



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

Volume 58, 2022

KDN No. PP9491/08/2013 (032776)



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

40

Years & Onwards!

As we all know, heart disease is the number one killer, not just in Malaysia, but all over the world. According to the latest record by the Department of Statistics Malaysia in 2020, heart disease remains as the main cause of death in Malaysia with more than 18,000 deaths or 17.0% of total deaths. This is why The Heart Foundation of Malaysia (YJM) has continued championing heart health awareness in our country.

Thus, I am honoured to mention that we have reached another milestone as we commemorated YJM's 40th anniversary this year. The event was held during the Heart Health Awareness Programme on 24 September at the YJM's Hall in conjunction with the World Heart Day and Malaysia Day 2022 celebration. For everyone's information, this year's theme for the World Heart Day was 'Use Heart to Connect Health'.

Since its foundation in 1982, YJM has contributed in various ways to the society as a non-profit organisation. Before the COVID-19 pandemic, we've organised up to 60 heart disease awareness programmes annually throughout the country. These activities were conducted with the support of our collaborating partners, consisting of the Ministry of Health, private hospitals, other NGOs and corporate partners.

Various types of activities were conducted, which included awareness campaigns, talks, forums and health check-ups. In addition, YJM's Halfway House has helped to provide affordable accommodation to the families of heart patients admitted in any hospitals in Kuala Lumpur, where up to 40 people can stay at the lodging at any particular time.

I would like to express our utmost gratitude to previous leaders who have contributed to YJM's cause in spreading the awareness on heart health to the community, especially to YJM's sole Patron since its foundation, Almarhum

Kebawah Duli Yang Maha Mulia Paduka Ayahanda Sultan Ahmad Shah Al-Musta'in Billah Ibni Almarhum Sultan Abu Bakar Ri'ayatuddin Al-Muadzam Shah.

Our deepest appreciation also goes to the strong figures behind YJM like the founding chairmen, Allahyarham Tan Sri Dato' Dr Abdul Majid Ismail and the late Datuk Dr J.S. Sambhi, as well as past presidents and vice presidents, like Allahyarham Tun Omar Ong Yoke Lin, Tan Sri Abdul Aziz Zain, Tan Sri Wong Yoke Meng, Tan Sri Zain Azraai and Tan Sri Datuk Dr Augustine Ong Soon Hock. Not to forget the immediate past president, Allahyarham Tun Dato' Seri Ahmad Sarji Abdul Hamid, who, together with Allahyarham Tan Sri Dato' Dr Abdul Majid, played a major role in setting up the Secretariat Building and the Halfway House.

I would also like to take the opportunity to thank the current Board of Directors, Members and staffs for their tireless effort, and the corporate sponsors, like Nestle Omega Plus, Legosan (M) Sdn Bhd, Affin Hwang Investment Bank, BE International Marketing Sdn Bhd, Aafiyat Group, AXA Affin General Insurance, SUBWAY Franchisee Advertising Fund Trust, SPANCO Sdn Bhd, and MNRB Holdings Berhad, among others, for their continuous support, as well as the collaborating partners, including the Ministry of Health, the National Heart Institution and Lions Clubs Malaysia for their vital cooperation with the Foundation.

YJM aims to continue organising more heart health awareness programmes nationwide as the country reopens after the pandemic, especially among young adults and adolescents at schools and higher education institutions. Other future plans include the re-introduction of exercise programmes and renovation of the halfway house. After achieving our 40-year milestone, YJM hopes to continue to receive crucial support from all our partners and collaborators, so that we can move forward and onward!



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

Vice Presidents

Tan Sri Dato' Kamaruzzaman Bin Shariff
Dato' Professor Sulaiman Osman

Chairman

Dato' Dr Aljafri bin Abdul Majid

Hon. Secretary

Dr Robinder Sambhi

Hon. Treasurer

Pn Hajjah Ainon Haji Kuntom

Directors

Datin Margaret Sambhi
Lt. Col. (RTD) Mohan Singh Rendhawa
Adam Tan Huang Chew
Dr Dharamvir Singh Godrei

EDITORIAL BOARD

Editor-in-chief

Dato' Dr Aljafri bin Abdul Majid

Editorial Member

Datin Margaret Sambhi

CONTENTS

Vice President's Message	1
Editor's Note	2
Feature Event	3, 10 – 11
Feature Article	4 – 7, 9

Secretariat

6, Lorong Lai Tet Loke 2, Off Lorong Gurney,
54100 Kuala Lumpur.

