



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

Volume 33 2nd issue, 2012
KDN No. PP9491/08/2013 (032776)



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Chairman

WATCH YOUR CHOLESTEROL

Cholesterol is an essential component of the human body helping it to run all its functions smoothly.

However if the Cholesterol is raised (especially the LDL cholesterol commonly called the BAD Cholesterol) it increases risk of Cardiovascular Disease (HEART ATTACK & STROKE). This is the number 1 killers in Malaysia and also in many parts of the World – both for women and men. Sadly there are usually no symptoms and signs of raised Cholesterol until it strikes and that is usually too late. The only way to detect is on Blood examination which should be done at regular intervals – yearly for those above 35 years and less for those below that age. Even children and young are not spared.

To avoid Heart Attack and Stroke start NOW with Life Style Changes to lower your Cholesterol e.g.

DIET

Lower your fats, especially Cholesterol rich foods, Saturated fats & Trans fats. Eat more fish, skinless poultry, lean meat, fruits & vegetables and whole grain foods.

WEIGHT

Overweight increases your risk of heart Disease, strokes and other diseases. Reduce your weight. (50% of Malaysians are overweight)

EXERCISE

Exercises increases your good Cholesterol and reduces your risk of heart attack and stroke. 60% do not exercise.

DIABETES

Diabetes increases your risk of getting a Heart Attack and Stroke. Reduce your risks and if you have Diabetes please treat it. 1 in 6 adult Malaysians have Diabetes.

CIGARETTE SMOKING

NO SMOKING please. 1 in 4 smoke.

SOLUBLE FIBRE

Increase your soluble fiber in your diet – it reduces Cholesterol absorption. It is found in foods like Oats and Oat Bran products, Fruits and Vegetables.

TREATMENT

Go on treatment if you have high Cholesterol.

GO FOR MEDICAL CHECKS TO DETECT HIGH CHOLESTEROL AND TREAT IT EARLY

Wishing you all a Happy Fruitful and Heart Healthy 2013.



YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia
Member of World Heart Federation

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<u>Produced by</u>	
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	
<u>Printed by</u>	
YeohPrinco Sdn Bhd Lot PT 50595, Jalan Seruling 59, Kaw. 3 Taman Klang Jaya, 41200 Klang, Selangor, Malaysia Tel: 03-3323 3715 Fax: 03-3323 3913	

Editor's Note

Over the years, YJM has played a great many roles in its quest to increase public awareness on the importance of heart health. One of the major events that YJM will never miss is the celebration of World Heart Day which aims to bring the message to more Malaysians on the need to maintain their heart health.



In our struggle to achieve this year's theme "One World, One Home, One Heart" in a more meaningful manner, we encouraged Malaysians to walk with us by participating in the "Walk-A-Mile" event which was officially launched by YABHG Tun Ahmad Sarji bin Abdul Hamid, President of The Heart Foundation of Malaysia.

This event is part of our strategy to keep in mind that there is more to being heart healthy than just eating healthily, and that one should strive to lead a healthy & active lifestyle as well. All this is part of our efforts to emphasise the importance of maintaining a healthy weight, as this is one of the key factors of good heart health.

We also look at how people who are obese or suffer from remission of diabetes may opt for Bariatric Surgery (weight-loss surgery; it can help prevent heart disease). Of course, the ideal means of maintaining one's weight is still with natural methods like eating healthy food and exercising.

Other efforts made by YJM include our participation in The Heart Exhibition that ran for two days at Mid-Valley Exhibition Centre where we reached out to the public in an attempt to raise their awareness of the risks that their hearts face. We also published a 'book' titled "The Heart" that encapsulated the core messages of the entire event, and which was aimed at delivering these messages in a format that is easy to understand.

In this issue, we also hear from Pn Hjh Ainon Hj Kuntom on her involvement with YJM and her continuing contributions to our efforts of promoting greater awareness of heart health. We also explore the misconception that many people have concerning heart health and how it is a man's disease. Evidently, this is completely fallacious, and according to data released by the Malaysia Non-Communicable Disease (NCD) Surveillance 2005/2006, the prevalence of NCD risk factors are higher in women aged 25 to 64 years as compared to men of the same age group. Women are just as vulnerable to heart disease, and should learn more about heart health before it is too late.

All of our on-going efforts and activities are for the sake of educating Malaysians about heart health and how to maintain it, and we are in it for the long haul. We will persist in our efforts to conduct more activities and to push for greater awareness amongst the general public.

