

Health Awareness



Day



SARAWAK
HEART CENTRE

@

Balai Kebudayaan

Kampung Bunan Gega, Serian

Saturday 25 November 2017 9am to 2pm



Free Health Screening

- ♥ Body Mass Index
- ♥ Blood Sugar
- ♥ Blood Pressure
- ♥ Cholesterol
- ♥ Counselling

Children Colouring Contest

- 4~6 Years Old
- 7~9 Years Old
- 10~12 Years Old

Free Self Breast Examination

BUNAN GEGA

Find out more at Pg 4 . . .

**ELECTRICITY
FOR LIFE**

p.3

**Calling
VOLUNTEERS**

p.12

**BIGGEST
TURNOUT AT
WORLD
HEART DAY
2017**

p.6-7

Do you know
what it means
to be **Heart
Healthy?**

p.11

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CONTENTS

Editor's Message	2
Electricity for Life	3
Health Awareness Day, Bunan Gega	4
Miri Heart Week	5
World Heart Day and Heart Run 2017	6-7
Hari Sehat Tanjung Datu & Cardiac equipment for Sarawak Heart Centre	8
Free Health Screening	10
Do you know what it means to be heart healthy	11

EDITOR'S MESSAGE

2017, what a year it was. The Foundation broke new ground in raising funds through Heart Run 2017 that brought together more than 3,000 supporters including families on World Heart Day, making it the biggest turnout ever.



The amount raised was enough to purchase Cardiac Mobile Monitoring System units for Sarawak Heart Centre to monitor patients with moderate to high risk of cardiac arrest during exercise. The units were handed over to the Heart Centre in December. But we did not meet the target to fund our Heart to Heart Programme for children suffering from critical heart disease to undergo medical treatment in cardiac hospitals in Kuala Lumpur. As with every World Heart Day, we were not short of volunteers. They were an enthusiastic lot, the majority being students and young people. We can never thank them and the donors and sponsors enough for their invaluable contribution to the event.

We entered new territory in November with a Health Awareness Day in Bunan Gega, Serian, 75km from Kuching where the response of the 400 families to our free health screening and children colouring contest was overwhelming. The photographs on that day tell the story on Page 4.

We are grateful to the staff of Sarawak Heart Centre, our faithful partner and one the Foundation cannot do without, for their commitment and dedication in carrying out our free health screenings throughout the year. We also have the medical personnel of Miri Hospital to thank for the health screening and blood donation at our Miri Heart Week in August.

In this issue, we would like to invite volunteers to be part of our Foundation Family. Not just Friends of the Foundation as we used to call them. We want our volunteers to have that sense of belonging, to feel that they are part of our family by sharing their passion, knowledge, skills and experience in the name of heart health. We welcome new volunteers to fill in the revised form on the back cover page of this issue.

Let us all join hands to fight heart disease and build a heart-healthy community in Sarawak.

Warm wishes for a Happy New Year.

Signature

Eric Lim Swee Khoon

Electricity For Life 2017

4 - 6 October



A Sarawak Heart Foundation Initiative
in collaboration with
Sarawak State Health Department,
Sarawak Heart Centre
and
Medtronic Malaysia

Electricity for Life 2017 kicked off on 4 October 2017 in providing electrocardiogram (ECG) education to medical officers and medical staff at district hospitals in the central sector of Sarawak. The programme is an initiative by Sarawak Heart Foundation in collaboration with Sarawak State Health Department, Sarawak Heart Centre and Medtronic Malaysia which was launched in 2015. Since then, it has covered areas in northern and southern Sarawak.

This year, with the guidance of Dr Alan Fong, the team decided to conduct the ECG training programme in the central sector of Sarawak covering Dalat Hospital, Mukah Hospital, KK Balingian and Bintulu Hospital. We had the support from Sarawak State Health Department who provided land transport from one hospital to another. Dr Nelson Yong and his team from Sarawak State Health Department helped to coordinate with the respective hospitals and Medtronic Malaysia provided for the other logistic components of the project.

The travel team consisted of Mr. Eldon Chuo King Juin (Medtronic International, Malaysia) and me. We started our journey from Kuching travelling by air to Mukah Division on 4 October.

