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

The heart is known as the 'engine' of the human body. A central organ that pumps blood, vital nutrients, and oxygen throughout the body in order to 'drive' our day-to-day activities. And much like a car engine, it is important to regularly take measures to keep our hearts healthy.

Unfortunately, many of us take part in unhealthy habits that can affect our heart health. A study using data from the Malaysian National Health and Morbidity Survey 2019 found that only a mere 30.6% of respondents practise healthy lifestyle habits. Meaning that the remaining majority of Malaysians engage in various unhealthy habits that may increase their risk of developing cardiovascular diseases.

Unhealthy habits can be found in our dietary habits. A lacking consumption of fruits and vegetables, and excessive intake of certain other nutrients (e.g. fats, oils, salt, sugar, etc.) has been linked to an increased risk of developing various heart diseases. In Malaysia, 94.9% of adults have insufficient daily intake of fruits and vegetables (NHMS, 2019) – an alarming statistic that highlights the prevalence

Break Unhealthy Habits for A Healthy Heart

of unhealthy dietary habits in Malaysians.

The unhealthy habit of avoiding exercise puts individuals at risk of developing conditions like high blood pressure, high blood cholesterol, and diabetes. In addition to this, a lack of exercise can also lead to obesity. Worryingly it is estimated that around 25.1% of Malaysian adults are physically inactive and 30.4% are overweight (NHMS, 2019). These statistics highlight that a lack of exercise is an unhealthy habit of many Malaysians.

However, it is not just about what we eat or how active we are. There are other unhealthy habits that can increase the risk of developing heart diseases. Smoking is an unhealthy habit with detrimental effects to our heart health. In Malaysia, it is estimated that at least 4.8 million individuals are currently smokers (NHMS, 2019). Consequently, this statistic highlights smoking as another unhealthy habit that Malaysians need to address.

So how can we address these unhealthy habits? Generally speaking, it is recommended that individuals:

- Identify the unhealthy habits in

their lives (e.g. eating too much fast food, not exercising enough, not sleeping properly, etc.).

- Set an end goal on which unhealthy habit they would like to address (e.g. to quit smoking, to lose weight, etc.)
- Create a plan to reach their goal (e.g. workout plans, healthy meal planning, etc.)
- Gradually work towards their goal by taking small, consistent steps.



Unhealthy habits can directly affect our heart health.

The good news is that breaking away from these unhealthy habits are not impossible. Ditching these unhealthy habits not only improves our heart health but also our overall quality of life. So, start today, take charge of your heart health, and break those unhealthy habits for good!



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A Healthy Heart for A Healthy Life

Our day-to-day habits have an influential role on our overall health and well-being, yet it is often overlooked until a health scare arises. This is particularly true when it comes to our heart health, as unhealthy habits like smoking, a poor diet, and lack of exercise can increase the risk of developing cardiovascular diseases. Therefore, it is important for everyone to understand how unhealthy habits can affect our heart health.

Smoking is a well-known risk factor that may lead to poor heart health. In our first featured article, we explore the effects of smoking on heart health and zoom in to its detrimental role in cardiovascular diseases. We also provide practical tips on how existing smokers can quit.

With a single click of a button, the internet allows the average person access to an inconceivable amount of information about heart health. However, it can be difficult to discern the truth from fiction. Therefore, our second feature article attempts to debunk some common myths about heart health.

Our dietary intake and habits also have an influential role in our heart health. In fact, adhering to certain dietary regimens may even have a beneficial effect on our heart health, especially for those with high blood pressure (hypertension). As such, our third and final feature article for this issue looks at the DASH diet, how it works to reduce blood pressure levels, and its effectiveness.

It is important to realise that we need to be proactive in our heart health. We should strive to take action and prioritise our heart health early. Whether its through regular exercise, eating right, or quitting smoking, each small step we take will add up over time. Let's work towards a healthy heart and a healthy life – and let's make it a healthy habit, not a chore.