It is our fervent hope that with your continuous efforts and contributions to YJM's ideals, we will succeed in building a heart healthy nation!

Happy New Year to all!

DATO' DR KHOO KAH LIN



Heart Healthy Week

Better Awareness

It's alarming that so many Malaysians die because of heart disease, which is a largely preventable disease; YJM is constantly fighting on the forefront to heighten awareness of how Malaysians can greatly reduce their risk by leading a healthy lifestyle.

To achieve this aim, YJM has made significant contributions by investing a lot of time and effort in awareness campaigns which aims to help people better understand the risks they face.

Community



Pulau Pangkor • April 15, 2012



Balik Pulau • April 7, 2012



Rawang • August 4 – 5, 2012



Kampar • September 9, 2012



Kuala Nerang • September 22, 2012



Go Red For Woman



Kluang • June 9, 2012



School



SMK Cochrane • April 17-18, 2012



SMK Bentong • April 25, 2012

Heart Week



Melaka • March 23 – 28, 2012



Bintulu • May 18 – 20, 2012

Workplace



Work Wellness • Mar 30, 2012



JKR • June 1, 2012



Aeon Kinta City Ipoh • June 19 – 24, 2012



TOYO Engineering • July 12, 2012



Alor Setar • July 3 – 9, 2012



MIDA • July 19, 2012





Bariatric Surgery for Weight Loss and Remission of Diabetes to Prevent Heart Disease

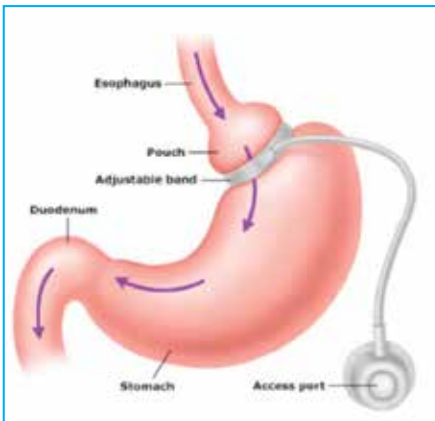
Bariatric surgery is currently the only effective treatment for severe obesity (BMI ≥ 40 kg/m²). It is also recommended as treatment option for individuals with type 2 diabetes mellitus with a body mass index of 35 kg/m² or more (IDF, SIGN, NICE Guidelines).

Types of Surgery

The procedure is commonly performed laparoscopically.

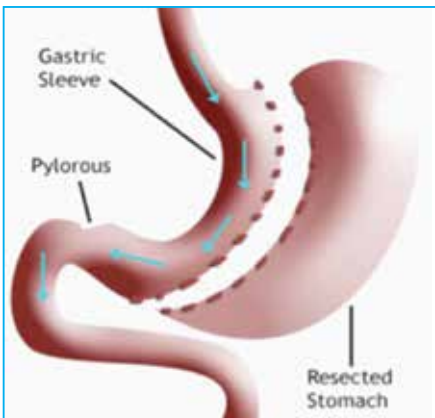


Diagram of Common Bariatric Procedures

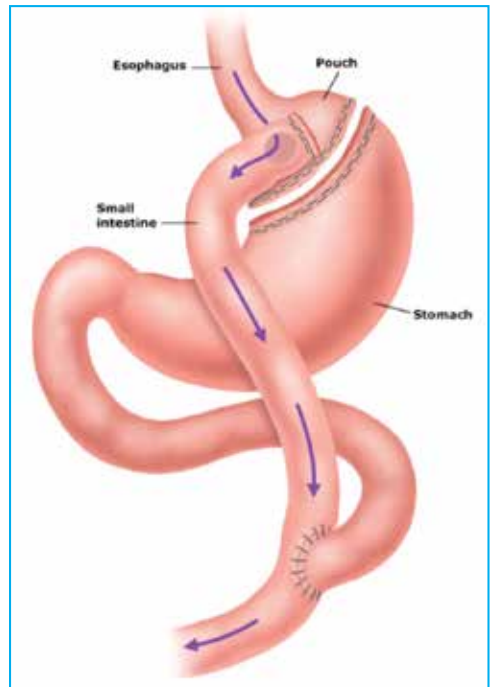


Laparoscopic Adjustable Gastric Banding (LAGB)

- least – invasive
- most popular
- safest



Sleeve Gastrectomy



Roux-en-Y gastric bypass (RYGB)

Bariatric surgery in addition to volume restriction and malabsorption, brings about neurohormonal changes that affect satiety and glucose homeostasis.