ECG training sessions were undertaken at various hospitals and the travel team was impressed with the enthusiastic response from the multidisciplinary audience from each hospital, and also the hospitality of the staff, in particular, the hospital directors, Head of Medical Department and also MA in Charge.

Dalat Hospital	Hospital Director, Dr Voon Kashin
Mukah Hospital	Hospital Director, Dr Bernadette Syonnia Bt Jaru Sawat
KK Balingian	MA in charge, MA Ian Mohd Hafiz
Bintulu Hospital	HOD Medical, Dr Tonni Sia

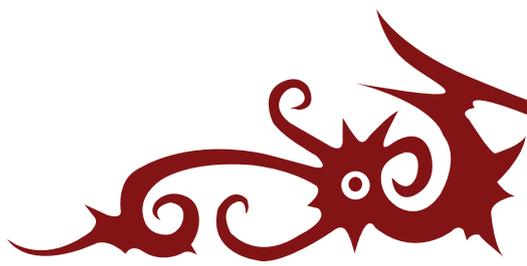


The journey from Mukah to Bintulu, covering a distance of 217 km, provided us with the opportunity to meet with the staff of district hospitals which we, cardiologists based at the Sarawak Heart Centre, often get referrals from. We also took this chance to explore the facilities in the hospitals and visited patients with heart disease there. This trip was an avenue for us to educate young doctors and house officers, and also draw their interest to joining our Cardiology Department for a career as cardiologists in Malaysia and especially so in Sarawak where there is a shortage.

The three-day trip concluded at Bintulu airport on 6 October at 12 noon. The travel team is grateful for the support from the drivers in Dalat, Mukah and Bintulu Hospital who shepherded us throughout this trip.

We hope that our endeavour in Electricity for Life will improve the knowledge of ECG interpretation in the context of various clinical situations, eventually saving more lives and improving patients' clinical outcomes.

Reported by **Dr Ho Kian Hui**,
Clinical Cardiologist Sarawak Heart Centre, member of travel team, Electricity for Life 2017



HEALTH AWARENESS DAY @ BALAI KEBUDAYAAN, BUNAN GEGA, SERIAN

25 NOVEMBER 2017



The Sarawak Heart Foundation thanks the community of Bunan Gega for turning up in full force, making the event a truly kampong community affair. About 400 families took part in the free health screening including cholesterol test, self breast examination and pap smear conducted by doctors and nurses of the Sarawak Heart Centre and Sarawak General Hospital while their children participated in the colouring contest.





MIRI HEART WEEK @ BINTANG MEGAMALL MIRI 26 - 27 AUGUST 2017

The Sarawak Heart Foundation collaborated with Malaysian Red Crescent (MRC) Miri District for the first time to celebrate Miri Heart Week 2017. Free health screening was conducted by medical personnel from Miri Hospital over the two days while MRC Miri District brought together about 100 blood donors on 26 August in conjunction with World Red Crescent Day.

Miri Heart Week was observed to make people realise the risk of heart diseases and enlighten that such death could be avoided by adopting simple and easy ways.

Assistant Minister of Tourism, Arts and Culture, Datuk Lee Kim Shin represented Minister of Local Government and Housing YB Senator Datuk Prof Dr Sim Kui Hian who is also a Board Trustee with the Foundation at the launching of the event on 26 August.





BIGGEST TURNOUT AT WORLD HEART DAY 2017 24 September 2017

WOW! More than 3,000 participants converged at the old Dewan Undangan Negeri grounds, Petra Jaya, Kuching early Sunday morning on 24 September 2017, making it the biggest participation ever in World Heart Day in Sarawak.

This year, the event was held simultaneously with Heart Run 2017, a fund-raising project for the Foundation.

Heart Run 2017, organised for the first time, was a collaboration with the Physiotherapy Unit of the Sarawak Heart Centre to raise RM750,000 for the Foundation's Heart to Heart Programme that provides financial assistance for children suffering from critical heart disease to undergo medical treatment in cardiac hospitals in Kuala Lumpur and for the purchase of Cardiac Mobile Monitoring System units for the Heart Centre to monitor patients with moderate to high risk of cardiac arrest during exercise.