Dato' Dr Aljafri bin Abdul Majid

Uniting Forces: YJM and MoH Discuss Collaborative Opportunities

by Dato' Dr Aljafri bin Abdul Majid

On January 6th, 2023, I was honoured with the opportunity to meet with the newly appointed Minister of Health, YB Dr Zaliha Mustapha, as I paid a courtesy visit to the Ministry of Health office. Eager to exchange ideas and insights, our meeting was filled with thought-provoking discussions regarding the pressing health concerns faced by Malaysians, particularly the burden imposed by heart disease.

First and foremost, I would like to take a moment to extend my heartfelt congratulation to YB Dr Zaliha Mustapha on her appointment as the Malaysian Minister of Health. After our conversation, I can't help but commend her dedication and express my utmost confidence in her ability to lead our nation towards a healthier future.

After exchanging pleasantries, I began the meeting by introducing YB Dr Zaliha to Yayasan Jantung Malaysia (YJM) and providing an overview of our organization's objectives. I highlighted our unwavering commitment and dedication to raising public awareness about heart health. Moreover, I addressed the disheartening reality of our nation's struggles in reducing the burden of heart diseases among our people. Despite extensive national efforts and awareness campaigns spanning the past three decades, the practical impact has regrettably remained limited. Startling statistics from 2012 revealed that cardiovascular diseases accounted for approximately 20% of all deaths in Malaysia. Given that cardiovascular diseases have consistently ranked among the leading causes of death since the 1980s, it is reasonable to assume that the current number of deaths attributed to cardiovascular diseases is even higher.

This sparked a cerebral discussion on the importance of addressing the burden of heart disease in Malaysia. I highlighted the financial implications of premature cardiac deaths, citing the findings from a study conducted by the World Health Organization (WHO) and the Malaysian Ministry of Health (MoH) which estimated that the cost of treating cardiovascular diseases reached around RM4 billion in 2017. Moreover, I emphasised that these consequences are not just confined to the victim's family but also has a rippling effect on the nation's economy. In fact, deaths due to cardiovascular diseases incurred an estimated RM50 billion cost to the Malaysian economy in 2017 alone.

Collectively, YB Dr Zaliha Mustapha and I acknowledged during the meeting that the message of maintaining heart health has not effectively resonated with the public. Despite having access to knowledge and information, individuals are not taking the necessary steps to prioritise cardiovascular health. In hopes of addressing this issue, we explored the idea of taking a holistic approach, much like that seen during the COVID-19 pandemic where multiple ministries and government departments worked towards a common goal to control the disease.

However, we acknowledged that unlike an infectious disease, combating cardiovascular disease requires a multifaceted approach that is more complex to enforce. Promoting heart health involves adopting a healthy diet and fostering a supportive lifestyle. This raised another issue of interest during the meeting, where the lack of accessible infrastructure to facilitate a healthy lifestyle in certain areas was discussed. Consequently, as the meeting drew to a close, I reiterated the need for collaborative efforts among different ministries, highlighting the Ministry of Housing, Ministry of Health, and Ministry of Education as crucial players in ensuring the availability of amenities that promote physical activity and overall well-being for the general public.

YB Dr Zaliha Mustapha expressed her appreciation towards YJM's work and welcomed the meeting as an opportunity to explore further collaboration between different ministers. Recognising the multifaceted nature of the problem, she emphasised the importance of joint efforts to comprehensively address heart health. Overall, the meeting concluded on a positive note, as we both recognise the importance of working together to improve heart health in Malaysia and alleviate the burden of cardiovascular diseases on individuals, families, and the nation as a whole.



A photo session of Dato' Dr Aljafri Abdul Majid and YB Dr Zaliha Mustapha after the meeting



Heart Disease: Sorting the Myths and Facts

Despite the countless attempts from healthcare institutions and the government, raising public awareness on heart disease remains to be a difficult task to achieve. Especially with the advent of social media and the internet, there are plenty of misconceptions and myths about heart disease that are perpetually shared amongst the public. In this article, we attempt to clear up some common myths about heart disease.