Tel: 03-2693 4709 Fax: 03-2693 3267

Email: jantung1.yjm@gmail.com

Website: www.yjm.org.my

Facebook: Yayasan Jantung Malaysia

Produced by

VersaComm Sdn Bhd

12-A, Jln PJS 8/4, Mentari Plaza, Bandar Sunway,
46150 Petaling Jaya, Selangor, Malaysia.

Tel: 03-5637 8588 Fax: 03-5638 9909

Printed by

Nightingale Printing Sdn Bhd

7, Jalan BRP 9/1C,

Bukit Rahman Putra Industrial Park,

47000 Sungai Buloh, Selangor.

Tel: 03-6141 2926 Fax : 03-6156 3866

Editor's Note



Doing Your Part to Take Care of Your Heart

As we celebrate our 40th anniversary this year, YJM remains committed to pushing public awareness and education on the importance of heart health. Similarly, it is important for individuals to be consistent and committed to making a continuous effort in bettering their heart health.

Chest pains are a symptom felt by everyone at least once in their lifetime. Although they are common, chest pains are often a cause of concern for many as it may be indicative of cardiovascular conditions. In our Featured Article, we shed some light on the distinct features of angina pectoris (recurring chest pains), its relationship with other cardiovascular disease, and how we can reduce our chances of developing it.

Many are aware of the relationship between dietary habits and cardiovascular diseases. But for those with hyperuricemia (high blood uric acid), dietary habits may play a more influential role in the outcome of cardiovascular diseases. In line with this, the final Feature Article in this issue explores the relationship between hyperuricemia and cardiovascular diseases.

Regardless of your age, ethnicity, or gender, striving to better our heart health is one thing we can all unite behind. As the saying goes "*With a healthy heart, the beat goes on*", and with the right steps, we can all work towards a healthy heart to keep that beat going.

Dato' Dr Aljafri bin Abdul Majid

Commemoration of YJM's 40th Anniversary



The cake-cutting ceremony to celebrate the 40th anniversary of YJM

The Heart Foundation of Malaysia (YJM) commemorated its 40th Anniversary during the Heart Health Awareness Programme on 24 September 2022. The event was also held in conjunction with the World Heart Day and Malaysia Day 2022 celebration at the YJM Hall.

The event started with the singing of the national anthem and followed by a welcome remark by the Honorary Secretary of YJM, Pn Hajah Ainon Kuntom. The event was then officiated by YJM Vice President Tan Sri Dato' Kamaruzzaman Shariff.

In his officiating speech, he mentioned the importance of the work that YJM do and how it has strived to contribute to the society as a non-profit organisation through various ways since its foundation in 1982. He also expressed his utmost gratitude to previous and current YJM leaders for their tireless contribution to the foundation, as well as to corporate sponsors and

collaborating partners for their continuous support during all these years.

The opening ceremony was concluded with the waving of Malaysia's flag led by YJM Director, Lt Kol (B) Mohan Singh Rendhawa, and a performance of traditional dance and music led by YJM Vice President, Dato' Sulaiman Osman.

Two health talks were also held during the event. The first talk titled "Maju Ke Hadapan Selepas Era Pandemik" was given by YJM Director, Dato' Dr Aljafri Abdul Majid. The next talk on "Exercising Your Way to a Healthy Heart" was by Former Director-General of Maritime Institute of Malaysia, Dr Pola Singh. Both talks were followed by Q&A sessions.

Throughout the event, the guests and audience were also given the opportunity to undergo health screenings to test their blood glucose and cholesterol levels, blood pressure as well as BMI. They could also participate in the "Pencuci Mulut Malaysia Sihat" contest. Prizes were awarded towards the end of the event.