The event raised RM370,000, out of which RM150,000 was used for the purchase of five Cardiac Mobile Monitoring System units.

Organising Chairperson and Board Trustee of the Foundation, Datuk Amar Hajah Jamilah Haji Anu, launched the World Heart Day celebrations with a call to 'eat healthily and exercise regularly'.







HARI SEHAT TANJONG DATU @ TOWN SQUARE, LUNDU 22 July 2017



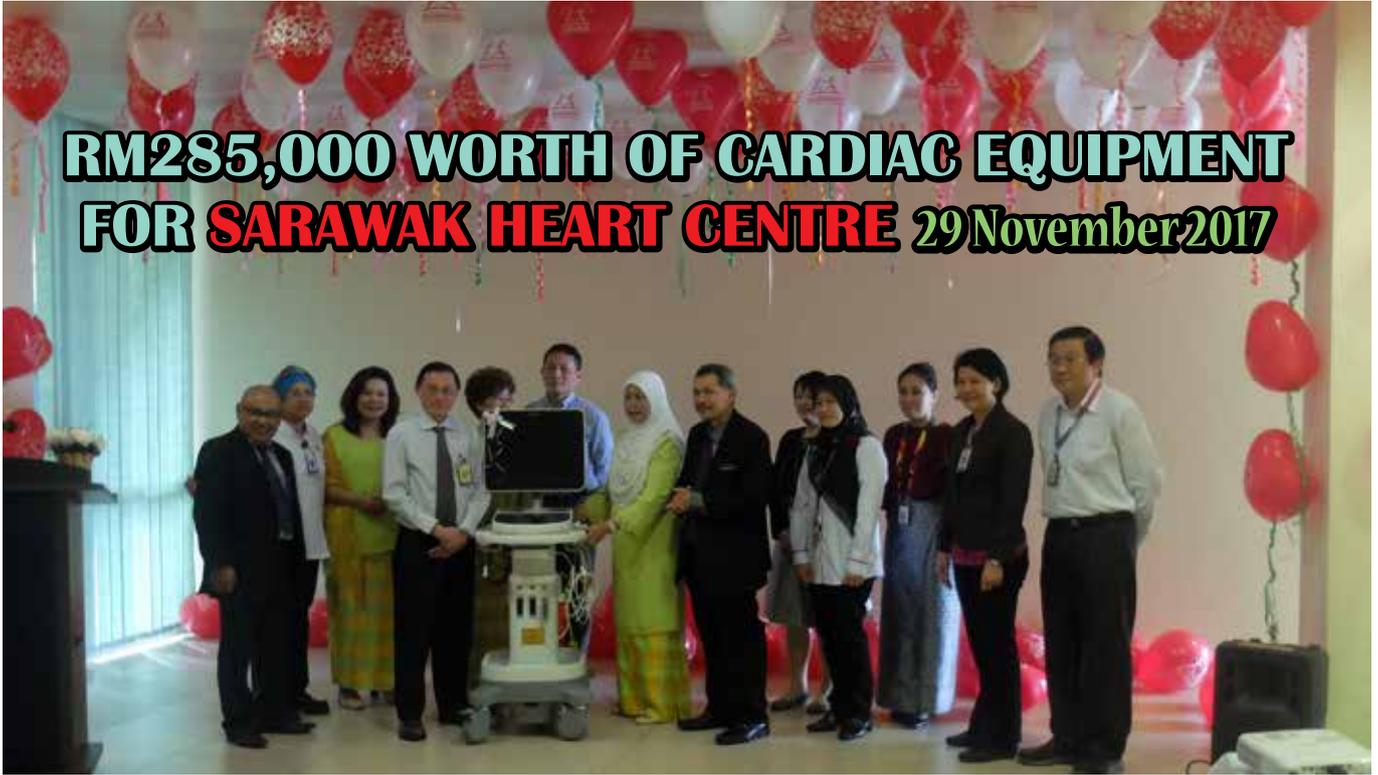
Hari Sehat Tanjong Datu was jointly organised by Sarawak Heart Foundation and Pusat Khidmat N3 Tanjong Datu and supported by Sarawak Heart Centre and Lundu Hospital.