Myth 1: "Heart disease only affect the elderly. Younger adults don't need to worry about it."

Elderly individuals are indeed more likely to develop heart disease. In fact, those aged 65 or older have a much higher risk of suffering a heart attack, stroke, or heart failure compared to younger individuals. This is expected as aging causes various changes to the heart (e.g. stiffening of the arteries, changes to blood vessels, thickening of heart walls, etc.), which may contribute to an increased risk of developing a heart condition.

However, simply put, this statement is false. Heart disease is not a condition that exclusively affects the elderly. With the recent rise of obesity and high blood pressure in younger adults, the risk for heart disease has been increasing in recent years. One study even found that between the years of 2010-2015, over 50% of countries reported an increase in heart disease mortality in adults aged 35-64.



Myth 2: "If I've had a heart attack before, I shouldn't do any exercise at all as it will make things worse."

Many believe that engaging in any form of exercise after having a heart attack may do more harm than good. However, this is inaccurate. In fact, it may have the complete opposite effect. Studies have found that regular exercise over the first-year post-heart attack reduces the risk of mortality compared to those who remained inactive post-heart attack.



Of course, this does not mean you should perform strenuous exercises as soon as you recover from a heart attack. Instead, if you have recently had a heart attack, it is recommended to wait a few weeks before attempting any form of physical activity. Once you have been examined by a cardiologist, speak to them about creating a suitable physical activity routine for you.

Myth 3: "Heart attacks only affects males, not females."

One of the age-old misconceptions about heart attacks is that it only affects males. Without a doubt,

this is untrue. Heart attacks are not a male-exclusive condition. Females are also affected. In fact, in 2017, it was determined that ischaemic heart diseases were the leading cause of death in both Malaysian males (16%) and females (10.5%).

Interestingly, this misconception may have stemmed from the fact that males are more likely to suffer from a heart attack at an earlier age compared to females. Additionally, the presentation of a heart attack can differ according to genders.



Typical heart attack symptoms (e.g. chest pains, shoulder/arm pains, sweating, etc.) are commonly experienced by males, however, females often present with symptoms that are less specific (e.g. flu-like symptoms, fatigued, etc.).

Myth 4: "I don't need to check my cholesterol levels until I'm older."

This statement is incorrect. In reality, everyone should be checking their blood cholesterol levels, even children and adolescents. The Centers for Disease

Control and Prevention (CDC) recommend healthy adults to check their cholesterol once every 4-6 years. However, for those with a family history (e.g. familial hypercholesterolemia or history of heart disease), it is recommended to get your cholesterol levels checked more often. Cholesterol levels in children should be checked at least once between the ages of 9 to 11. Similarly, adolescents should get tested once between the ages of 17 to 21. However, high risk children and adolescents (e.g. those with obesity, diabetes, etc.) should be tested more often.

Myth 5: "Heart disease runs in my family, so there's nothing I can do about it."

Genetics are one of the factors that contributes to one's susceptibility to developing heart disease. However, just because heart disease is commonly found in your family history, it does not mean that it is "set in stone". There are many different ways to reduce your likelihood of developing heart disease. Here are some tips to prevent heart disease early.

- **Eat a Healthy and Balanced Diet.** Strive to eat a healthy, balanced, and varied diet. This includes eating multiple types of foods from



different food groups, and including nutrient-rich foods like vegetables, fruits, whole grains, healthy fats, lean meats, etc. It is also important to reduce the intake of salts, sugar, and unhealthy fats like oils.

- **Get Physically Active.**

Physical activity not only reduces your risk of heart disease, but also reduces the risk of developing other non-communicable diseases. Generally, it is recommended that adults should partake in 150 minutes of physical activity per week, with 2 days of muscle strengthening activities (e.g. weight lifting, cycling, yoga, etc.). These activities can be spread out throughout the week to better fit your schedule.