Benefits of Surgery

1

Weight Reduction

- After RYGB, patients lose 60 – 70% of their excess weight over 2 years and this is durable
- After gastric banding, patients lose about 50% of their excess weight at a slower rate, often continuing into the fifth year. Regular band adjustment is necessary.

2

Resolution of Type 2 Diabetes Mellitus

In 2009, Buchwald et al in a meta – analysis showed that at two years, RYGB had a remission rate of 81% compared to 55% in the gastric band. Diabetes remission is defined as normal glycaemia (glucose <7.0 mmol/l and HbA1c <6.5%) without the help of medication or procedures. The remission may be partial, completed or prolonged.

3

Hypertension and Lipid Profile

Henegham et al (2011), in a meta – analysis, found the resolution of hypertension and lipid profile were similar in LAGB (58% and 60% respectively) and RYGB (60% and 57%). The drop in systolic blood pressure was 15 mmHg.

4

Obstructive Sleep Apnoea resolved in 83.6% of the subjects.

5

The Cardiovascular Risk decreased by 72%

6

Quality of life improved after bariatric surgery. This includes improvement in general quality of life, weight related quality of life, physical activity, depression scores and self esteem. Problems with excess skin could arise resulting in recurrent infection and discomfort. This could be corrected by body contouring surgery.



Safety of Bariatric Surgery

High – volume centres of excellence deliver bariatric surgery with in-hospital mortality of 0.14% and 90 – day **mortality of 0.35%** which is **comparable to that of laparoscopic cholecystectomy**. The 30 – day perioperative mortality rate for gastric by – pass (up to 0.4%) is at least 4 times higher when compared to the gastric band (up to 0.1%). At 2 years, the gastric band mortality rate (0.0%) continues to be lower compared to by – pass (0.4%). Recipients of the gastric by – pass and sleeve gastrectomy are also at risk of nutrition deficiencies.



Prior to Bariatric Surgery

Post Bariatric Surgery

Conclusions

Bariatric surgery is a safe and effective treatment for severe obesity and its co-morbidities. It is particularly effective for type 2 diabetes mellitus and has great success in remission in the short and medium term. More data are still needed for assessing the long term outcomes. The majority of bariatric procedures are carried out laparoscopically and the mortality and complication rates are usually very low. Bariatric surgery has been shown to be cost effective and is offered as part of the NHS service in the United Kingdom.

In view of its success, is it the universal panacea for obese patients with type 2 diabetes? Is bariatric surgery suitable for all obese those with type 2 diabetes even those with lower body index? The IDF (2011) recommended bariatric surgery in patients with type 2 diabetes in whom available medical therapies especially when the patient has major coexisting illnesses such as hypertension and dyslipidaemia. The success of various types of bariatric surgery suggest that they should not be seen as a last resort, such as procedures might well be considered earlier in the treatment of obese patients with type 2 diabetes.

World Heart Day 2012

A celebration of life



Sunday, 30th September, 2012: The participants of the World Heart Day celebrations at Taman Tasik Titiwangsa, Kuala Lumpur were greeted by a beautiful sunlit day.

The focus of this year's celebrations was the Walk-A-Mile event which was officially launched by YABHG Tun Ahmad Sarji bin Abdul Hamid, President of The Heart Foundation of Malaysia. A total of around 1300 people turned up at this year's event.

All participants received heart-shaped balloons and free T-shirts emblazoned with logos of the World Heart Federation. After the Walk, they had the opportunity to attend the various other activities that were also held in conjunction with World Heart Day.

These activities included poster exhibitions, health screening, nutritional talks and healthy breakfast meals from Nestle, quiz games, lucky draws, and also included demonstrations for gymnastics, jump-rope, aerobic dance, line dancing, and even traditional self-defence and martial arts.



Exclusive interview with Pn Hjh Ainon Hj Kuntom



When and how did you get involved with YJM?

My involvement with YJM started in 1986; this came about after the Rotary Club approached the Ministry of Health, and got in touch with my KSU (*Ketua Setiausaha*) the late Tan Sri Wong Yoke Meng, who then asked me to join the pro-tem committee as the secretary. Since then, I have become not just a life-time member, but I am also one of the Directors in YJM.



How do you think women fit into the picture?

