



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

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**Tan Sri Dato' Kamaruzzaman
Bin Shariff**
Vice President

Keep NCD Prevention in Mind

With the ongoing COVID-19 pandemic, non-communicable diseases (NCDs) such as cardiovascular diseases and hypertension have received less attention.

However, COVID-19 can cause serious complications to people with NCDs, leading to higher risks of severe illness, hospitalisation and death. This is worrying as an estimated 3 in 10 Malaysians have hypertension and 4 in 10 Malaysians have high blood cholesterol.

NCDs remain a problem

Thus, it is important to address NCDs, not just because NCDs are a health concern, but also because they represent a clear danger to anyone who is infected by COVID-19.

In order to retain a healthy lifestyle, we hope to remind on two aspects, namely:

- **Healthy nutrition:** regularly consume fruits and vegetables, and reduce your intake of salt, sugar, and fat/oil. Your diet should also follow the principles of balanced, moderate and variety; i.e. eat balanced meals that contain a variety of foods from the key food groups, consume these meals in moderate amounts so as not to overeat, and to choose a variety of different food types from each food group.

- **Keep physically active:** we should continue to remain physically active despite staying at home because of the movement control order (MCO). Activities you can do include:

- Exercising at home, e.g. stationary bike, treadmill, yoga, tai chi, etc.
- Cycling/brisk walking around your neighbourhood.

Other equally important aspects include staying well hydrated, getting enough sleep, managing stress levels, and also not smoking or vaping. Remember that while COVID-19 is a threat to our health, don't forget about preventing NCDs.

Lastly, we at YJM are deeply saddened by the recent passing of Tun Ahmad Sarji bin Abdul Hamid and Datuk Dr J. S. Sambhi, the President and Chairman of YJM respectively. Both gentlemen have contributed immensely to not just YJM, but also to the community in many ways, and they will both be dearly missed by all who knew them. We wish to convey our deepest condolences to their families – our hearts, thoughts, and prayers will be with you.





YAYASAN JANTUNG MALAYSIA

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Member of World Heart Federation

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Editor's Note



Don't Lose Sight of Heart Health

Despite the ongoing COVID-19 pandemic, care and attention still needs to be paid to our other non-communicable diseases (NCDs) such as heart disease, diabetes, hypertension, high cholesterol, obesity etc.

The danger lies in focusing too much on just the current pandemic but losing sight of other NCDs that can affect our health and way of life. Let's not forget about the importance of caring for the heart and also other aspects of our health as our time and attention is needed to keep us in good health.

Remember that NCDs are preventable – but you need to put in time and effort to keep the major risk factors of heart disease and other NCDs at bay. As the risk factors are mainly lifestyle-related, the choice is in your hands.

With this thought in mind, we would like to share a few relevant topics in this issue. Starting with heart and kidney disease, we look at how they are linked to each other and why we should do our best to prevent both conditions. We also have other articles on how ageing affects heart health and the link between COVID-19 and your heart.

We hope that Malaysians will place heart health higher in our list of priorities. Neglecting heart health is not an option, especially with the extra threat to our life posed by COVID-19. People who have existing NCDs (such as heart disease) face an increased risk of developing life-threatening complications.

With the double threat of the pandemic and NCDs, we must take extra precautions to care for our health. Don't risk your health and your life, if you haven't started leading a healthy lifestyle, get started today. Your heart health and your life are in your hands!

On behalf of YJM, we would like to convey our heartfelt condolences to the families of our President, Tun Ahmad Sarji bin Abdul Hamid and also our Chairman, Datuk Dr J.S. Sambhi, on their recent untimely demise. They will be greatly missed and always remembered for their great contributions and dedicated stewardship.

Datin Dr Liew Yin Mei

National Health & Morbidity Survey 2019 (Part 2)

Other Risk Factors of Heart Disease

These are some of the other risk factors that were also covered by the NHMS survey in 2019. If you find that you have any of these risk factors (e.g. hypertension, cholesterol, and diabetes), then it's time to start changing your lifestyle. It's better to start making healthy changes today than to continue leading an unhealthy lifestyle.