Board Trustee of the Foundation, Datuk Amar Hajah Jamilah Haji Anu who is also the State Assemblywoman for N3 Tanjong Datu, led the participants for a walk round Lundu town before launching the event.

Hari Sehat Tanjong Datu was to increase public awareness on heart health by providing free health screening, information and materials on heart disease and prevention and fun activities for families and the community in Lundu.



RM285,000 WORTH OF CARDIAC EQUIPMENT FOR SARAWAK HEART CENTRE 29 November 2017



The Sarawak Heart Foundation handed over RM285,000 worth of cardiac equipment to Sarawak Heart Centre on 29 November 2017

The equipment consisted of five Cardiac Mobile Monitoring System units costing RM150,000 and an Ultrasound System for Adult Echocardiography at a cost of RM135,000.

At the handing-over ceremony of the equipment at Sarawak Heart Centre, Board Trustee of Sarawak Heart Foundation YB Datuk Amar Hajah Jamilah Binti Haji Anu said that the money for the purchase of the Cardiac Mobile Monitoring System units was raised from Heart Run 2017 on 24 September. The run was a collaboration between the Foundation and the Physiotherapy Department of the Sarawak Heart Centre.

Datuk Amar Jamilah who is also State Assemblywoman for Tanjong

Datu explained that the Cardiac Mobile Monitoring System is used to monitor patients with moderate to high risk of cardiac arrest during exercise sessions. As an essential aspect of cardiac patients, it can detect early 'ECG abnormality', and thus prevent life-threatening arrhythmias.

In the event that a patient has a cardiac arrest during an exercise session, the system can detect it and trigger an alarm for the medical staff to take action. It can monitor the patient's irregular heart rhythm from moderate to high risk for up to 12 patients in one exercise session.

The Ultrasound System that makes scanning and quality ultrasound images simple and fast, came from the proceeds of the Foundation's fund raising last year.

Datuk Amar Jamilah hoped that the equipment would improve the services and performance of the

Sarawak Heart Centre that will in turn, benefit the patients on the whole.

She assured that the Foundation will continue to work closely with the Sarawak Heart Centre in upgrading the facilities and equipment to provide the best cardiac service care for the people in the State, especially the needy who cannot afford the high medical expenses.

Describing Sarawak Heart Centre as the Foundation's faithful partner, Datuk Amar Jamilah thanked its wonderful team of doctors and nurses for their services at the Foundation's free health screening events.

She later went round the wards to distribute gifts to 150 patients in the Sarawak Heart Centre in the spirit of Christmas

The Foundation also hosted a thanksgiving gathering for all the staff on the same day.





HEALTH SCREENING @ AUDITORIUM WILLIAM TAN

9 JULY 2017

Organised by Old Josephians' Association



HEART AWARENESS DAY
- Eastern Mall -
28-29 OCTOBER 2017

We Care For Your Health

28 OCT 2017	9:00AM - 12PM Free Health Assessment	9:30AM - 12PM DI Do Green Exhibition & Booth	1:00PM - 2:00PM Bakwan Making Class for kids	2:30PM - 4:30PM Doctors' Talk session	7PM - 10PM Dance by Sitarati Park Dance Organisation	7:30PM - 8:30PM Bakwan Making Class for kids
29 OCT 2017	10AM - 12AM Zumba by Zumba Bika Semarak	9:30AM - 12PM DI Do Green Exhibition & Booth	11AM - 12PM Bakwan Making Class for kids	1PM - 2:30PM Explore your mobility using Recycle items	3PM - 5PM Aerobics / Board Game	7:30PM - 8:30PM Bakwan Making Class for kids

HEALTH SCREENING @ EASTERN MALL, SIBURAN

28 OCTOBER 2017



How does your heart rate?



Do you know what it means to be heart healthy?

Take our **Heart IQ** test and find out how heart smart you are.

An extract from

<https://www.worldheartday.org/take-action/>

1. A healthy diet means at least 5 portions of fruit and veg a day. How much is a portion?

- 50g 80g 100g

2. Too much of which kind of fat can increase cholesterol levels?

- Trans fats
 Unsaturated fat

3. Moderate-intensity exercise raises your heart rate and makes you break into a sweat. How much should adults aged 18-64 aim for every week to keep their hearts healthy?

