



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

BERITA *yayasan* **Jantung** *Malaysia*

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Guard Your Heart



Tun Ahmad Sarji bin Abdul Hamid
President

The younger generation often neglects their health, thinking that good health will last them until they are old. This failure to take good care for the sustenance of their health is a reason as to why non-communicable diseases (NCDs) like heart disease are on the rise.

From an Islamic perspective, health is viewed as one of the greatest blessings that God has bestowed on mankind. It should be noted that the greatest blessing after belief is health, as narrated in the following Hadith:

"The final messenger of God, Prophet Muhammad (pbuh) mounted the pulpit, then wept and said, "Ask Allah (swt) for forgiveness and health, for after being granted certainty, one is given nothing better than health." (Tarmizi)

Diet and nutrition play a big part in maintaining the best possible health, so does a lifestyle incorporating exercise.

The average life expectancy is increasing, thus it stands to reason that one should not forget to take one's future health into consideration while living today. This is in line with this year's theme which focuses on a life-course approach to the prevention and control of cardiovascular disease (CVD).

Did you know that in your lifetime, your heart will perform more physical work than any other muscle in your body? Your heart truly takes care of you, so it's important that you care for your heart.



**YAYASAN JANTUNG
MALAYSIA**
The Heart Foundation of Malaysia
Member of World Heart Federation

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Editor's Note

Safeguarding our future

The health of every woman and child in Malaysia is at stake, yet the majority are blissfully unaware of the danger that lurks in their chest. We often take every beat of our heart for granted and worse, our lifestyle and eating habits are often detrimental to its health.



We recognise the efforts and ambitions of the World Heart Day initiative that was started by the World Heart Federation (WHF) in tandem with the World Health Organization (WHO) and UNESCO and are fully supportive of it. Both organisations have declared the last Sunday of the month of September (since year 2000) as World Heart Day.

On this special day, we set out to create awareness amongst Malaysians about heart disease. This year's theme advocates the importance of a life-long approach when it comes to the prevention and control of cardiovascular disease (CVD) with particular emphasis on women and children. It is crucial to start at an early age; addressing this issue amongst Malaysian women and children will lead to greater awareness on the need to live a heart-healthy lifestyle.

This is the key to prevent the future impact of heart disease and stroke.

As part of YJM's efforts, several activities are planned:

1. Walk-A-Mile in conjunction with World Heart Day 2013
 - a. Date: Sep 29, 2013 (Sunday)
 - b. Venue: Taman Tasik Titiwangsa, KL
2. The Heart Exhibition 2013
 - a. Date: 28 & 29, 2013 (Saturday & Sunday)
 - b. Venue: Hall 1 & 2, Mid Valley Convention Centre

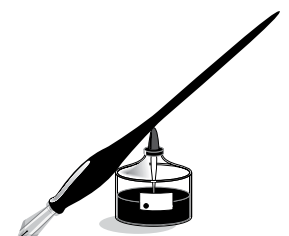
Other snippets of interest included in this issue of BYJM include an interview with Datin Dr Liew Yin Mei, Medical Director of The Heart Foundation, where she shares her side of the story on how she became involved with YJM.

It is also with much sadness that we bid adieu to Tan Sri Dato' Seri Dr Haji Abdul Majid Ismail. He has been with us for a long time, and we are all saddened by his demise.

The vacuum will be filled by YBhg Tan Sri Dato' Kamaruzzaman Bin Shariff, who is keen to actively play his role as the new Vice President. I hope that you will all join me in welcoming him aboard, and wish him success in his fulfilment of his duties.

Please show us your support by joining us for the two events mentioned above!