1 in 2 adults in Malaysia were **overweight or obese**

OVERWEIGHT = Body mass index (BMI) more than 25 kg/m²

OBESE = Body mass index (BMI) more than 30 kg/m²



This was found to be highest among:

Females
54.7%



Indian ethnicity
63.9%



55-59 years old age group
63.9%

1 in 2 adults in Malaysia had **abdominal obesity**

ABDOMINAL OBESITY = Waist circumference (WC)
 ≥90cm for men
 ≥80cm for women



This was found to be highest among:

Females
64.8%



Indian ethnicity
68.3%



60-64 years old age group
71.5%

Are We Active Enough?



1 in 4

adults* in Malaysia are **physical NOT active**

*16 years and above

Recommended Physical Activity for Adults Age 18-64 Years

At least **150 minutes of moderate-intensity** physical activity throughout the week



or

At least **75 minutes of vigorous-intensity** physical activity throughout the week



or

an equivalent combination of moderate- and vigorous-intensity activity

Heart & Kidney Disease



By *Datin Dr Liew Yin Mei*

Are symptoms of ankle swelling, breathlessness and tiredness signs of kidney or heart disease?

It may be difficult to tell until a comprehensive examination and investigation is carried out. The heart and kidneys are closely interlinked and diseases in these organs may show similar pathologic effects.

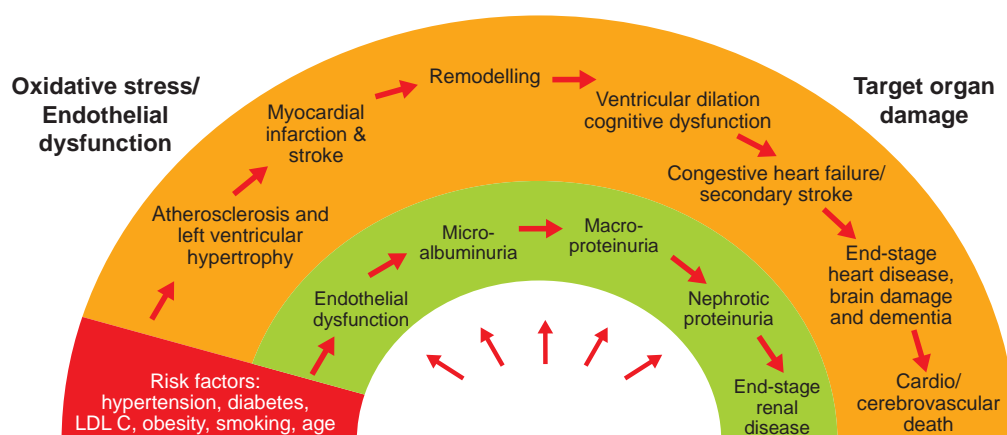
The kidneys have an extensive filtering network of blood vessels and are essentially a component of the circulatory system.

Healthy functioning of the heart is dependent on good kidney function and vice versa. Conversely, disease of either system will adversely affect the other.

Heart disease and many kidney diseases share the same risk factors, namely hypertension, diabetes, dyslipidaemia, smoking, obesity, causing endothelial dysfunction. This leads to atherosclerosis and progressive damage to these organs.

Progression of atherosclerosis gives rise to coronary artery disease, leading to heart failure and eventually end-stage heart disease. This development is mirrored in the progression of renal disease where endothelial dysfunction and blood vessel damage lead to leakage of protein (microalbuminuria and gross proteinuria) and eventual end-stage renal failure.

The cardiovascular (CV) and renal continuum: role of risk factors and angiotensin II



Dzau VJ, et al. Circulation 2006;114:2850-2870; Figure adapted from Dzau V, Braunwald E. Am Heart J 1991;121:1244-1263; Yusof S, et al. Lancet 2004;364:937-952

How does hypertension affect the kidneys?

Hypertension plays an important role in heart and kidney diseases. Besides being a risk factor, it also has a chicken-and-egg or cause-and-effect relationship in kidney disease.

Kidney disease causing hypertension

Kidney disease may be a cause of secondary hypertension. Kidney diseases like renal artery stenosis, chronic glomerulonephritis, polycystic kidney disease, diabetic nephropathy, recurrent urinary tract infections, kidney stones, analgesic drug use, etc., are diseases that account for <5% cases of hypertension.