On the international stage, the World Heart Federation has found that the number one killer of women is heart disease and not breast or womb cancer. And women have to play 3 roles; as a mother, as a wife, and as a worker. This triple role is quite stressful, especially when there is little or no proper time management. As you know, heart disease is a silent killer, and being a woman, most

of the time they will keep quiet about any problems and continue with their triple roles. It is my intention to raise awareness among women, and not just that, but I also intend to combine this with other community programs that target the health of our nation.

What is your opinion on the role that women should play?

First of all, they must look after their heart; more importantly, this effort must start from the home, and it must involve your children. A woman's role is very important because she will ultimately influence her children and their mental, emotional, and physical development. Start them young! Ideally this is where the

beginning of a healthy heart and healthy living should start. Women must teach their children important habits like having a balanced diet and incorporating physical activity, and they should inculcate these habits in their children from early childhood.

How do you go about achieving this goal?

One of the ways is by focusing on community programmes like *JUIETA (Johor)*, *Yayasan Pembasmian*

Kemiskinan Selangor and *Rukun Tetangga (RT)*, where I share my experiences with community program and development with all its members. In their programmes and activities, I stress a lot on healthy lifestyle as an added value. I also have ample opportunities to talk to government officers who are in charge of the RT, and this allows me to reach out to their members, allowing us to do all the programs together, irrespective of race or religion, rich or poor.

We do health screenings for the communities, give them talks about healthy living and the importance of a healthy lifestyle, and we also teach them how to cook and what to cook for a balanced diet.

During our visits to the communities, we do cooking demonstrations at *kampungs* where we discourage the practise of frying foods, and encourage them to cook, poach, boil, or bake instead. We share the best ways to cook the foods, talk about local vegetables, herbs, and so on. We also emphasise the need to for a healthy lifestyle by including physical activities or exercises such as *senamrobik*, line dance, or *zapin*.

By getting this message across, it places emphasis on keeping our communities healthy. If our society is not healthy, they will not be able to produce, supply, service or contribute to the nation.

A healthy community is wealth to the nation!

The Health, Your Heart!

Malaysians unite in a national pledge to lower their heart disease's risk

PETALING JAYA: In possibly the largest heart-health event ever held in our nation, The Heart 2012 Exhibition was launched by Dato' Sri Liow Tiong Lai in conjunction with World Heart Day 2012. This event successfully brought together Malaysians, from all walks of life, in making a concerted commitment to fight heart disease – the number one killer in Malaysia for over three decades now.



“THE HEART”, a joint-initiative by Institut Jantung Negara (IJN) & Yayasan Jantung Malaysia (YJM), with AIA as the official partner, marks the urgent and significant action by the nation's two leading heart-health entities to prevent an “epidemic” of cardiovascular disease (CVD) including heart attacks and stroke.

Featuring the World's first 3-D Giant Heart structure – a heart-normous replica of the human heart that provides visitors with a close-up view of healthy and diseased tissue, artificial valves and a stent, as well as the damage caused by a heart attack. During the tour, they learn about cardiovascular functions, observe examples of various types of heart disease and read about the latest medical treatments for heart problems.

The Exhibition gave them a chance to know what it feels like to be tiny microorganism – shrunk – and then placed on a journey inside the human anatomy!

Free health screening and counselling by qualified professionals were conducted for the public, and what more, those present need not pay a hefty bill to hear tips and advice from cardiologists and heart-health professionals

out as the Exhibition offered heart-health talks & an opportunity to interact with some of the nation's top Experts. Speaking at the official launch of “THE HEART”, Dato' Sri Liow Tiong Lai, Minister of Health, says 1 in 4 Malaysians have some form of heart disease, which if left untreated, could lead to crippling consequences.

Take high cholesterol for instance – we now have a whopping 6 million Malaysians who are diagnosed with the illness, with 26.6% of them out there who are ignorant that they are suffering from it. Hypertension afflicts more than 12 million Malaysians, while the number of diabetic patients stands at more than 3 million now. The sad fact is that not only does Malaysia have the highest incidence of heart disease in the region, the average age of heart disease patients are also amongst the youngest in the world!

THE HEART encourages Malaysians to start taking active steps to improve their overall health in order to avoid becoming part of the dire statistics of heart disease, and stroke.



Joining both the organisers: Institut Jantung Negara & Yayasan Jantung Malaysia this year is AIA, as the Official Partner, together with Platinum Sponsor BioGrow, iHeal Medical Centre, Marigold, Munchy's, Nestle Omega and Quaker, and the respective Gold and Silver sponsors.