DATO' DR KHOO KAH LIN



YJM ACTIVITIES

List of Activities/Programmes:

1. Community Programme

- a. Masai, Johor Bahru: Apr 14, 2013
- b. Cheras Perdana, Selangor: Apr 21, 2013
- c. Kampung Panchor, Seremban: Jun 16, 2013
- d. Sri Jaya, Maran, Pahang: Jun 23, 2013



2. Heart Week Programme

- a. Alor Setar, Kedah: May 16 – 19, 2013
- b. AEON Bukit Indah, Johor Bahru: Jun 7, 2013



3. School Programme

- a. Maktab Sultan Abu Bakar, Johor Bahru: Apr 16 & 17, 2013
- b. MONASH University Sunway Campus: Apr 11, 2013





Renal Denervation Therapy (RDT)

A new Option in the Treatment of Resistant Hypertension

By *Dato' Dr. Khoo Kah Lin*

Hypertension is a very common disease and affects 32.7% of Malaysian adults (National Health and Morbidity Survey 2011). Untreated or poorly treated hypertension predisposes to stroke, heart attack, heart failure and chronic renal failure.

In the majority of patients, blood pressure can be controlled with one, two and occasionally three different types of oral antihypertensive drugs. Resistant hypertension is defined as a BP \geq 140 mmHg despite the use of 3 or more medicines.

The aetiology of hypertension is unknown in most cases (85%). A small percentage of cases (15%) is due to kidney disease, adrenal gland disease, pregnancy and coarctation of the aorta. Renal sympathetic nerves contribute to the perpetuation of hypertension. Sympathetic outflow to the kidneys is activated in patients with essential hypertension. Nonselective surgical sympathectomy was effectively used as a treatment for severe hypertension 1951 (Hoobler et al, Circulation 1951) and 1953 (Smithwick et al, JAMA 1953) before antihypertensive drugs became generally available.



Recently developed endovascular technology enables selective denervation of the human kidney with radio-frequency energy delivered in the renal artery lumen accessing the renal nerves located in the adventitia of the renal arteries.

The procedure is done under local anaesthesia. A catheter is inserted in the groin to reach the renal area as shown in Fig. 1.

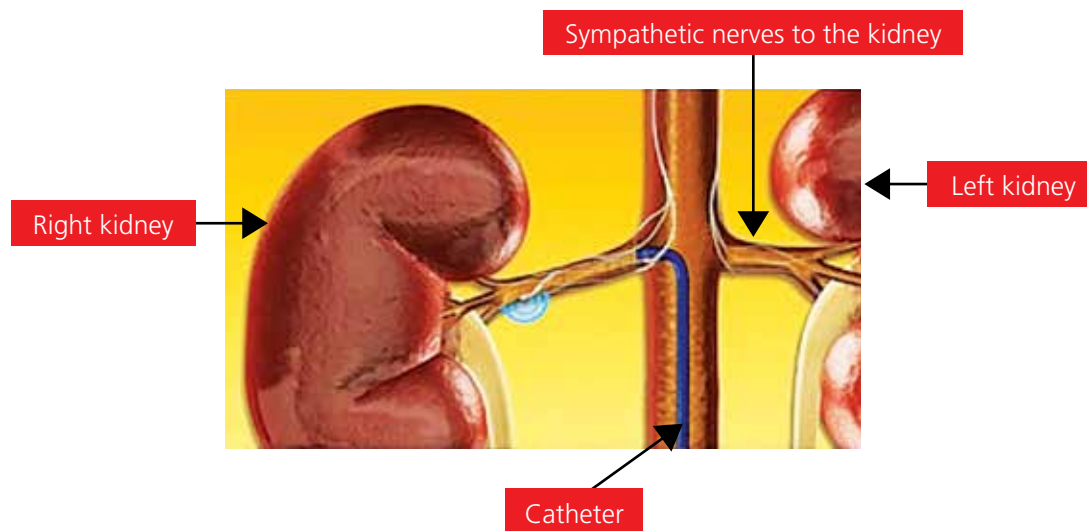


Fig 1 How selective renal denervation is performed

The catheter delivers radiofrequency waves to 4 – 6 locations within each of the two renal arteries, aiming to disrupt the nerves and lower blood pressure. The energy delivered is about 8 watts, similar to that used to power a flashlight. After all the above treatment which lasts about 4 minutes, the guiding catheter is withdrawn from the leg.