Hypertension causing kidney disease

Conversely, uncontrolled hypertension leads to endothelial dysfunction and atherosclerosis which can give rise to atherosclerotic renal artery stenosis, and dissecting aneurysm leading to kidney disease.

In severe (malignant) hypertension, fibrinoid necrosis of renal vessels leads to progressive renal failure, proteinuria and haematuria.

Moreover, in patients with kidney disease, hypertension makes it worse with sodium and water retention, and increased plasma renin levels.

How does heart disease affect the kidneys?

Heart diseases that affect kidney function include:

- Heart failure
- Infective endocarditis
- Thromboembolic disease
- Heart surgery and contrast imaging

30% of **heart failure** patients have chronic kidney disease. Heart failure results in a decreased cardiac output and decreased blood flow to the kidneys, leading to a decreased urine output, fluid retention and oedema (swelling), azotaemia and kidney failure.

Infective endocarditis can lead to glomerulonephritis and kidney failure.

Thromboembolic disease with embolisation of blood clots to the kidneys can occur in atrial fibrillation, prosthetic heart valves, and from the atherosclerotic aorta during catheterisation.

Patients with coronary artery disease may also develop acute kidney injury during or after **heart surgery**. In addition, contrast imaging in these patients can precipitate contrast-induced kidney damage.

How does kidney disease affect the heart?

Conversely, kidney disease can adversely affect the heart in:

- Aggravating heart failure
- Aggravating hypertension
- Accelerating coronary artery disease (CAD) and cardiovascular calcification
- Predisposing to arrhythmias

In chronic kidney failure, as kidney function deteriorates, **heart failure** arises from sodium and fluid retention.

In addition, neurohormonal changes occur, leading to **worsening of hypertension**. Coexisting anaemia compounds these problems, leading to worsening of heart failure.

Accelerated coronary artery disease occurs in chronic kidney failure, contributed by increased age, accompanying diabetes, elevated lipids, vascular calcification and hypertension.

Worsening kidney function and chronic kidney disease are powerful prognostic indicators for CAD. Early signs of kidney disease (microalbuminuria) are an important sign of associated CAD.

Arrhythmias are prone to occur in dialysis patients as a result of electrolyte disturbances, pH changes, hypoxaemia and associated CAD. In patients with renal transplantation, CAD is the likely cause of death.

In conclusion, the two very important and common causes of mortality and disabling morbidity, heart disease and kidney disease, are closely inter-related. Therefore, presence of heart disease and hypertension must alert us to the probability and likelihood of disease in the kidneys and vice versa.

Improving Blood Circulation Through A NATURAL WAY

Blood circulation, also known as the blood flow throughout our bodies, is vital for optimum health. A healthy blood circulation promotes our biological system by transporting oxygen and nutrients to the body tissues for an optimal body system.

Maintaining a healthy blood circulation helps to ensure that body is functioning efficiently. However, the importance of blood circulation is often overlooked as it is part of our everyday lives. Most of us tend to make unhealthy lifestyle choices that can significantly impede this body function, including physical inactivity, poor eating habits, excessive alcohol consumption and smoking.

Despite poor blood circulation is often being thought of as a common health issue faced primarily by senior citizens,

it can affect people of all ages. Hence, it is vital to maintain a healthy blood circulation at a young age. Fortunately, blood circulation can be improved or maintained via diet and lifestyle modifications such as eating a healthy diet and adopting regular exercises.

It has been reported that water-soluble tomato extract showed benefits on blood circulation. Researches have shown that the consumption of **natural water-soluble tomato extract** which is lycopene- and fat-free, has been **CLINICALLY TESTED to improve blood circulation¹**. It is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids that pose antioxidant properties with beneficial effects on blood circulation, that can help to protect against oxidative stress.



Discovering the Natural Solution for Healthy Blood Circulation with Biogrow® SmoFlo® Capsule



Biogrow® SmoFlo® Capsule contains 150mg of **fruitflow® natural water-soluble tomato extract** (imported from France) which is **CLINICALLY TESTED to improve blood circulation¹**. **fruitflow® natural water-soluble tomato extract** is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids found in the jelly of tomato seeds of sun-ripened tomatoes.