Before the event ended, a cake-cutting ceremony to commemorate the 40th anniversary of YJM was also held, followed by a performance of traditional and modern dance and music by YJM

Director, Mr Adam Tan. Finally, all guests were invited to a luncheon.

After achieving its 40-year milestone, YJM hopes to keep organising more heart health awareness programmes nationwide and to continue receiving crucial support from all our partners and collaborators in the effort to promote health and wellbeing among Malaysians.



The waving of Jalur Gemilang led by Lt. Col. (RTD) Mohan Singh Rendhawa



Dato' Dr Aljafri Abdul Majid giving the talk, titled "Maju Ke Hadapan Selepas Era Pandemik"



Health screenings were offered during the event

When Angina Strikes, Should You Be Worried?

Chest pains are a common symptom estimated to affect at least 20-40% of people in some form during their lifetime. These chest pains are often a cause of concern for many as they may indicate the presence of various cardiovascular conditions like heart attacks, coronary artery disease, myocarditis, pericarditis, and many other worrying conditions. One particularly common cause of chest pains is angina.

What is Angina?

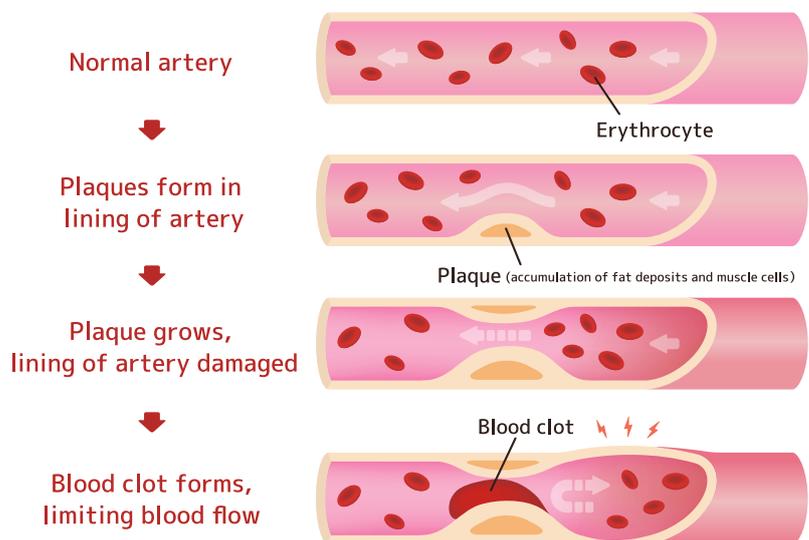
Angina is defined as a temporary chest pain, which is usually triggered during physical activity or moments of extreme emotion. Interestingly, angina often results in chest pain that usually goes away following a few minutes of rest.

The pain associated with angina is often described to feel "tight", "gripping", or "squeezing". Consequently, this may lead to a sensation of not being able to breathe. Generally, angina is usually felt in the centre of the chest, but in more severe cases, the pain may spread to the shoulders, back, neck, jaw, arms, or hands. However, the severity of chest pain can range from mild to severe. In fact, some may not experience any pain at all. Instead, angina may simply feel like a slight discomfort in the chest.

The Relationship Between Atherosclerosis, Coronary Artery Disease, and Angina

To understand the cause of angina, it is important to first discuss atherosclerosis and its relationship with coronary artery disease (CAD). Atherosclerosis describes the buildup of fatty material in arteries which supply blood to various parts of the body. This fatty material forms a "plaque" in the arteries, which slowly builds up over time, and eventually causes the narrowing of the arteries. This restricts blood flow, and consequently the supply of blood to certain parts of the body. In CAD, atherosclerosis occurs in the arteries which supply blood to the heart muscles (the coronary arteries). As these plaques build up over time, blood flow to the heart becomes restricted, which can result in angina.

Progression of arteriosclerosis



Although blood supply to the heart is reduced in CAD, the body is usually able to keep up with the demand of the heart. However, when physiological demands increase, the heart has to work even harder than usual, and the restriction in blood flow can cause angina. This explains why angina is temporary and is often triggered during times of physical exertion.