In one trial, the Symplicity Renal Denervation trial, BP was reduced to 146/84 mmHg from a baseline of 176/96 mmHg. After 6 months, 84% of patients who underwent renal denervation had a reduction in systolic blood pressure of ≥ 10 mmHg compared with only 35% of controls. In the Symplicity HTN-2 trial, no major adverse effects occurred. The potential risks are those similar to the one associated with all diagnostic procedures involving catheterization of arteries.

In Europe, there are five renal denervation catheter systems that have been approved for use. They are the Symplicity system (Medtronic), Enlig HTN (St Jude Medical), Vessix 2 (Boston Scientific), OneShot (Covidien) and Paradise (Recor Medical). The European Society (ESC) published a consensus statement in the European Heart Journal of April 2013 that renal denervation is an option for treating resistant hypertension.

In conclusion, renal denervation is an emerging technology for suitable patients. Patients should first consult their primary care physicians for referral to a specialized centre with experience with this technology.

Feature Event

World Heart Day Highlights:

THE HEART 2013



Biogrow Oat BG22™ to Partner the Heart Foundation (YJM) & Institut Jantung Negara (IJN)



...from Nature to you!
Oat BG22™
OAT BRAN POWDER
with 22% Beta-Glucan

Following the tremendous success of last year's sponsorship, Biogrow Oat BG22™ is back as the Platinum Sponsor of The Heart Exhibition 2013 again this year, with the support of Yayasan Jantung Malaysia & Institut Jantung Negara as the official organizers.

This year, Legosan (M) Sdn. Bhd., the healthcare company who owns Biogrow Oat BG22™ in Malaysia will continue to provide free total cholesterol screenings to all visitors of the exhibition. Those interested to get their blood cholesterol level checked should register themselves at the health screening area. There will be special promotions on the company's premium Swedish oat bran powder - Biogrow Oat BG22™, as well as free premiums and goodie bags to be given away. Other activities sponsored by Legosan include poster exhibitions, health talks, sampling program for Oat BG22™ and some lucky draw prizes.

Photo gallery: Biogrow Oat BG22™ as Platinum Sponsor in The Heart Exhibition 2012.



The launching of "The Heart" book, featuring all basic information about heart disease. Biogrow Oat BG22™ was also featured in the book.

Series of health talks sponsored by Biogrow Oat BG22™



The illuminated 3D Key & Heart Structure was one of the main attractions of the exhibition.



The Health Screening Area of The Heart Exhibition 2012 was partly sponsored by Biogrow Oat BG22™.

Peranan Ibu Dalam Menentukan Jantung Anak dan Keluarga Sihat



Ainon hj Kuntom

Dalam merancang kehidupan harian manusia, kita mestilah tegas memahami tanggungjawab sebagai isteri dan ibu dalam sebuah keluarga. Memang benar dalam zaman moden ini peranan wanita amat mencabar sebagai seorang isteri, ibu, dan pekerja, kadang-kadang pula sebagai seorang anak untuk menjaga ibu-bapa dalam lingkungan usia emas.

Walaubagaimanapun, tanggungjawab sebagai ibu haruslah dititik-berat walaupun kita mempunyai bantuan dari keluarga (*family support*) atau dari pembantu rumah, kita masih perlu menjaga dan membimbing kesihatan keluarga dari aspek kebersihan asas (*basic hygiene*) dan juga dari faktor menyediakan makanan dan pemakanan yang seimbang. Perlu diingat kata-kata ini:

***"dari kecil di timang ibu, sudah besar ditimang gelombang",
"melentur buluh biarlah dari rebungunya".***

Sekiranya dari bayi mula dilahirkan, kita mendidik dan mengasuh anak-anak mengikut tatatertib kebersihan asas, dan makanan yang seimbang, sudah tentu kita dapat membina keluarga yang sihat. Dari segi agama Islam sendiri, selain dari mengasuh dan mengasah ilmu rohaniah bagi kehidupan yang stabil, masa depan anak-anak antara pekara yang dititik beratkan adalah isu kebersihan, mengenai membersihkan diri dengan bersuci, basuh tangan sebelum makan, mengambil uduk, mandi wajib dan sebagainya; begitu juga dengan cara memasak, tertib makan dengan membaca doa dan sebagainya.