- **Avoid Smoking and Tobacco Products.**

The chemicals introduced into the body through smoking or tobacco products can negatively affect your heart and blood vessels. As a result, this can increase the likelihood of developing heart diseases. It is therefore recommended that current smokers make an attempt to quit. For those who are not smokers, it is best to not start and avoid second-hand smoke when possible.



- **Ensure Enough Sleep.**

Sleep is often overlooked when it comes to its impact on our heart health. In fact, studies have shown that individuals with a lack of sleep have an increased risk of developing obesity and high blood pressure. It is therefore recommended that adults get at least seven hours of good quality sleep each night.

- **Attend Regular Health Screenings.**

Health screenings are medical tests that can detect early signs of certain diseases. In the case of heart health, some of the important health screenings include tests for blood pressure, cholesterol levels, body weight, and blood glucose levels. By regularly attending these health screenings, one can detect and treat their conditions early.



Conclusion

In this day and age, medical information has become more accessible than ever with technology. However, this also comes with a downside. There are plenty of myths and misconceptions about heart health. It is important for individuals to be able to distinguish the difference between fact and fiction, especially when it comes to our heart. Together, we should work together to put these misconceptions to bed and strive for better heart health!

DASH-ing Away from Hypertension

From the foods you eat to the self-care products you use, sodium can be found everywhere! Even at this very moment, sodium can be found everywhere inside your body. In fact, sodium is an essential element that plays an important role in our physiology. It is crucial to certain physiological processes, such as contracting muscles, signaling of nerves, as well as maintaining mineral and water balances. Sodium is primarily taken into our bodies through our diets, where it is often found in the form of a compound called sodium chloride (or what we all are familiar with, table salt).

The Malaysian Sodium Story

Although sodium has an important role in our physiology, having too much in our system can cause detrimental effects to our health. The most notable example being an increase in blood pressure (hypertension), which is regarded as a precursor for many conditions, like heart diseases.

In fact, this is a problem faced by many Malaysians today. The recommended sodium intake for Malaysian adults is 1.5 grams per day. However, the average Malaysian takes in around 8.7 to 9.5 grams of sodium per day. Consequently, this has led to serious health implications, with hypertension being at the forefront. As reflected in the 2019 Malaysian National Health and Morbidity Survey (NHMS), 6.4 million Malaysians are currently living with hypertension. To put that number into perspective, that is 3 in every 10 adults. Despite this, many are unaware that hypertension is a problem that affected individuals are able to take control of before it's too late. For example, this can be done through controlling certain dietary practices. Interestingly, clinical practitioners have put forth various dietary recommendations to help people reduce blood pressure levels. These are termed "anti-hypertensive diets".

What is the DASH diet?

The Dietary Approaches to Stop Hypertension (DASH) diet, is a prescription diet used in clinical practice. As the name suggests, the DASH diet outlines a specific nutrition recommendation that aims to lower blood pressure levels in hypertensive patients.

Hypertensive patients prescribed the DASH diet follow a specific dietary guideline (see Table 1). These recommendations have been tailored specifically to increase the intake of certain nutrients while simultaneously decreasing others, which ultimately aims to lower one's overall blood pressure.

In addition to this, the DASH diet also limits the intake of fatty meats (e.g. lamb, beef ribeye), full-fat dairy (e.g. full cream milk, whole milk yogurt, full-fat cheese), sugary or sweetened beverages (e.g. canned sodas, cordials), and sweets/desserts (e.g. candy bars, cakes, ice creams).