For more information on The Heart, members of the public or interested parties can contact the Secretariat at Tel (03) 5621 1408 or visit www.theheart.com.my

Penyakit Jantung Dan Risikonya Bagi Wanita

Puah Hajjah Ainon Hj Kuntom

Mengikut kajian WHO, penyakit jantung merupakan pembunuh utama manusia di seantero dunia. 17 juta manusia mati setiap tahun akibat dari penyakit jantung.

Seramai 8.6 juta wanita mati di seluruh dunia setiap tahun akibat dari penyakit jantung (CVD), dan angin ahmar. Jumlah ini adalah lebih banyak apabila dibandingkan dengan wanita yang mati akibat dari penyakit kanser, HIV/Aids ataupun malaria. Penyakit ini bukan hanya menyerang wanita dalam lingkungan umur usia emas, tetapi juga menyerang mereka dalam lingkungan umur 20 hingga 40 tahun. Kematian wanita akibat serangan jantung di kalangan umur ini juga adalah bagi setiap 3 orang 1 akan mati akibat penyakit jantung.

Mengikut kajian di hospital-hospital kerajaan dari Kementerian Kesihatan

terganggu dan dalam senyap senyap, penyakit ini meresapi tubuh badan kita melalui saluran darah yang tersumbat, mengakibatkan pengaliran darah bersih menjadi begitu sempit dan tersekat-sekat di laluan pembuluh jantung kita. Akhirnya pembuluh jantung dipenuhi oleh serat kolesterol.

Mengikut kajian National Health Morbidity 3 (tahun 2006), 43% wanita melebihi umur 30 tahun mengidap penyakit darah tinggi. Kadar penyakit ini akan meningkat di usia 60 tahun ke atas, dalam usia emas pula, 80% wanita mengidap darah tinggi. Bukan ini sahaja penyakit tiga serangkai bagi wanita, iaitu darah tinggi, kencing manis dan obesiti (kegemukan) akan memudahkan lagi wanita mengidap penyakit jantung "ventricular hypertrophy kiri", cardiovascular disease, Heart Failure, dan angin ahmar.

Di kalangan wanita muda pula, jika ia merokok dan mengambil pil perancang keluarga, maka risiko ia mendapat penyakit jantung (myocardial infarksi) adalah 5 kali ganda lebih tinggi.

Bagaimanakah wanita perlu menjaga kesihatan demi menjamin kesejahteraan rumah tangga, ibubapa, suami dan anak? Wanita perlu mengambil MAKANAN SEIMBANG, banyak memakan sayuran, ulam-ulaman dan buah-buahan. Kurangkan garam, GULA, lemak dan minyak dalam menyediakan masakan masakan harian. Sekiranya boleh cara memasak hendak Cuma merebus, kukus atau bakar sahaja. Jangan suka masak secara menggoreng.

Jangan merokok, dan jangan menghidu atau bau asap rokok, elakkan bergaul dengan perokok.

Cuba berjalan kaki 10,000 tapak sehari, atau berjalan kaki sebatu sehari di waktu pagi dan petang. Sekurang-kurangnya berjalan di waktu rehat dari pejabat di kompleks membeli belah atau di tempat tempat riadah yang berhampiran. Seminggu sekali buat senaman ringan untuk memulihkan dan merangsangkan otot di badan. Di samping

menjaga berat badan dan melansingkan diri supaya kelihatan cantik dan muda.

Bagi menjaga kesihatan dan awet muda, wanita hendaklah tidur secukupnya supaya senantiasa kelihatan cergas, sihat dan riang. Selain dari itu, wanita juga perlu pandai mengurus tekanan hidup dengan sentiasa senyum, ketawa dan ceria, serta pintar mengurus masa untuk menjadi seorang isteri, ibu dan pekerja.

Penting diberi perhatian di sini sebagai seorang ibu yang mengasuh dan membelai anak-anak dari kecil, wanita hendaklah prihatin dari sekecil anak, hendaklah diberi makanan yang seimbang dan berkhasiat. Elakkan hanya memberi makanan yang digemari (kentang goreng, ayam goreng, chips, makanan segera) bagi mengelakkan anak-anak menjadi obes (terlalu gemuk). Sekiranya perkara ini berlaku sejak kecil, maka agak sukar untuk menghindar dan mencegah penyakit jantung, lebih-lebih lagi sekiranya dari aspek keturunan penyakit tiga serangkai ini memang telah diwarisi suami isteri, dan sudah tentu si kecil tadi akan mewarisinya juga.

