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### EDITOR'S MESSAGE

Greetings from Sarawak Heart Foundation.

This issue marks the end of another year – a year of notable happenings made possible by the generous hearts of our many friends and supporters of the Foundation. All in the name of love and care for heart patients, particularly the poor and needy in Sarawak.



We can tell from the photographs of all the events during thesecondhalfof2016thatthereissomuchjoyandsatisfaction for everyone involved – from the Sound of Music 2.0 to the World Heart Day celebrations and our on-going heart awareness campaigns.

It is heartening to note that the Foundation's efforts in building up the Sarawak Heart Centre with the latest medical equipment with the generosity of the people in Sarawak over the years, have earned recognition for the Centre as a training centre for the running of the Fellowship Programme of Cardiothoracic Surgery by the Royal College of Surgeons of Edinburgh. In 2016, we raised enough funds to acquire a video assisted thoracoscopic system (VATS), a surgical technique used in diagnoses and treating heart-related problems and lung cancer, and drug rehabilitation equipment too, for the Centre.

The Foundation has been able to forge ahead each year with help from the State Government, charitable bodies, corporate organisations, companies, individuals and a whole lot of volunteers including the doctors and nurses of Sarawak Heart Centre.

We will continue with conviction and enthusiasm as we look forward to having another fruitful year that promises of more funds to be raised to benefit as many heart patients as possible. At the same time, we will intensify our efforts in educating the public on the prevention of heart disease, through heart awareness programmes in our outreach, in particular, to the rural towns in Sarawak.

Together with you, the benefactors and friends of the Foundation and your continuous support, we will reach out to more hearts throughout Sarawak.

Wishing you all A HAPPY NEW YEAR.

**Eric Lim Swee Khoo**

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## Sarawak Heart Foundation • Member of World Heart Federation



# Miri Heart Week

30-31 July 2016





## A SUCCESSFUL SOUND OF MUSIC 2.0



The Sarawak Heart Foundation charity concert The Sound of Music 2.0 was successfully held at Borneo Convention Centre Kuching on 27 August 2016.

Co-organising chairperson Datin Patinggi Datuk Jamilah Anu and Trustee of the Foundation said the charity concert would not have been a success without generous corporate donors and individuals.

Thanks to the success of The Sound of Music 1.0 in 2012, two halfway houses were set up for rural folks accompanying their family members to receive treatment at Sarawak General Hospital (SGH) and Sarawak Heart Centre.

She said the Foundation was initially to sponsor heart patients who were financially constrained for treatment in Singapore and it also engaged heart specialists from Singapore to treat heart patients in Sarawak.

“With the setting up of the Cardiac Unit at SGH in 2001, the foundation then turned its focus to educating the public on the dangers of heart diseases and its prevention.”

Datin Patinggi Datuk Jamilah Anu disclosed that the Foundation has donated more than RM10 million worth of equipment to upgrade the cardiac unit over the years.

The donations, she said, had benefitted the patients directly besides raising the stature of Sarawak Heart Centre to the forefront of the treatment of heart-related diseases.

Datin Patinggi Datuk Jamilah Anu was happy to note that the Foundation’s efforts all these years have added another feather to its cap. The Sarawak Heart Centre is being designated as a training centre for the running of the Fellowship Programme of Cardiothoracic Surgery by the Royal College of Surgeons of Edinburgh. She described it as a major milestone for the centre.

Among the guests who attended the charity concert were Sarawak Head of State Tun Pehin Sri Abdul Taib Mahmud and wife Toh Puan Ragad Kurdi Taib and the Chief Minister of Sarawak Tan Sri Adenan Satem.

The performers at the concert were award-winning band SM Sains Kuching Wind Orchestra (Sainsku Winds), internationally-acclaimed violinist Nisa Addina Taufik who was the Junior Grand Champion Instrumentalist at the World Championship of Performing Arts in Los Angeles, USA in 2011, South Korean artiste Choi Sung Bong, the first runner-up in Korea’s Got Talent 2011 and South Norfolk Youth Symphonic Band, a world-renowned band that performs up to 30 concerts each year.





## MEDICAL EQUIPMENT FOR SARAWAK HEART CENTRE

Sarawak Heart Foundation donated a video assisted thoracoscopic system (VATS) and rehabilitation equipment to the Sarawak Heart Centre (SHC) on 17 August 2016.

VATS is a surgical technique used in diagnoses as well as treating heart-related problems and lung cancer. During a surgical procedure, a tiny camera (thoracoscope) and surgical instrument are inserted into the patient's chest through several incisions. Images are transmitted by the thoracoscope onto a video monitor guiding the surgeon in performing the procedure. With this equipment, the risk during surgery will decrease. The patients will feel less pain and there are fewer side effects.

The equipment donated to the Rehabilitation Department consists of an electrocardiograph (ECG) machine, multi-parameter patient monitor, vital signs monitor and multi-functional work station.