Types of Angina

There are many different types of angina, however the two most common types are: stable and unstable angina. The table below summarises the differences between the two.

Table 1. Characteristic differences between stable and unstable angina

Stable Angina	Unstable Angina
Pain or discomfort usually lasts for less than 5 minutes	Pain or discomfort lasts longer, sometimes up to more than 20 minutes
Triggered by physical activity, extreme emotion, large meals, or extreme temperatures (cold or hot)	Occurs randomly without the presence of a trigger. Often occurs when resting.
Pain or discomfort is relieved by rest or nitroglycerin medications	Pain or discomfort does not respond to rest or nitroglycerin medications
Relatively more common but less serious	Relatively less common but more serious

Angina in Women

A peculiar feature of angina is its presentation in women, who are more likely to experience additional symptoms. In addition to chest pain or discomfort, angina in women can present with nausea, vomiting, shortness of breath, and stomach pains. Similar to the “classic angina” symptoms, these additional symptoms often manifest during times of high physiological demand, and subsequently go away during rest. As a result of a wide range of symptoms, this can lead to delays in diagnosis and treatment.

Lifestyle Changes to Stave Off Angina

As there is a close relationship between atherosclerosis and angina, the prevention of angina overlaps greatly with the prevention of atherosclerosis. Various lifestyle changes can help prevent further build-up of fatty material into atherosclerotic plaques.

- **Reduce or Stop Smoking and Drinking Alcohol.**

Smoking and alcohol can contribute to the formation and development of plaques. Making the effort to reduce or quit smoking and drinking alcohol not only reduces the chance of developing angina, but also other conditions like heart disease, liver disease, and cancer.



- **Eat Healthy and Balanced Diets.**

Many of the ‘fatty material’ built up in plaques come from our diet. By eating a healthy, nutritious, and balanced diet, this can help reduce the chances of developing atherosclerosis and angina.



- **Achieve and Maintain a Healthy Body Weight.**

Obesity is a major risk factor of many cardiovascular diseases, which includes angina and CAD. Achieving and maintaining a healthy body weight can help reduce the risk of atherosclerosis and angina.



- **Be Active Regularly.**

Regular physical activity can provide many cardiovascular benefits such as an improved blood flow and lower blood pressure. Thereby reducing the risk of cardiovascular problems.



- **Manage Stress.**

As emotional stress can be a trigger for angina, it is important to keep stress levels at a manageable level. This can be achieved through finding new hobbies, socialising, etc.



- **Control Other Conditions.**

For individuals with comorbidities (e.g. diabetes, obesity, hypertension, liver disease, etc.), it is important to manage the pre-existing conditions as best as possible.



Conclusion

In conclusion, angina is a common cause of chest pains and can be a cause of worry for many who experience it. Understanding the relationship between angina, atherosclerosis, and cardiovascular diseases like CAD, highlights the various lifestyle changes we should implement into our lives to reduce our risk of disease.

Hyperuricemia and Cardiovascular Diseases

Uric acid is naturally produced in our body following the digestion of a specific chemical called purines. These purines are commonly found in foods and drinks such as seafood, red meat, organ meat, high-fructose syrup drinks, and alcoholic beverages. Normally, excess uric acid is excreted through the kidneys, while some remains in the body for use in certain physiological functions like acting as an antioxidant in blood, healing body tissues, and mediating certain immune responses.

It's All About Balance – The Uric Acid Balance

The human body is a complex machine with numerous biochemical processes occurring simultaneously. With this, it is important for these processes to be tightly regulated and balanced. The same principle applies to the regulation of uric acid in our body, there is a 'uric acid balance' that must be maintained. The amount of uric acid in the body is mainly determined by how much purines are taken in through dietary intake (which is converted into uric acid), and how much uric acid is excreted.



When uric acid levels in the blood are low, this is known as hypouricemia. It can be caused by an underproduction of uric acid, an increased excretion of uric acid from the body, or a combination of both. However, hypouricemia is relatively uncommon.