Dari sinilah kita perlu mendidik anak-anak dengan memberi makanan yang seimbang mengikut peraturan yang diperlukan anak-anak untuk membesar. Di sinilah kita mengajar anak memakan banyak sayur, (yang dibuat kerabu, rojak, jengaman dsb), makan protin daging putih (ikan dan ayam sahaja) atau protin dari biji bijian (seperti, kekacang, dal,

kacang hijau, kacang kuda) dan kurang memakan nasi, kerana nasi merupakan kanji gula. Dan ini tidak sihat, dari kecil kita cuba mencegah anak-anak memakan makanan gula yang berlebihan, bagi menjaga anak itu dari mendapat penyakit kencing manis atau mempunyai kadar gula di dalam darah yang tinggi, serta mengelak dari mendapat penyakit darah tinggi, yang boleh mengakibatkan timbulnya penyakit jantung.

Bagitu juga dari kecil kita mengajar anak-anak kita memakan sup, singgang yang hanya direbus protin-nya, di sini cara memasak makanan juga perlu difikirkan, sebagai ibu harus memberi tahu pembantu rumah mengenai kaedah memasak, cara yang paling baik ialah merebus, membakar, mengukus, dan elakkan dari mengoreng menggunakan minyak yang berlebihan.

Dari aspek memasak, ini telah terbukti dalam kajian iaitu penduduk Tionghua di Malaysia kurang mendapat penyakit jantung sehingga umur meningkat 60 tahun ke atas, bagi lelaki dan perempuan, kerana mereka memakan makanan yang direbus dan dikukus. Sedangkan penduduk Melayu dan terutamanya India dari umur 20 tahun boleh mendapat penyakit jantung, dan perlu mendapat rawatan jantung (PCI) dari umur muda 20 tahun. Ini disebabkan dalam masakan kaum ini banyak memakai minyak, susu, santan dan berbagai rempah ratus (yang selalunya adalah baik sebagai ubat alternatif bagi berbagai penyakit), tetapi dari cara kita memasak ianya telah mengakibatkan keburukan sebaliknya.

Dengan demikian, kita perlu beringat sebelum terlambat, cara memasak makanan perlu dititik-beratkan.

Satu lagi pekara yang merunsingkan di alaf digital ini, ibu hendaklah perhatikan anak-anak jangan terlalu asyik dengan penggunaan komputer, bahkan bermain bola sepak juga dilakukan di komputer. Ini adalah

tabiat buruk, kerana pergerakan badan ADALAH TERSEKAT, KITA TIDAK MENGGUNAKAN PERGERAKAN BADAN UNTUK MENGEPAK JANTUNG KITA BAGI MENDAPAT UDARA SIHAT oksigen; di tempat atau taman riadah yang udaranya bersih dan nyaman. Oleh yang demikian, ibu perlu membawa anak-anak untuk beriadah, senamrobik atau berjalan kaki 2 kali seminggu, bagi menggerakkan seluruh anggota badan supaya jantung boleh mengepam darah dengan lebih cerdas dan sihat, walaupun ada saluran darah tersumbat kecil-kecilan dengan mengepam jantung apabila kita bersenam mungkin dapat mengalirkan darah di saluran yang tersumbat kecil-kecilan tadi. Berjalan kaki, bersenam tiap dua hari sekali dengan anak-anak adalah memberi peluang kepada keluarga untuk hidup sihat selain merapatkan kasih sayang dalam keluarga.



Jangan alpa untuk menanamkan tabiat bagi membuat saringan kesihatan dan pergi berjumpa doktor sekurang-kurangnya setahun sekali dan lebih baik jika 2 kali setahun, bagi menentukan tahap kesihatan kita.

Sekiranya, seorang ibu itu merancang kehidupan kesihatan keluarga dengan rapi seperti di atas, sudah tentu bukan hanya penyakit jantung dapat dihindarkan, tapi lain-lain penyakit yang berkaitan atau berangkai dengan penyakit jantung dapat juga dielakkan.

Ingat, sihat ibu sihat keluarga, sihat keluarga sihat masyarakat seterusnya sihatlah warga negara.