- 50 minutes 120 minutes
 150 minutes

4. Vigorous-intensity exercise makes you breath harder and it's difficult to talk at the same time. How much should adults aged 18-64 aim for every week to keep their hearts healthy?

- 50 minutes 75 minutes
 95 minutes

5. Within how many years of stopping smoking does your CVD risk return to that of a non-smoker?

- 15 years 25 years Never

6. What's the biggest cause of death from secondhand smoke exposure?

- Lung cancer Pneumonia
 Heart disease

7. Which two measurements do you need to work out your BMI (body mass index)?

- Height & weight
 Height & blood pressure
 Height & waist circumference

8. here are two types of cholsterol, "good" and "bad". But which is the bad type?

- Low-density lipoproteins (LDL)
 High-density lipoproteins

Turn to next page for answers

1. 80G
80g is equal to around: 4 broccoli florets, 1 pear, a handful of chopped carrots, 2 plums, 4 heaped tablespoons of cooked kale, spinach or green beans, or 7 cherry tomatoes. Take a look at our Fuel your heart page for more information.

2. TRANS FATS
Trans fats are found in fried and battered foods, pies, cakes, pastries... anything that lists partially hydrogenated fat or oil in the ingredients. Take a look at our Fuel your heart page for more information.

3. 150 MINUTES
For additional health benefits, you should try to increase this to 300 minutes a week. Always talk to your healthcare provider before you start any new exercise programme.

4. 75 MINUTES
For children aged 5-17 the guidelines are different - they should aim for at least 60 minutes of moderate - to vigorous-intensity exercise every day. For more information take a look at our Move your heart page.

5. 15 YEARS
Stopping smoking is the single best thing that you can do for your heart health. If you're finding it difficult to quit, talk to your healthcare provider for advice on smoking cessation.

6. HEART DISEASE
Some 80% of all adult deaths (and over half of all deaths) from secondhand smoke exposure are caused by heart disease. If you're finding it difficult to quit, talk to your healthcare provider for advice on smoking cessation.

7. HEIGHT & WEIGHT
To work out your BMI, divide your weight in kilograms by your height in metres. Then divide the answer by your height in metres again to get your BMI. Take a look at an online BMI chart or ask your healthcare provider to find out if your BMI is in a healthy range for your age and height.

8. LOW-DENSITY LIPOPROTEINS (LDL)
Too much LDL in your blood can cause a build up of fatty material in your artery walls. HDL is 'good' because it carries cholesterol back to the liver to be broken down. Visit your healthcare provider to have your cholesterol levels checked.



SARAWAK HEART FOUNDATION
(383498-P)

"FRIENDS OF THE FOUNDATION" FORM

WE NEED YOUR HELP?

Join our team to promote a heart-healthy community in Sarawak. We need people who are keen to share their skills and interests.

Areas that you can help us in include:-

- >>Fund raising
- >>Website design and maintenance
- >>Photography
- >>Venue preparation
- >>Health Screening
- >>Health Talk

Help us to get to know you by telling us your skills and interests

Full Name

Address

Mobile Phone Email :

Date

Sarawak Heart Foundation

No.11, 1st Floor, Lot 2343 Bormill Estate Commercial Centre , Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching Sarawak
Tel: 082-258212, 012 8868491 Fax: 082-258303 Email address: sarawakheartfoundation8@gmail.com
Website: sarawakheartfoundation.org.my Facebook: SarawakHeartFoundation

DONATION FORM



SARAWAK HEART FOUNDATION
(383498-P)

Full Name

Address

Tel. Fax Email

[] Cheque No. RM

[] Bank Draft RM

Direct Remittance **RHB Bank A/C No. 21104350033342** (Please fax or email the bank-in slip to us)

Donations payable to:

Sarawak Heart Foundation

No.11, 1st Floor, Lot 2343 Bormill Estate Commercial Centre , Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching Sarawak
Tel: 082-258212, 012 8868491 Fax: 082-258303 Website: sarawakheartfoundation.org.my