On the other hand, when uric acid levels in the blood are high, this is known as hyperuricemia. This is caused by an overproduction of uric acid, a reduction in the excretion of uric acid from the body, or a combination of both. Interestingly, hyperuricemia is a major risk factor for the development of gout. This is a type of inflammatory arthritis that has an estimated global prevalence rate of between 0.1% and 6.8%. Essentially, excess uric acid in the body accumulates and crystallises, often at joints, which causes swelling, redness, and intense pain.

The Effect of Hyperuricemia in Cardiovascular Diseases

Studies have long reported a relationship between hyperuricemia and cardiovascular diseases or its risk factors. However, despite years of research, the exact mechanisms behind the cardiovascular effects of hyperuricemia remains unknown.

Hypertension (High Blood Pressure)

Various studies have shown an association between hyperuricemia and hypertension, particularly in children and adolescents. Much remains unclear about the mechanism, but it is predicted that uric acid (in high concentrations) can directly damage blood

vessels, leading to hypertension. Alternatively, the accumulation of uric acid crystals in the kidney can also lead to hypertension.

Coronary Heart Disease

Hyperuricemia has been identified as a potential risk factor of coronary heart disease (CHD). Similar to the proposed mechanism in hypertension, it is speculated that the link between hyperuricemia and CHD stems from the damaging of blood vessels. If the damaged blood vessel happens to be the coronary artery, this often results in inflammation, which can promote the development of unstable atherosclerotic plaques. Therefore increasing the risk of CHD.

How to Reduce Uric Acid Levels

As mentioned previously, the uric acid balance is primarily controlled by two factors: (1) the production of uric acid, and (2) the excretion of uric acid. Therefore, reducing uric acid levels requires decreasing the former or increasing the latter.

Dietary Changes

Certain foods and beverages are high in purines, which can increase uric acid production in the body. Therefore, to reduce uric acid levels, it is important to reduce or avoid certain foods and beverages (Table 1).

Table 1: Food and beverages high in purines

Foods High in Purines	Beverages High in Purines
<ul style="list-style-type: none"> Organ meats (liver, kidney, heart, lungs, etc.) Red meats like beef, lamb, or pork Certain fishes like sardine, herring, anchovy, and mackerel Seafood (scallop, oyster, lobster, crab, etc.) 	<ul style="list-style-type: none"> Alcohol, particularly beer and distilled liquors High-fructose syrup containing beverages like soft drinks

Regular Exercise

Although physical activity does not directly affect uric acid production or excretion, it does help reduce the risk of gout. It has been reported that being overweight can double the risk of developing gout. Alarmingly, being obese triples the risk. Studies have shown that a weight loss greater than 4.5 kg can significantly reduce the risk of developing gout by 40%.

Here are some tips to get started:

- Incorporate physical activities in your daily routine (e.g. walking up the stairs instead of taking the lift, walking to work, etc.)
- Partake in 30 minutes of moderate intensity physical activities at least 5-6 times a day (e.g. swimming, cycling, football, etc.)
- Participate in intense physical activity at least twice a week (e.g. weight lifting)
- Limit physical inactivity and sedentary habits



Medications

In certain cases, hyperuricemia can be difficult to control through lifestyle changes alone. Fortunately, certain medications can be prescribed by doctors to assist in controlling uric acid levels. For example, allopurinol (reduces production of uric acid) and probenecid (increases excretion of uric acid).

Conclusion

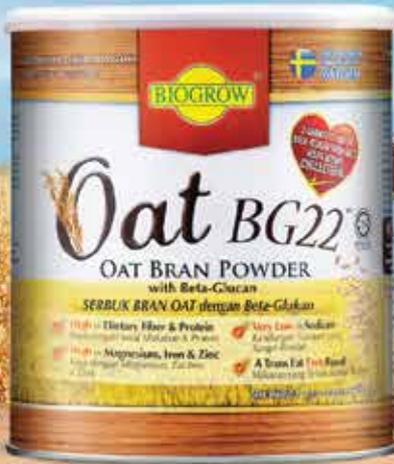
In conclusion, uric acid is an important byproduct of the body's natural metabolism and has many roles in our physiology. However, we should all strive to ensure uric acid balance and prevent hyperuricemia, especially as it may have a significant influence on cardiovascular health. We are in control of our future health, and taking action now helps to reduce the risk of developing such diseases in the future.