A Passionate Heart

Datin Dr. Liew Yin Mei, the Medical Director of The Heart Foundation (Yayasan Jantung Malaysia, YJM) has her hands full juggling between her medical practice, being a wife and mother, and her substantial role in YJM besides other NGOs like the Tun Suffian Foundation and the Sau Seng Lum Charity Foundation.

Q Can you give us a brief introduction about your role and responsibility within YJM?

As the Medical Director of YJM, my role is in providing medical advice and input for our various heart health programmes besides delivering health talks and counselling. In addition we produce medical brochures, booklets, quarterly newsletters and also contribute to newspaper articles and health magazines regularly. We publish our health survey results in the Medical Journal of Malaysia. We also participate in teaching activities with professional bodies like the National Diabetes Institute (NADI).

As part of the Management Committee, I assist in management and policy making, as well as activities of the Foundation. We endorse heart health products and work in collaboration with various corporate organizations like Nestle, Legosan and Pepsico in heart health promotion activities.

Q What fuelled your passion to get involved in YJM?

When I did my housemanship and medical training in Hospital Kuala Lumpur, I realised how common cardiovascular disease was. It was, and still is, the chief cause of admissions and death in Malaysia. Heart attacks and strokes could occur suddenly and unexpectedly, causing premature death in individuals, sometimes in their prime of life. In addition, survivors often suffered severe debilitating disabilities causing hardship not only to themselves but also to family members around them.

These experiences shaped my conviction that we should work towards the prevention of cardiovascular disease in order to avoid these fatal and debilitating consequences. The good news is that cardiovascular disease is largely preventable. Therefore, our efforts should aim at prevention of risk factors associated with this disease. Although a large part of medicine is focused on treatment of disease and its complications, our aim is prevention because prevention is the most effective and least painful physically, emotionally and financially.

As written in the Nei Ching, the First Chinese Medical Text: "Superior doctors prevent the disease, mediocre doctors treat the disease before evident, and inferior doctors treat the full-blown disease", so prevention should be our goal.

Q You have managed numerous heart health programmes and initiatives in your time as YJM's Medical Director. Can you tell us a little bit more about it?

We conduct Heart Health awareness programmes all over the country, in urban and rural areas, throughout the year. We hold Heart Weeks at public places like shopping malls and community centres. In addition we also conduct heart health programmes in schools, colleges and corporate bodies. This involves health screening for risk factors for heart disease, namely diabetes, high cholesterol, hypertension, smoking and obesity. We also educate the public through health talks and counselling on healthy diet and lifestyle practices, and have demonstrations on Cardiopulmonary resuscitation (CPR). We collaborate with various organisations for some of our programmes; for instance Legosan in some of our Heart Weeks, the Smart Heart Challenge with Pepsico, the World Heart Day celebration with Nestle, and more recently, the Heart Programme with Institute Jantung Negara. In addition we also conduct courses in CPR and First Aid. All these activities are made possible because we have a very capable and dedicated Chairman, Datuk Dr.Sambhi, to lead and serve in these programmes. We also have a very enthusiastic and efficient team.

On top of these activities, we also have the Inherited Cholesterol Disorder (ICD) club in collaboration with Merck, Sharpe and Dohme pharmaceuticals to assist familial hypercholesterolemia patients obtain their statin medication at affordable rates because these patients need these drugs for life. For patients with untreatable or resistant hypercholesterolemia not amenable to lifestyle and drug therapy, we have a Cholesterol Dialysis Programme, the only one in South East Asia, in collaboration with the University of Malaya Nephrology department and the Sau Seng Lum Charity Foundation, to help control their cholesterol levels. Good team work and collaboration with other organizations have always been important in our activities to promote heart health nationwide.

The programme for our various activities can be accessed on-line at our website: **www.yjm.org.my**

Indulge Your Heart with Oat Soluble Fiber Beta-Glucan

It is not difficult to keep your cholesterol level low and maintain a healthy heart. Both the National Cholesterol Education Program (NCEP) and the Malaysian Clinical Practice Guidelines (CPG) recommend **Therapeutic Lifestyle Changes (TLC)**, to manage hypercholesterolemia and reduce the risk of cardiovascular diseases (CVD). The **TLC Program** is a three-part program that incorporates:

- 1) Dietary changes which include a decreased intake of saturated fat, trans fat, cholesterol and **increased intake of soluble fiber to more than 3g per day.**
- 2) Physical activity
- 3) Weight reduction, if you are overweight or obese.