Biogrow® SmoFlo® Capsule is recommended for:



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals with poor blood circulation



Individuals who lead a hectic or unhealthy lifestyle



Individuals practicing unhealthy diet

Biogrow® SmoFlo® Capsule is not added with preservatives and it is suitable for vegetarians. Just take 1 capsule daily to keep the blood flowing smoothly for a healthy blood circulation!

Reference:

1. EFSA Journal 2010; 8(7), 1689.

KKLIU 3324/2020

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Memories That Never Fade...

Tun Ahmad Sarji bin Abdul Hamid, the President of Yayasan Jantung Malaysia (YJM), was an iconic figure who often represented YJM in flagging off various events such as the Walk-A-Mile or Run For Your Heart celebrations held in conjunction with World Heart Day. He projected a sense of health and fitness was always full of smiles as he joined the participants in their walk/run right up to the finishing point.

Tun was well aware that this was a monumental task that could not be completed overnight, as it requires persistence and consistency. Thus, he has always worked hard toward achieving YJM's long-term goal of raising public awareness on the importance of heart health and he has remained committed to educating the public about the dangers of heart disease and empowering them on heart health from the very first day he joined YJM.

Through the years

Born 16 September 1938 in Perak, he spent his early childhood in Ipoh. He entered University Malaya in 1957 and graduated in 1961. He then entered the Malay Administrative Service, later joining the Malaysia Civil Service where he was attached to several states in Malaysia. He served as Secretary General in the Ministry of Trade, Director General in FAMA and his last posting was as the 9th Secretary General of the Malaysian Civil Service, where he served from 1990 to 1996.

As the Chief Secretary General for Malaysian civil services, Tun was the founder of Modern Malaysian civil service and he helped usher in new improvements

by introducing a quality programme management system that helped enhance the image of the Malaysian public services delivery system by improving its efficiency.

In fact, Tun was one of YJM's pioneers, joining up in August 1999, and he served in the position of Vice-President. He also held the post of Chairman of the YJM Building Fund where he was instrumental in securing funding for YJM and its halfway house (meant to provide accommodation for outstation heart patients who needed treatment from IJN, General Hospital and private hospitals around Kuala Lumpur and their relatives).

One of the activities in which he had initiated is the partnership in the programme of World Heart Day organised by Olive House for the last two years. Following the passing of Tun Omar Ong Yoke Lin, Tun was made President of YJM in 2011, where he served with dedication and great commitment. Tun also enjoyed reading and writing, and he had also contributed a number of articles regarding heart health for Berita YJM. Among his other hobbies is playing golf and listening to P. Ramlee's songs, of which he has amassed a collection spanning from 1948-1972.

Tun's patriotism and various contributions to Malaysia would be etched in our hearts and memories forever. YJM pray that Tun's soul will be showered with blessings and elevate his status among the syuhadah and solihin.

Prepared by **Hajjah Ainon Hj Kumtom**

Heart Health and Ageing



Ageing is a normal part of life. As we age, our metabolism slows down and our body starts to weaken. Our heart also adapts to the changes of the aging body. This makes the heart more vulnerable to problems and impacts our quality of life.

In fact, the Department of Statistics Malaysia (DOSM) reported that cardiovascular disease continues to be the leading cause of death in Malaysia over the last five decades.

Did you know?

A healthy 20-year-old is able to exercise to a heart rate of 180-200 beats per minutes (bpm), while the maximum exercise capacity for an 80-year-old is about 140 bpm, being limited by muscle fatigue or increased work of breathing.

A change of heart

The elderly are more likely to suffer from a heart attack, coronary heart disease, heart failure and other cardiovascular diseases. This is linked to changes that happen to our heart as we age, such as the following.