Oat BG22®

Lowering Cholesterol & Controlling Blood Glucose Levels Naturally

with
**CLINICALLY PROVEN
BIOACTIVE
OAT BETA-GLUCAN**



Oat Bran Powder Imported from SWEDEN



2 scoops/
sachets daily
provide 3g bioactive
oat beta-glucan

Recommended Intake

⚠ NOTE: DO NOT MIX WITH HOT WATER!

100% NATURAL

DIABETES FRIENDLY

HIGH IN FIBER

LACTOSE FREE

GOOD SOLUBILITY (NO SHAKER REQUIRED)

5 REASONS FOR CHOOSING BIOGROW® OAT BG22®

BIOACTIVE OAT BETA-GLUCAN IN OAT BRAN

With high molecular weight (>2,000 kDa) which is scientifically proven to produce viscous gel in the gut for **effective cholesterol-lowering & blood glucose control**¹.



OAT GRAIN

* Lab-tested low in glycaemic index (GI <55)

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



@BiogrowMY



Biogrow Shopee Mall

Available at all leading pharmacies nationwide & Shopee Mall

Legosan (Malaysia) Sdn. Bhd.
 Company No.: 199301029457 (284196-H)
 Address: Lot 6, Jalan 19/1, 46300 Petaling Jaya, Selangor
 Call Infoline: 03-7956 2220 (Mon-Fri: 9am-5pm)
 Website: www.biogrow.com.my



Hajjah Ainon Hj Kuntom

Jangan Salah Anggap Omicron XBB Sebagai Penyakit Jantung

Apabila seorang tidak boleh bernafas atau mendapati keadaan sesak nafas atau kadar oksigen berkurangan tanpa demam selsema atau batuk-batuk: ia dianggap sebagai penyakit jantung. Ini tidak benar, pergilah ke mana-mana klinik, hospital periksa jantung dengan rapi dan mengambil X-ray supaya dapat diperiksa dengan rapi adakah ini sakit jantung atau sakit berjangkit dengan virus Omicron XBB. Sila tentukan penyakit sebenar cepat dan pantas.

Virus COVID Omicron XBB variant yang baru ini susah hendak dikesan melalui ujian kesihatan. Mengikut kajian yang telah dilakukan di beberapa negara termasuk China dan Singapura, pesakit yang menjangkiti virus ini, tidak menunjukkan kesan batuk atau demam. Virus ini adalah virus yang toksik lebih teruk iaitu 5 kali ganda daripada virus Delta, kadar kematian adalah lebih tinggi daripada COVID-19.

Virus ini mengambil masa yang singkat untuk merentasi keadaan penyakit XBB yang serius tanpa apa-apa kesan kesakitan yang lain.

Virus ini juga tidak timbul dari saluran pernafasan iaitu melalui hidung tetapi terus meresapi ke paru-paru dalam masa yang begitu singkat.

Kebanyakan pesakit virus ini didiagnosis tidak mempunyai demam atau mempunyai sakit urat saraf di badan, tetapi apabila di-X-ray menunjukkan pesakit mempunyai paru-paru berair (pneumonia).

Ujian COVID yang dibuat melalui hidung tidak berkesan sama sekali kerana ia tidak menunjukkan mempunyai COVID.

Keadaan ini menunjukkan Virus Omicron XBB boleh merebak ke seluruh komuniti melalui jangkitan terus paru-paru berair yang akan mengakibatkan kesan pernafasan (*acute*) yang amat susah dan sukar.

Dengan demikian adalah dinasihatkan kepada orang ramai supaya jangan mengikuti program di khalayak ramai ataupun rapat umum walaupun di luar environment terbuka dan sebagainya.

Jarak jauh berdiri antara seseorang dengan yang lain adalah 1.5m, gunakan dua keping pelitup muka yang berkesan apabila keluar berjalan dan apabila balik ke rumah daripada rapat umum atau sebagainya hendaklah basuh tangan dengan bersih walau pun tidak mempunyai demam, bersin (*sneezing*) atau batuk-batuk.