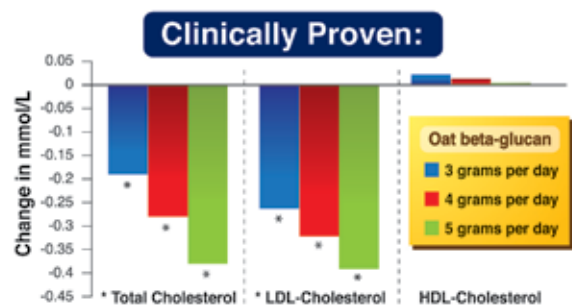
The cornerstone of treatment for elevated LDL-cholesterol is to adopt a holistic approach, rather than relying on drugs or dietary changes alone. Even if you need to take a cholesterol-lowering drug, following the TLC program may allow you to take a lower dose, lessening your exposure to the drug's adverse side effects.

Oat Bran Powder – The Best Source of Soluble Fiber Beta-Glucan

Though there are many types of soluble fiber, only beta-glucan from oats is the most extensively studied and documented in human trials. In fact, so clear is the picture that the US Food and Drug Administration (FDA) and Malaysian Ministry of Health (MOH) now permit foods that are high sources of soluble fiber to state on their labels that a daily intake of at least 3g of beta-glucan from oats can help reduce total cholesterol level and lower the risk of heart disease.

A review of more than 20 studies on oat bran revealed that adding as little as 3g of soluble fiber beta-glucan per day to your diet can lower total cholesterol level by 3% to 5% in just weeks. Every 1% drop in cholesterol is shown to lower the risk of heart attack by 2%. A 5% drop means your chance of developing heart disease is reduced by 10%!

Also, studies have demonstrated that there is a dose response between the level of soluble fiber beta-glucan from oats and the level of reduction in blood total and LDL-cholesterol. By consuming 3g, 4g & 5g beta-glucan daily are shown to further reduce total and LDL-cholesterol (Diagram 1). **Intakes of beta-glucan at or above 3g/day were found to be more effective in lowering blood lipids than lower intake levels** (Davidson et al., Ripsin et al.)



Clinical studies showed by taking 3g, 4g & 5g of beta-glucan daily for 5 weeks, there were significant reductions in Total & LDL-cholesterol (*95% confidence interval, p<0.05). Reductions will be greater with the daily intake of more than 3g beta-glucan.

References: Higgins & Thompson (2002), Whitehead (2008)

Diagram 1

Biogrow Oat BG22™ offers you a more convenient way of consuming oats!

Just 2 scoops (approx. 18g) of **Oat BG22™** oat bran powder will give you more than 3g of beta-glucan which exceeds the MOH's recommended daily requirement of 3g beta-glucan for cholesterol-lowering effect.

As a natural food product made from oat bran powder imported from Sweden with no added sugar, it is easy to consume and dissolves readily in cold or room temperature water due to its fine powder form.

Biogrow Oat BG22™ provides you a safe & natural way to help reduce cholesterol with more than 3g beta-glucan from oats. Share this news with your loved ones and enjoy a healthier life today!

This article is a courtesy of Legosan (M) Sdn. Bhd. For more product information, please email to info@biogrow.com.my or call 03-7956 2220.

Message by Yayasan Jantung Malaysia (The Heart Foundation of Malaysia):



Take 3g of beta-glucan (soluble fiber) from oats daily, as part of your low fat and low cholesterol diet to help Reduce Cholesterol.

Helps **Reduce Cholesterol** Naturally

References:
Davidson MH, Dugan LD, Burns JH, Borra J, Stary K, Drennan KB. The hypocholesterolemic effects of beta-glucan in oatmeal and oat bran. A dose-controlled study. *JAMA*. 1991 Apr 10;265 (14):1833-9.
Ripsin CM, Keenan JM, Jacobs DR Jr, Elmer PJ, Welch RR, Van Horn L, Liu K, Turnbull WH, Thyre FW. Oat products and lipid-lowering. A meta-analysis. *JAMA*. 1992 Jun 24;267 (24):3317-25.