Head-to-Head: DASH vs the Malaysian Dietary Guideline (MDG)

- **Recommended servings of fruits and vegetables.** The DASH diet recommends 4-5 servings of each component (fruits and vegetables) per day. On the other hand, the MDG recommends 2 servings of fruits and 3 servings of vegetables per day.
- **Recommended salt intake.** On average, sodium makes up to 39% of table salt. Both the DASH diet and the normal MDG recommend a low sodium intake - between 1.5 to 2.3 grams. This is the optimum level of sodium needed for proper body function.
- **The DASH diet highlights anti-hypertensive nutrients.** DASH emphasizes a higher intake of potassium, magnesium, and calcium which are nutrients that help with blood pressure control.
- **Potassium.** Potassium relaxes the muscle cells of the blood vessels. This can help reduce the contraction strength of the blood vessels and may reduce blood pressure.
- **Magnesium.** Magnesium stimulates the formation of a compound called nitrogen oxide. This compound is known to cause blood vessels to widen, therefore reducing blood pressure.
- **Calcium.** Regulates the contraction and relaxation of blood vessels.



Table 1. Recommended daily number of servings for different food groups under the DASH recommendation

Food Groups	Number of Daily Servings*
Grains (e.g. wholegrain bread, rice, pasta, noodles, oats)	6-8
Meats, poultry, and fish (e.g. beef, chicken, salmon, tuna)	<6
Vegetables (e.g. spinach, kale, kangkung, lettuce, bok choy)	4-5
Fruits (e.g. apples, bananas, strawberries, mangoes)	4-5
Low-fat or fat-free dairy products (e.g. low-fat milk, skimmed milk, low-fat yogurt)	2-3
Fats and oils (e.g. vegetable oils, butter, margarine, cream cheese)	2-3
Sodium (e.g. table salt, MSG, seasonings)	Up to 2.3 grams (Recommended = 1.5 grams)
Total Calorie Intake: 2000 kcal	

*Please refer to the Malaysian Dietary Guideline for more information on serving sizes and portions

How the DASH Diet Works

Generally, the DASH diet works to lower blood pressure through two ways: (1) increasing availability of nitrogen oxide, and (2) the sodium-potassium effect.

Increasing Nitrogen Oxide Availability

Generally, the DASH diet lowers blood pressure by increasing the availability of nitrogen oxide in the body. For example, the recommendation of high fruit and vegetable intake in DASH provides higher amounts of nitrogen oxide to the body, which can promote the widening of the blood vessels (vasodilation).

Sodium-Potassium Effect

While sodium can increase blood pressure, potassium can reduce it. Fruits and vegetables are rich sources of potassium. Increased amounts of potassium may promote vasodilation and improves the strength of the blood vessels due to high blood pressure.

How Effective is DASH?

Research shows that a prescription of the DASH diet may be an effective way to manage and lower blood pressure in hypertensive patients. One study found that individuals practicing DASH diet for several weeks saw improvements to their average blood pressure, with some individuals having significant reductions.

The positive research findings on the effectiveness of DASH has led to its use in clinical practice. In fact, the Malaysian Clinical Practice Guideline for Hypertension Management has adopted the use of DASH as one of the alternative treatments for hypertension.

Tips to Lowering High Blood Pressure: Diet Edition!

It is not advisable to follow the DASH diet without consulting with a doctor first. However, here are some simple dietary tips for you to help reduce your blood pressure.

- **Eat more fruits and vegetables.** This can be achieved by including a bowl of vegetables and fruits in every meal, and opting for fruits (e.g. apples, pears, bananas) instead of unhealthy and deep-fried foods (e.g. cucur, keropok lekor, and potato chips) during snack time.
- **Limit your salt intake.** Loosen up on the salts in your diet. Stay away from high-sodium foods in the supermarket (e.g. potato chips, processed meats such as sausages and nuggets, and pre-packaged meals).
- **Choose Potassium Rich Alternatives.** Instead of snacking on potato chips, which are high in sodium, try and replace it with a potassium rich alternative (e.g. avocados, dried raisins and mangoes).
- **Limit saturated (SFA) and trans fats (TFA).** Have low-fat foods (e.g. skimmed milk, low-fat yogurt, light cheese)! And limit SFA and TFA foods such as butter and margarine, try light cream cheese instead as a great alternative!