Sarawak Head of State Tun Pehin Sri Haji Abdul Taib Mahmud who is also the chairman of the Foundation handed over the VATS and equipment to SHC director Dr Mohd Asri Riffin, witnessed by his wife Toh Puan Ragad Kurdi Taib and Trustees of the Foundation led by Datin Patinggi Datuk Jamilah Anu.





# TYT : WALK TO

Sarawak Head of State Tun Pehin Sri Haji Abdul Taib Mahmud launched World Heart Day 2016 at Samajaya Nature Reserve (Stutong Park) in Kuching on 25 September 2016, with a call to everyone - walk to stay healthy.

“We should try to keep our health intact, and one of the best and most convenient ways is to walk, walk and walk. This is the best way for us to keep our health, instead of only talk, talk and talk,” he said.

Tun Pehin who is also the chairman of the Sarawak Heart Foundation, noted how changes in lifestyles, particularly of those who stay in urban areas, had affected their health.

“We no longer walk like the people from longhouses or farms to meet friends that are 100 yards away from our ‘bilik’. This shows we have changed our way of life. No doubt this change of life is brought about by prosperity.”

Tun Pehin urged people to walk at least three miles a day to stay fit.

“We must understand that our health begins with our activities. There must be a balance between what we do for our muscles, physical parts of our body, and our brain,” he added.



# STAY HEALTHY

Organising chairman of the event, Dr Annuar Rapae who is also Assistant Minister of Science Research and Biotechnology and Trustee of the Foundation, also cautioned on obesity that is a precursor to a lot of diseases including heart disease.

“Heart disease is actually a modifiable disease, meaning a disease that is treatable and preventable. It is related to our lifestyle.”

Dr Annuar said the Foundation would continue to educate the people about heart disease and the need to lead healthy lifestyles.



Tun Pehin and his wife Toh Puan Datuk Patinggi Raghad Kurdi Taib joined more than 2,000 participants in the Walk-a-Mile around the park. Other activities on that day included health screening, aerobics, line dancing and games.

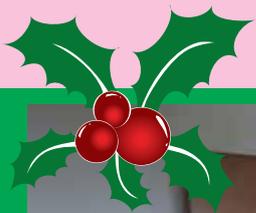


# HEART AWARENESS DAY, EASTERN MALL, SIBURAN

*4 September 2016*

# CHRISTMAS CHEER TO SARAWAK HEART CENTRE PATIENTS

*2 December 2016*





## YOGA AND A HAPPY HEART

Genetics, family history, age and other existing medical conditions such as diabetes, kidney disease, or hormonal imbalances, can increase your risk for heart disease. However, many factors that can affect your heart health are lifestyle related and therefore, controllable, including diet, exercise, sleep, tobacco and alcohol intake and stress management.

The recommended guideline of doing 30 minutes per day of moderately vigorous aerobic exercise has been shown to help lower your risk of developing high blood pressure because it helps to strengthen the heart. Apart from brisk walking, swimming, cycling, yoga is another great option to move and stay healthy!

Yoga can help to increase joint flexibility, improve muscle tone, build strength of your bones, regulate sleep, improve digestion, promote weight loss, improve mood, increase energy and decrease stress, which all contribute to a healthier lifestyle. Additionally, through breath coordinated movements, yoga helps to increase lung capacity, improve respiratory function, lower heart rate, and boost circulation, greatly reducing the risk of developing high blood pressure and heart disease.

Yoga has been shown to effectively address the body-mind connection through various postures, breathing exercises and mindfulness techniques. The benefits of yoga stretch beyond the physical by helping to reduce and manage emotional stress.

Stress has been linked to high blood pressure and heart disease, and management of stress has been shown to improve our health on a large scale, and in particular, cardiovascular health.

Our nervous system is made up of two branches, the sympathetic and parasympathetic. Chronic stress can result in an overactive sympathetic nervous system, which is responsible for our flight or fight response to perceived dangerous or stressful situations. When this system is triggered, the brain receives signals to switch into high alert mode as though our survival is at threat. Adrenaline and cortisol (stress hormone) are then released, causing our heart rate and blood pressure to increase.

It can take the body up to three hours to relax from a highly stressful state produced by an overactive nervous system. However, for many of us, it is difficult to find this calm state of relaxation because of the continuous triggers that present themselves throughout the day.

Yoga is helpful in relaxation of the body and mind because of its ability to soothe an overactive sympathetic nervous system by increasing the activity of the parasympathetic nervous system.

For instance, have you ever noticed yourself in a stressful moment, in which you feel like you just need to take a big deep breath or sigh of relief? This is our way of naturally signalling our parasympathetic nervous system! The parasympathetic nervous system slows down the heart rate, relaxes the smooth muscles of the digestive system, and transitions the body into a state “rest and digest”, helping to create feelings of calmness and ease.