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Obituary

A Long and Fulfilling Life

Abdul Majid Ismail was born to a humble family on the 15th of November 1921 in Kuala Lumpur when Kuala Lumpur was a conglomeration of villages. He was fortunate enough to attend a village school where he was found to be an exceptional student and awarded a scholarship by his teachers. He then went on to study in Maxwell School and the Victoria Institution. Because of his outstanding results, Abdul Majid was one of the few Malaysians at that time to be given a scholarship to study Medicine at the King Edward VII college of Singapore and graduated in the first batch of the newly created University of Malaya. Upon graduation, he furthered his studies in the field of surgery under a Queen's scholarship and received the FRCS as well as M.Ch in orthopaedic surgery from Liverpool. He returned home to have a busy clinical practice in government service. The pinnacle of his career in medicine was when he became the Director General of Health for Malaysia, from which he retired in 1976.



Being a person full of boundless energy, Abdul Majid was also active in many organisations and was the President of the Senior Government Officers Association of Malaysia, the Malaysian Orthopaedic Association, the College of surgeons of Malaysia as well as Chairman of the University Council of the University of Malaya.

Besides his work, he had many other interests. One of his many interests included golfing, for which as an avid golfer he won numerous trophies and prizes and was a regular golfing partner of many VVIPs in the country. Nonetheless, he never forgot his humble belongings and would always be happy to share his experiences in a humorous way with people whom he met. An excellent raconteur and after-dinner speaker, he was very popular in the social circle.

After retirement he was very active in the corporate sector as well as social activities where he became President of the Royal Lake Club. However, his big contribution to society started when he joined the Yayasan Jantung Malaysia. His keen involvement in Yayasan Jantung Malaysia stemmed from his knowledge that coronary heart disease was to become the major cause of death for Malaysians, and how simple measures and education would help to reduce the mortality from this disease. Yayasan Jantung Malaysia has played a major role in creating awareness of methods of prevention of coronary heart disease and he was very proud of the work that YJM has done for the Malaysian people.

Abdul Majid passed away peacefully on the 24th of March 2013 at the age of 91 and is survived by Puan Sri Khairany, three children, ten grandchildren and one great grandchild.

***Farewell Tan Sri, – and thank you –
you will always live on in our hearts.***

PLANNER FOR 2013

MONTH	DATE	PROGRAMME	VENUE
July	3	School	SMK Seremban 2 NS
	6	Community	YMCA Brickfields, KL
August	17 – 22	Heart Week	Kota Kinabalu
	25	Go Red	Kota Marudu, Sabah
September	7-8	School	MRSM Muar
	18	Workplace	Talk - Public Mutual Fund
	20 – 22	Heart Week	Festival City, KL
	28	World Heart Day	Mid Valley – exhibition
	29	World Heart Day	Taman Tasik Titiwangsa
October	5-6	Community	Sg. Jerik, Jengka, Pahang
	13	Community	Elken KL
	26	Community	Kemaman, Terengganu
	30	General	YJM Anniversary
November	9	Community	Kuala Kangsar
	16-17	Go Red for Women	TBA
	23-28	Heart Week	AEON Seri Manjung, Perak
December	8	Community	Jasin, Melaka
	14-15	Community	Kelantan

F O R I N F O R M A T I O N

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

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☐ I am enclosing my comments.

☐ Please include my name in the mailing list of Yayasan Jantung Malaysia for future publications.

☐ I am enclosing herewith cheque/draft/money order for RM_____ being my donation.

(Tax-exempt receipt will be issued)

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Helping Malaysians to Lead a Healthy Lifestyle



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**Message by Yayasan Jantung Malaysia
(The Heart Foundation of Malaysia):**



Take 3g of beta-glucan (soluble fiber) from oats daily, as part of your low fat and low cholesterol diet to help Reduce Cholesterol.



Available in all leading pharmacies nationwide.

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