COVID Omicron XBB menunjukkan gelombang penyakit yang amat dahsyat dari gelombang COVID-19.

Sila ambil perhatian ke semua cara-cara dan syarat-syarat mengatasi COVID-19 hendaklah diambil dengan serius misalnya jauhkan rapat umum, jauhkan dari menaiki kenderaan seperti bas atau keretapi. Elakkan berkumpul beramai-ramai sama ada di rumah atau di tempat-tempat yang terbuka. Apabila bertemu dengan keluarga atau kawan-kawan sentiasa mengingati memakai pelitup muka dan berdiri di jarak yang jauh.

Fakta-fakta yang ditulis di atas adalah merupakan penulisan yang amat mudah untuk diikuti dan diambil kira bagi kehidupan yang sihat dan berjaya mengatasi penyakit COVID Omicron XBB.

The Walk a Million Miles Event Reached 1.5M Miles, More Than Its Target



NESTLÉ OMEGA PLUS joined KL Car Free Morning to paint the town red in conjunction with World Heart Month and the start of Walk a Million Miles 2022.

A total of 1,483,300 miles was achieved by 25,946 Malaysians by walking virtually together during the Walk a Million Miles event, which was conducted throughout the month of September in conjunction with the World Heart Month. Hence, NESTLÉ OMEGA PLUS fulfilled its pledge to donate RM100,000 to Yayasan Jantung Malaysia (YJM) and Institut Jantung Negara (IJN) Foundation as the milestone was successfully reached.

NESTLÉ OMEGA PLUS partners again with YJM and IJN Foundation to organise the event for the third consecutive year, this time with the theme: 'Langkah Bersama, Jantung Dijaga'. This demonstrates its long-standing commitment since 2000 in promoting heart health education and active lifestyle among Malaysians and supporting heart patients in need.

This effort is lauded as heart disease affects more than 40% of Malaysian adults and is one of the leading causes of death in Malaysia. One of the major risk

factors is high cholesterol level, particularly among individuals aged above 40. However, due to the lack of diagnosis and education, many are not aware of their cholesterol level and its impact on their heart health.

According to Juan Aranols, CEO Nestlé (Malaysia) Berhad, this year's event has seen the highest participation and the most miles achieved. "We are very grateful for their enthusiastic involvement and, once again, we have been very proud to partner with IJN and YJM to support their efforts taking

care of heart health patients through our cash contributions," he added.

Meanwhile, Dato' Dr Aljafri of YJM commented that it is vital to ramp up heart health awareness in Malaysia. He continued, "Change in Malaysia will not be seen overnight but over the past years, we have seen a positive trend and it is a very encouraging progress for the nation."

Toh Puan Dato' Seri Hajjah Dr Aishah Ong of IJN Foundation also expressed how heartening it is



Ritzawati Mohd Rosli, Senior Manager at Institut Jantung Negara (IJN) Foundation; Juan Aranols, Chief Executive Officer of Nestlé (Malaysia) Berhad; Dato' Dr Aljafri Abdul Majid, Chairman of Yayasan Jantung Malaysia (YJM); Lam Pui Yuae, Business Executive Officer, Milks Business Unit, Nestlé (Malaysia)



Exercising together during the KL Car Free Morning



Cyclists, runners, joggers and walkers – everyone is welcome!

to see Malaysians joining the event every September. "I've seen families walking together for the cause and it is great to know that more people and of all ages feel encouraged to walk more thanks to WAMM," she said.

It is hoped that Walk a Million Miles will kickstart a more active lifestyle among Malaysians and encourage everyone to take care of their heart in the long run. Every step counts in building a healthy nation.



F O R M A T I O N

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

Name : _____

NRIC No. / Passport No. / Business Registration No. For Organisation: _____

Address: _____

Tel: (O) _____ (H) _____

I am enclosing my comments.

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



YAYASAN JANTUNG MALAYSIA
The Heart Foundation of Malaysia

SECRETARIAT

Wisma Yayasan Jantung Malaysia

6, Lorong Lai Tet Loke 2, Off Lorong Gurney, 54100 Kuala Lumpur.