- **Hardening of arteries:** The main artery (aorta) and other arteries become stiffer, thicker and less flexible (arteriosclerosis) as you age. This increases the blood pressure, causing systolic hypertension and the heart has to adjust by pumping harder.
- **Declining exercise capability:** During physical activity or times of stress, the heart cannot beat as fast as the time when you were younger due to a decrease in sympathetic response with age. Hence, you cannot work out or play sports as long or as vigorously as before. A typical sign of this is shortness of breath.
- **Changes in the electrical activity of heart:** The ECG reading of an older person may change with age due to the development of irregular heartbeats (arrhythmias) as a result of hypertensive and coronary heart disease.
- **Enlarged heart and thickening of the heart wall:** Despite the increased size of the heart, the

chamber can hold less blood volume due to the thickened wall, especially in the left ventricle. This happens due to increased blood pressure. The heart may fill more slowly and is unable to pump as efficiently.

- **Heart valve problems can occur:** Valves control the direction of blood flow in the heart. Valve problems may deteriorate with age (eg. mitral valve, prolapse, calcification, regurgitation, and aortic sclerosis with degenerative calcification). This can give rise to heart murmurs in the elderly.

How to stay young at heart

Everyone will get older, but you can keep your heart healthy with these steps.

- **Exercise regularly:** Try to get at least 150 minutes of physical activity weekly. Divide the duration into daily sessions.
- **Balanced diet:** Avoid foods high in trans and saturated fats, added sugar and salt. Include more fruits, veggies and high-fibre foods in your diet.
- **Healthy weight:** Maintain healthy weight by balancing your calorie intake and output. Being overweight or obese increase your risk of cardiovascular diseases and other non-communicable diseases.
- **Quit smoking:** Smoking increases the risk of heart diseases. Even if you quit smoking later in life, your risk can diminish over time.
- **Manage stress:** Stress can increase your blood pressure. Learn how to manage stress with meditation, stress management programme, recreational activities, etc.
- **Manage pre-existing condition:** Keep your diabetes, high blood pressure or high blood cholesterol under control by following your doctor's advice and taking your medications.
- **Regular check-ups:** Monitor your blood pressure, cholesterol level and other vital signs on a regular basis.



Tribute to the 'Man with Heart'

Founder & Chairman of Yayasan Jantung Malaysia

Datuk Dr Jagjit Singh Sambhi has left this world with a legacy of altruism, academia, acumen, skill, spirit, charity, integrity, gastronomy, gentleness, nobility, professionalism, purpose, philanthropy, loyalty, logic and love shining as bright as any celestial body in the heavens. The tributes from all areas of society and friends are a testament to his entire being – a life well lived and a destiny fulfilled...

In 1982 during Dr Jagjit Singh Sambhi's presidency of the Rotary Club of Kuala Lumpur, he realised that a new killer in Malaysia was progressing to epidemic proportions. Although an O&G man at heart, it was clear to Dr Sambhi that Heart disease would be this scourge. He conceived an idea of a Heart Foundation, which has grown from a simple 'baby' to an 'adult' that is almost 40 years in age!

Initially Dr Sambhi had discussions with his cardiologist friends about the formation of a Foundation, whereupon the Minister of Health entrusted him the reins of responsibilities. Thus the 'baby' was conceived, the 'gestation period' for the Foundation was a simple five weeks, and 'delivered' on the 5th June 1982 at the Royal Selangor Club in Dataran Merdeka. Dr Sambhi spoke:

"With the stress and strains of modern living, heart diseases have now emerged as Malaysia's premier health problem and it is likely to become more serious in the next decade. We need to protect everyone from this largest killer of modern civilization. I strongly believe that by forming the 'Heart Foundation', we will be able to help the poor, the ill and the needy."

Even years later, Datuk Sambhi believed these words remained current and relevant.

Dr Sambhi ensured the YJM emphasis was directed towards Preventive



methods, developing 'Awareness Programmes' to advise the public, investing in educational programmes to encourage healthy diet, exercise and anti-smoking, a particular pet peeve of Dr Sambhi's. The YJM were in fact the very first to tackle public health screening in this country!