In conclusion, the DASH diet is a clinically prescribed anti-hypertensive diet that focuses on increasing the intake of various minerals and nutrients (e.g. potassium, calcium, etc.) for better blood pressure control and optimal metabolic function. Ultimately, this can result in various benefits to keep your heart healthy and happy! However, keep in mind that the DASH diet is not a “super hack” that instantly cures your hypertension. At the root of it all, it is a dietary intervention. As such, it is important that people consider their dietary intake as a tool to help achieve a healthy heart and to prevent future diseases!



A Roadmap to Keeping Your Heart Healthy

The prevalence of heart disease in Malaysia is ever increasing and it is still the no. 1 killer in Malaysia. According to the Department of Statistics Malaysia, the mortality rate caused by heart disease demonstrated an increasing trend from 13.2% in year 2016 to 15.0% in year 2019¹.

Having high cholesterol level is one of the main culprits that can put you at risk of developing heart disease. When the low-density lipoprotein (LDL) cholesterol, also known as "bad" cholesterol, is too high, it builds up in the wall of the arteries to form a plaque. This condition, known as atherosclerosis, can increase the risk of heart attack due to the blockage of blood flow in the arteries.

Regardless your age or current health status, it's never too late or early to take steps to protect your heart. In order to support your heart health journey, keeping your cholesterol level in check is the key. You can start by following these simple steps:

1. **Be physically active** by engaging in exercises such as brisk walking, running or jogging, cycling, swimming and etc.
2. **Avoid red meats** such as beef, pork and lamb. For healthier alternatives, choose white meats such as fish or lean chicken.
3. **Choose healthier cooking methods** such as steaming, grilling, baking or boiling which help to reduce the amount of oil used.
4. **Eat high fiber diet** especially foods rich in soluble fiber such as oat beta-glucan.

Unleash the power of BIOACTIVE oat beta-glucan in oat bran

Oat beta-glucan is a type of soluble fiber substantially found in the oat bran which is the outer layer of the grain. However, not all oat beta-glucan is the same. Bioactive oat beta-glucan with high molecular weight is the unique form as it has been scientifically proven to produce cholesterol-lowering and blood glucose-controlling effects due to its high viscosity².



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Bioactive oat beta-glucan dissolves readily inside the digestive tract where it forms a thick viscous gel in the small intestine. This viscous gel attenuates the intestinal uptake of LDL cholesterol as well as the reabsorption of bile acids which the body makes from cholesterol. In response, the body will draw upon the pool of circulating cholesterol to produce new bile acids which are essential for digestion and absorption of fats in the small intestines. Lower uptake of cholesterol from the gut combined with more bodily cholesterol used for bile acid production results in reduced blood cholesterol level.



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Biogrow® Oat BG22® is diabetes friendly as it is lab-tested ****low in Glycemic Index (GI<55)**³ which makes it suitable for pre-diabetic and diabetic patients. Besides, it is also high in total fibers (soluble and insoluble fibers) and lactose-free with no added sugar, artificial ingredients and preservatives. Biogrow® Oat BG22® also has good solubility as it dissolves readily in water with no shaker required.

Let's embrace a healthy lifestyle by making small healthy changes in your diet for a good heart health today!

Biogrow® Oat BG22® is available in major pharmacies and Biogrow® Official Store at Shopee Mall.

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1. Non-Communicable Diseases (NCD) Country Profiles. World Health Organization. 2020.
2. EFSA Journal 2010; 8(12): 1885.
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 - * Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect – EFSA Journal.
 - ** Diets that are low glycemic index and high in dietary fiber are protective – WHO Europe Diabetes.