Tel: 03-2693 4709 Fax: 03-2693 3267 Email: jantung.1.yjm@gmail.com

Website: www.yjm.org.my Facebook: Yayasan Jantung Malaysia

DONATION FORM

Name : _____

NRIC No. / Passport No. / Business Registration No. For Organisation: _____

Address: _____

Postcode : _____ Tel. No : _____

Amount: RM 68 RM 100 RM 200 RM 500 RM 1,000 RM 5,000

Other Amount (RM) : _____ (Please specify)

Donation is enclosed. Cheque No: _____

For Direct remittance, please bank into: **CIMB A/C No: 8000173127**

Please fax or Email the bank-in slip.

All contribution payable to: **Yayasan Jantung Malaysia**

All Donations are Tax exempt – Ref: **JHDN/01-35/42/51/179-6.3452**

Tax exempted receipt will be issued.

Feel the Flow

You probably already know that it's important to keep your cholesterol, blood glucose and blood pressure at a healthy level. However, are you aware that maintaining a healthy blood flow is just as important, especially once you are aged 40 and above?

Blood circulation is a significant body function as it circulates blood throughout the body: heart, brain and upper and lower limbs to supply oxygen and nutrients and remove carbon dioxide and other waste products from the bloodstream.

As we age, our blood is prone to be thicker (or more viscous) than usual which can interrupt blood flow. When the blood flow through the blood vessels to a specific part of our body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and subsequently can lead to several health complications including:



Numbness and tingling sensation in hands and feet: When the blood flow is restricted, blood cannot reach the extremities (hands and feet) sufficiently which can result in numbness and tingling sensation.



Cold hands and feet: Normal body temperature depends on a consistent supply of blood for thermoregulation, as blood absorbs and distributes heat throughout the body. When blood flow is restricted, it can lead to temperature fluctuations in skin and nerve endings of hands and feet.



Fatigue: Inadequate delivery of oxygen and nutrients to the organs and muscle tissues can lead to an overwhelming feeling of fatigue. Poor blood circulation can also increase the burden of our heart as it needs to pump harder which can lead to further fatigue.



Joint and muscle cramps: Inadequate oxygen to the muscle and joint tissues can cause severe pain and cramp in that particular area when walking or exercising.

Poor blood circulation can adversely affect our health, emotional status and overall quality of life. There are several factors can cause poor blood circulation including age, overweight/obesity, poor eating habits, alcohol consumption, smoking, sedentary lifestyle and certain medical conditions such as high cholesterol level and high blood pressure.

Therefore, keeping our blood circulating efficiently is essential to overall physical well-being.

Discovering the goodness of natural water-soluble tomato extract



Tomato is a nutrient-dense food that offers numerous benefits to our health due to its high antioxidant and anti-inflammatory properties. Emerging research has also shown that the **natural water-soluble tomato extract** found in the jelly around the seeds of sun-ripened tomatoes is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids and it is **CLINICALLY TESTED to improve blood circulation¹**.

Biogrow[®] SmoFlo[®] Capsule:

The Natural Solution for Healthy Blood Circulation



Biogrow[®] SmoFlo[®] Capsule contains 150mg of **fruitflow[®]** natural water-soluble tomato extract (imported from France) which is **CLINICALLY TESTED to improve blood circulation¹**. The **fruitflow[®]** natural water-soluble tomato extract is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids.

It is recommended for:



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals with poor blood circulation



Individuals practicing unhealthy diet



Individuals who lead a hectic or unhealthy lifestyle

Just take **1 capsule daily** after meal for a **healthy and smooth blood flow!**

This article is brought to you by Legosan (Malaysia) Sdn Bhd. For more information, please visit www.biogrow.com.my, or call 03-7956 2220 (Mon - Fri; 9 am - 5 pm).

fruitflow[®] is a Trademark used under license from DSM.
Reference: 1. EFSA Journal 2010;8(7) 1689.
KKLIU 1500/2020 | KKLIU EXP: 31/12/2022
This is a traditional product advertisement.

Like us on Facebook