Datuk and Datin Sambhi even gave of their fourth floor of 'Sambhi Clinic' to establish an office in the 90s before finally a permanent Secretariat was built and opened in 2009 along with the YJM 'Halfway House' to provide accommodation for outstation patients and relatives who seek medical treatment in KL. Datuk Dr Sambhi described the YJM oasis as a magical venue which he was eternally grateful to Tun Ahmad Sarji who was instrumental in helping to set it up. Tun Ahmad Sarji was a staunch supporter of the Heart Foundation and a great and generous friend to the cause – Datuk Sambhi said of Tun that he was a continual pillar of support for him and they developed a mutually respectful friendship, especially when Datuk became YJM Chairman in 2010 and a year later Tun was President.

Datuk Dr Sambhi truly believed the idea of a 'Heart Foundation' was a necessity he personally could not ignore, and he constantly used these words from the Heart Foundation's Official Launch:

"God has given us a heart so that we may live a full and fruitful life in this world.

Let us cherish our only heart and see that it continues to function without abuse.

However, if there is damage at birth or in later life we should have the means to repair and nurse it back to health so that we may live and not just exist.

**For,
To Live is meaningful,
To Exist is meaningless."**

Datuk Dr Jagjit Singh Sambhi passed away on Wednesday the 18th of August 2021, knowing that his life and contributions on this Earth had made it a significantly better place.

At 90 years of age, he was still orchestrating YJM Board meetings, checking Minutes of Meetings and other YJM documents, making sound logical decisions on the running of the YJM especially in these difficult days of the Covid Pandemic, as well as coming up with new innovations and charitable endeavours to push the YJM forward and onward.

Poignantly he attributed one of his favourite quotes to the entirety of the Heart Foundation:

"I expect to pass this way but once, any good or kindness I can do, let me do it now, for I shall not pass this way again."

He leaves behind his beloved wife, Margaret, 3 children Kashe Robin Genevieve, their spouses and 4 grandchildren who all miss him every single day.

Prepared by
Dr Robinder Sambhi Kumtom



Hajjah Ainon Hj Kuntom

COVID-19 Trauma bagi Wanita

Tercetus pandemik COVID-19 lebih setahun yang lalu telah mengakibatkan banyak pertukaran dalam persekitaran kehidupan, sosio ekonomi dan politik bagi penduduk di seluruh dunia. Ini telah menimbulkan banyak isu-isu kehidupan di kalangan wanita khususnya. Keadaan iklim ekonomi yang terus merudum di seantero dunia disebabkan kerajaan di negara-negara penularan penyakit COVID-19 telah menutup kebanyakan pintu rezeki bagi penduduk mereka dalam berbagai jenis pekerjaan, berbagai bidang ekonomi, sosial sains, alam semulajadi, pertanian dan sebagainya. Ini adalah bagi mengawal penularan penyakit virus daripada merebak di seluruh negeri atau negara masing-masing.

Akibatnya timbullah masalah pengangguran, kemiskinan sementara atau transit, kemiskinan yang terburuk sekali. Kedua-dua perkara ini telah menyebabkan timbulnya penyakit kemurungan, stres dari segi mental, emosi dan jasmani.

Pengurangan atau permintaan kerajaan untuk tinggal di rumah dan jangan keluar tidak tentu hala, tidak boleh bergaul rapat atau bercampur dengan orang ramai, tidak bebas beriadah di taman-taman rekreasi ataupun pergi ke pusat-pusat senaman gim. Semua ini mengurangkan senaman jasmani dan menjalankan aktiviti-aktiviti yang sihat mengakibatkan manusia jadi malas. Mereka yang mempunyai wang ringgit tinggal di rumah makan dan tidur saja. Yang tiada mempunyai wang ringgit dan yang miskin, tiada makanan yang hendak dihidangkan kepada keluarga akan mengakibatkan tekanan mental dan emosi yang agak teruk. Akhirnya, timbullah pelbagai jenis penyakit psikologi dan emosi. Kedua-dua penyakit ini mencetuskan pembaharuan perangai hidup dari cara hidup biasa menjadi murung, ganas dan menimbulkan gara-gara keganasan rumah tangga yang amat dahsyat.