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Hajjah Ainon Hj Kuntom

Aidilfitri... Selepas Ramadan

Puasa adalah amalan hidup yang terbaik dan menyihatkan tubuh badan manusia. Puasa menolong manusia membersihkan usus-usus di perut yang mana perlu dibersihkan setahun sekali supaya bahan penyakit seperti bakteria dan lain-lain kuman yang terdapat dalam bahan-bahan makanan boleh dibuang atau di hapuskan. Dengan demikian setelah sebulan berpuasa dalam proses menyihatkan badan, maka apabila tiba Hari Raya Aidilfitri hendaklah kita berhati-hati dengan memilih makanan supaya kita tidak menimbulkan berbagai penyakit seperti gastrik, radang perut, dan lain-lain penyakit yang berkaitan dengan perut.

Penyakit seperti di atas ini sering timbul di kalangan warga emas. Ini adalah perkara biasa bagi warga emas oleh sebab segala urat saraf dan usus dibadan telah menjadi lemah di mana mudah mendapat tekanan darah tinggi, kolesterol berlebihan yang tidak diingini, dan ketinggian gula dalam darah. Perkara ini hendaklah kita ingat untuk menjaga kesihatan dengan baik.

Makanan yang disediakan pada hari perayaan Aidilfitri adalah merupakan makanan yang berat seperti rendang daging, ayam, ketupat pulut dan nasi bersamaan dengan lain-lain juadah yang dimasak dengan santan yang berlebihan dengan karbohidrat dan minyak yang banyak dan sebagainya. Ini perlu diingat dan dijaga dengan teliti supaya diet yang seimbang dapat kita pertahankan dengan baik.

Begitu juga dengan manisan seperti kuih-kuih raya, biskut-biskut raya, kek dan sebagainya yang mengandungi banyak gula dan mentega. Ini mungkin akan meninggikan kadar gula dalam darah kita yang berkemungkinan akan memudaratkan kesihatan badan kita.

Perlu juga kita teliti setelah sebulan berpuasa dan bila kita mula beraya dengan memakan makanan terlalu



banyak tanpa membuat senaman badan yang sepatutnya. Dalam bulan puasa tiap-tiap malam kita mengerakkan tubuh dengan membuat senaman yang ringan iaitu setelah berbuka puasa kita sering mengerjakan sembahyang terawikh tidak kira sama ada lapan rakat hingga dua puluh rakat. Dalam proses mengerakkan badan kita semasa sembahyang kita dapat menghadamkan makanan yang telah diambil semasa berbuka.

Di Hari Raya kita hanya sembahyang lima waktu seaja. Dengan demikian kita perlu membuat senaman dengan berjalan kaki atau senaman ringan pada Hari Raya yang pertama. Itu sebabnya kita perlu memberi tumpuan kepada pergerakan semua anggota badan semasa bersenam agar darah di jantung dapat dipamkan dengan baik, cepat, cergas dan sihat. Senaman adalah salah satu senjata untuk menguatkan dan menyihatkan semua anggota badan.

Agama juga menggalakkan berpuasa sunat 6 hari dalam bulan syawal. Ini harus di amalkan supaya makanan yang berlebihan dan banyak yang di ambil di minggu pertama bulan syawal dapat di kawal dan dibersihkan semula dengan baik. Hanya makanan-makanan yang berkhasiat dapat di kekalkan dalam badan kita supaya ianya boleh diproses untuk mengawal kesihatan manusia dengan sempurna.

Ingat, makan dengan kuantiti yang sedikit tetapi dengan kerap. Makan-makanan sihat seperti buah-buahan dan sayur-sayuran lebih banyak daripada memakan banyak daging rendang, daging dendeng, daging salai masak lemak dan sebagainya.

Perut sihat, badan ringan, fikiran tenang dan perasaan bahagia dan ceria serta senyum sentiasa diukir dibibir orang yang sihat.

Badan sihat, otak cergas, hidup harmoni dan damai.