Bukanlah mudah untuk memikul beban hidup dan tanggungjawab yang diamanahkan kepada wanita, di zaman yang senantiasa berlumba-lumba mengejar kemajuan dan kedamaian hidup.

Dari itu, wanita hendaklah sering membuat ujian saringan kesihatan supaya dapat dipastikan di manakah tahap kesihatan kita berada. Ini akan membolehkan kita mendapat rawatan awal untuk mencegah penyakit jantung menjadi lebih teruk lagi. Mengambil langkah awal untuk mengurus tadbir penyakit jantung adalah penting demi kesihatan kita. Sekiranya isteri dan ibu sihat, keluarga juga akan berada dalam keadaan yang sejahtera. Seterusnya jika wanita sihat, maka penduduk di Negara itu juga akan menjadi sihat... SIHAT WANITA, SIHAT LAH NEGARA.



Malaysia pada tahun 2009, didapati bahawa pembunuh utama pesakit-pesakit di hospital kerajaan adalah pengidap-penyakit jantung dan penyakit berkaitan dengan Pulmonary Circulation, iaitu 16.9%. Ini adalah disebabkan gaya hidup kini adalah kurang SIHAT, TERUTAMANYA DARI ASPEK MAKANAN dan pemakanan. Misalnya selalu mengambil makanan mudah seperti burger, yang penuh dengan minyak, tetel dan sebagainya sesak dengan kolesterol. Selain daripada itu, udara yang dihidu juga adalah kurang nyaman dan bersih. Terlalu banyak campuran kimia di udara yang kita hidu. Begitu juga dengan ragam kehidupan yang berlumba-lumba untuk mencari rezeki yang lebih lumayan dan selesa menyebabkan kehidupan harian kita amatlah tertekan,



Event Diary

AWARENESS PROGRAMME YEAR 2013

January 4 – 5 14 – 15 17 – 22	Community program at Kedah School program at MSAB Johor Bahru Heart Week at AEON Bukit Indah, Johor Bahru
February 4 – 5 6 – 7 26 – 27	School program at SMK Berapit, Bukit Mertajam, Penang School program at SM Sains Tun Syed Sheh Shahabudin Heart Week at Kelantan (TBA)
March 2 – 3 12 – 13 19 – 21 26 – 32	Community program at Terengganu School program at TBA Invitation program at workplace of MNRB Holdings Heart Week at AEON Bandaraya Melaka
April 9 – 10 19 – 21	School program at SMK Sg. Siput, Perak Mini Heart Week at Kapit, Sarawak
May 7 – 8 14 – 19	School program at SMK Padang Besar, Perlis Heart Week at Kompleks Karamunsing, Kota Kinabalu
June 7 – 8 15 – 16 25 – 30	Community program at Temerloh, Pahang Go Red for Women at Pulau Pinang Heart Week at Star Parade
July 6 – 7 20	Community program at Masjid Tanah, Melaka Community program at Sentul Central, KL
August 24 – 29	Heart Week at Ipoh Parad
September 7 – 8 18 – 23 29	Go Red for Women at Selangor Heart Week at Kuala Lumpur World Heart Day at Taman Tasik Titiwangsa
October 5 – 6 26 – 31	Community program at Cameron Highland, Pahang Heart Week at Kuantan, Pahang
November 16 – 17 26 – 1 Dec	Go Red for Women at Perlis Heart Week at Kemaman, Terengganu
December 14 – 15	Community program in Pahang

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

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

Name: _____

Address: _____

Tel: (O) _____ (H) _____

☐ I am enclosing my comments.

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

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

(Tax-exempt receipt will be issued)



Untuk impian menjadi kenyataan, mulakan dengan **JANTUNG** anda.

Penyakit jantung pembunuh
No.1 rakyat Malaysia.*

Kolesterol tinggi merupakan salah
satu penyebab penyakit jantung.



Quaker Oatmeal mengandungi serat mudah
larut (Beta glukon) yang membantu secara
semula jadi untuk mengurangkan kolesterol.
Pengambilan 2 mangkuk (70g) Quaker oat
sehari terbukti membantu mengurangkan
tahap kolesterol dalam 30 hari.

Pesanan daripada:
Yayasan Jantung Malaysia



*Helping Malaysians
Lead Healthy Lives*

Jadikan bijirin oat sebahagian
daripada diet rendah lemak dan kolesterol
dan amalkan gaya hidup sihat untuk
mengurangkan risiko penyakit jantung.



*Sumber: Perangkaan Sebab Kematian, Malaysia 2006;
Jabatan Perangkaan Malaysia.