Physical postures, breathing exercises and relaxation techniques that are taught and practiced in yoga can, therefore, help to lower levels of stress hormones. It is a safe form of physical activity that can help to strengthen your body and improve the health of your cardiovascular system.

If you are interested in getting started, you can first speak to your doctor about which level of yoga may be right for you. Then, find a studio nearby, research the background of the teachers, check out their class schedule, and make an appointment with yourself to give it a try! If you are new to yoga, you may speak with the yoga instructor prior to class, as he/she can offer tips and modifications to make the practice safe for your body.



# CPR (CARDIOPULMONARY RESUSCITATION)

**At A Glance**



**Check for danger**



**Call for help**



**If no signs of life, give CPR**

1

**Check response**  
Can you hear me?  
Open your eyes.  
What's your name?  
Squeeze my hand.



2

**Establish an airway**  
Support the jaw and tilt the head.  
If you see fluid or foreign objects, turn the patient onto their side and clear.



3

**Check for breathing**  
Look at the chest.  
Listen for air escaping.  
Feel for air escaping and chest rising.



4

**If no breathing, give two rescue breaths.**



5

**If still no signs of life**  
Give 30 compressions on the centre of the chest and two rescue breaths.  
Do this at least 5 times in 2 minutes.



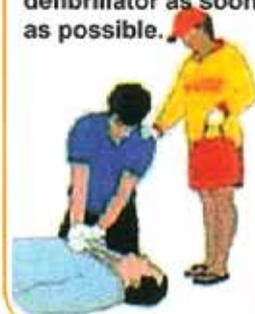
6

**If the person shows signs of life, then place the person on their side.**



7

**Continue until help arrives.**  
If available, implement a defibrillator as soon as possible.



Call 999 for an Ambulance



**Adult CPR**

1. Tilt head
2. Give 2 full breaths
3. Start compressions using both hands - 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



**Infant CPR (0-1 years)**

**DO NOT TILT HEAD!**

1. Give 2 breaths (puffs)
2. Start compressions using two fingers only - 30 times
3. Repeat - 2 breaths, 30 compressions
4. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



**Child CPR (1-8 years)**

1. Tilt head
2. Give 2 full breaths
3. Start compressions with one hand - only 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.





**SARAWAK HEART FOUNDATION**  
**(383498-P)**

**HOW CAN YOU HELP?**

If you are someone who is caring and would like to help Sarawak Heart Foundation, you can register as a "Friend of the Foundation" (as a volunteer to help in the various projects undertaken by the Foundation from time to time and especially with fund-raising)

Please fill in the below and send to us.

Thank You.

\*\*\*\*\*

Full Name : .....

IC/ No. : .....

Address : .....

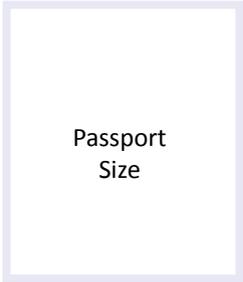
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Tel. No. : ..... Fax No. : .....

E-Mail : ..... H/P No.: .....

Date : .....

Please specify how you can help? (eg. driver, food runner, general worker, exercise instructor, dancer, mc, photographer etc.)



**Sarawak Heart Foundation**

No.11, 1<sup>st</sup> Floor, Lot 2343 Bormill Estate Commercial Centre , Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching Sarawak  
Tel: 082-258212 Fax: 082-258303 Email address: sarawakheartfoundation8@gmail.com



**SARAWAK HEART FOUNDATION**  
**(383498-P)**

Full Name : .....

Address : .....

.....

Tel. No. : ..... Fax No. .... E-Mail .....

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[ ] Cheque No. .... For RM .....

[ ] Bank Draft ..... For RM .....

For Direct Remittance, please bank into **RHB Bank A/C No. 21104350033342**

(Please fax or email the bank-in slip to Fax: 082-258303)

Email: sarawakheartfoundation8@gmail.com

All donations payable to:

**Sarawak Heart Foundation**

No. 11, 1<sup>st</sup> Floor, Lot 2343, Block 10 KCLD  
Bormill Estate Commercial Centre  
Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching, Sarawak.  
Tel: 082-258212 ; Fax: 082-258303  
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Oat Bran Powder Canister (480 g)



MS 1500:2009 1 076-072012

• Other Biogrow® Oat BG22™ family members •



1 packet (30 g) = 3 g beta-glucan

**Crispy Cereal**  
(30 g x 12 's + 2 's) &  
(30 g x 28 's + 4 's)



2 sachets (≈ 18 g) = more than 3 g beta-glucan

**Oat Bran Powder Travel Pack**  
(9 g x 30 's)

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



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Call Infoline: 03-7956 2220 (Mon-Fri 9am-5pm)  
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