Go Red for Women 2023

Cardiovascular disease is the number 1 killer of women, causing around 1 in 3 deaths each year. The simple truth is that most cardiovascular diseases can be prevented with education and healthy lifestyle changes. Go Red for Women is an international awareness campaign dedicated to the prevention, diagnosis, and control of cardiovascular disease in women.

The 'Go Red for Women' Heart Health Awareness Program was held on 4 March 2023 in conjunction with International Women's Day 2023 at Dewan YJM, Wisma Yayasan Jantung Malaysia. This program was inaugurated by YBhg. Dato' Dr Asmayani Khalib, Deputy Director General of Health (Medicine).

The program was well-attended, including women of all ages, healthcare professionals, and supporters. The participants engaged in various activities and discussions, including an aerobic stretching session, health talks by YBhg. Dato' Dr Asmayani Khalib, a UNFPA Consultant on Sexual Reproductive Health Malaysia, a talk on heart health by a cardiologist from the National Heart Institute sharing experiences and insights on heart disease and stroke in women, a nutrition talk by Madam Mary Easaw, a dietitian and nutrition specialist discussing the benefits of maintaining a healthy eating style, and a psychiatric talk by psychiatrist from Kuala Lumpur Hospital. The event concluded with a question and answer session. Their speeches were inspiring and informative, and they provided valuable advice and guidance on how women can take care of their heart health and examples of healthy foods that can be practiced for body health.

The program also provided valuable educational resources and materials on heart health for women, including pamphlets, brochures, and other informational materials. Attendees were encouraged to take advantage of these resources and share them with their friends and family members.

The 'Go Red for Women' Heart Health Awareness Program also included a community outreach component, which involved partnering with local organizations to promote heart health in the community. The event organizers collaborated with the Department of National Unity & National Integration of the Federal Territory of Kuala Lumpur to provide information and resources to the local community, and to raise awareness about the importance of heart health in women.

Overall, the Go Red for Women 2023 program was a huge success, and achieved its goal of raising awareness about the importance of taking care of our health especially when it comes to heart disease and stroke in women. The event provided valuable information and resources for women of all ages, and it helped to promote a healthy lifestyle and prevent heart disease in the community. We look forward to continuing our efforts to promote heart health in women and to make a difference in the lives of women everywhere.



(Center) YBhg. Dato' Dr Asmayani Khalib, Deputy Director General of Health (Medicine)

From left: Tan Sri Dato' Kamaruzzaman Shariff, Dato' Dr Aljafri Abdul Majid, Dr Robinder Sambhi, Dato' Professor Sulaiman Osman, Puan Hajjah Ainon Haji Kuntom



Nutrition talk by Dietitian and Nutrition Specialist Madam Mary Easaw

Aerobic stretching session by the participants.



Participants with full attention during health talk

Unhealthy Habits in Malaysian Adolescents

Unhealthy habits start when we are young and can have major implications on our heart health in the future. Here are some interesting findings from the recent National Health & Morbidity Survey 2022 on adolescent health.

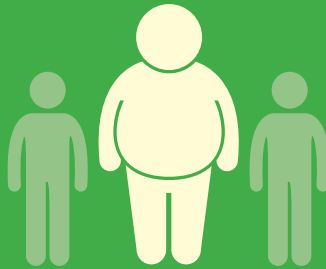
Level of Physical Activity Among Adolescents

4 in 5 are not physically active



Overweight/Obesity in Adolescents

1 in 3 adolescents are considered overweight or obese



Worrying Eating Habits of Adolescents

4 in 5 do not consume adequate amounts of fruits and vegetables



Nestle officials visit to the Heart Foundation of Malaysia

21 March 2023

From left:
Dr Pola, Adam Tan, Dr Robin, Dato' Dr Aljafri, Kenny Wong,
Tan Sri Dato' Kamaruzzaman, Amanda Low,
Ainon Kuntom & Kam Yi Ling.



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