common treatments include:

- **Surgery:** Often the first line of treatment, involving the removal of cancerous sections of the colon or rectum.
- **Chemotherapy:** Used to destroy remaining cancer cells or shrink tumors before surgery.
- **Radiation Therapy:** Frequently employed for rectal cancer to reduce tumor size before surgical intervention.
- **Targeted Therapy:** Medicines designed to attack specific cancer cells, minimizing harm to healthy tissue.

Why Early Detection Matters

Survival rates for colorectal cancer are significantly higher when the disease is caught early.

Localized cancer has a five-year survival rate of approximately 90%, compared to only 14% for advanced-stage cases. Regular screenings can prevent the progression of polyps into cancer, saving both lives and medical costs in the long run.

Take Action Today!

Colorectal cancer is preventable, treatable, and beatable when detected early. Don't wait for symptoms to take control of your health. Schedule a screening or consultation with our expert colorectal surgeons today. Visit our website to learn more about our services or book an appointment with our consultant today.

Dr Ussof Eskaandar bin Mohd Hussain
Consultant General and
Colorectal Surgeon



Scan here to make an appointment with Dr Ussof.



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