Apa tidaknya? Tiada wang untuk membayar sewa rumah, membeli minyak kereta, atau membayar ansuran kereta; yang ada hanyalah wang untuk menampung perbelanjaan menghidangkan makanan bagi keluarga, sekurang-kurangnya dua kali sehari. Ini tidak termasuk kos perubatan keluarga, perbelanjaan anak-anak ke sekolah dan sebagainya. Hasil beberapa kajian baru-baru ini menunjukkan wanita paling terhimpit dalam keadaan semasa pandemik ini adalah disebabkan wanita sebagai isteri dan ibu dengan bebanan tugas-tugas harian yang mencabar di rumah menjaga anak-anak yang tidak boleh ke tadika, taska, memasak, mengemas rumah dan kadang kala wanita itu juga pencari rezeki kedua untuk sebuah keluarga.

Kini terdapat wanita membunuh diri dan membunuh anak-anaknya, menjadi ganas, menjadi penagih dadah, meminum arak dan kebanyakannya mendapat penyakit tidak boleh tidur tak boleh lelapkan mata 'insomnia'.

Semua kedudukan ini akan menjerumus kepada penyakit gangguan neurologi dan kemurungan yang amat teruk sehingga susah diubati atau dirawat.

Ia juga boleh membawa kepada angin ahmar (strok), delirium dan kurang waras. Apa yang harus dilakukan? Dalam keadaan suasana seperti ini, kita hendaklah berfikir seketika atau pun sejenak apa yang harus kita lakukan bagi mengatasi penyakit-penyakit emosi dan mental ini:

1. Kita harus berkongsi masalah sosial, emosi, atau mental dengan rakan-rakan, sahabat atau saudara-mara. Apabila terkurung di rumah, kita hendaklah mencari jalan untuk menghiburkan diri dengan mendengar musik, menonton televisyen, membuat senam-robik atau membuat apa saja perkara yang kita suka yang boleh mengembirakan dan buat kita ketawa.
2. Mestilah mendapatkan vaksinasi COVID-19 bagi menolong meningkatkan tahap kesihatan kita.
3. Tukarkan cara hidup dengan mengerjakan kerja-kerja berfaedah dan sihat seperti memasak, menjahit, berkebun, bertukang.
4. Gunakan media untuk beribadah dengan membaca Quran, zikir, atau selawat ataupun membaca buku-buku suci agama masing-masing.
5. Cuba memelihara binatang kesayangan seperti kucing, anab, ikan, anjing, burung.
6. Dalam aspek pemakanan kita perlu mengambil vitamin C dan D, buah-buahan dan makanan tambahan dalam diet kita.

Perkara-perkara di atas boleh mengalih pemikiran, emosi, mental dan jasmani kita ke arah yang lebih positif dan mengajak kita melihat kehidupan ke hadapan dan kurang merintih semasa kita terkurung di rumah bagi mengelakkan penyakit COVID-19. Jangan lupa sentiasa bersihkan diri, basuh tangan, basuh muka, berkumur, mencari udara yang bersih dan menghidu wap air panas bercampur cengkih bagi melegakan sistem pernafasan kita. Tindakan-tindakan tersebut di atas akan membolehkan wanita sentiasa hidup ceria, aman damai dan bahagia walaupun dalam sangkar kurungan di rumah.



YJM & Olive House Help Raise Public Awareness

The collaboration between Yayasan Jantung Malaysia (YJM) and Olive House continues for the second consecutive year, as they organised a World Heart Day (WHD) Campaign to combat cardiovascular disease in Malaysia.

The WHD celebrations featured Special & Medical Talks, Virtual Run and Ride, World Heart Day Charity Sales and many other activities which were held from 29 September to 1 December 2020.

During the celebrations, the sales of Olive House products helped generate RM35,000 for their Charity Sales Programme 2020. The cheque presentation to Yayasan Jantung Malaysia was held on 17 March 2021.

The collaboration also included two other activities, namely "YJM and Olive House Community Service Order" on IKIM, FM radio and "Virtual Run & Ride World Heart Day".



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The Heart Foundation of Malaysia

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YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

SECRETARIAT

Wisma Yayasan Jantung Malaysia

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References:

1. EFSA Journal 2010; 8(12): 1885
2. Diets that are of low in GI and high in dietary fiber are protective – WHO Europe Diabetes



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