



## Heart to Heart from Limbang

pg. 6 - 7

*Electricity for Life 2019* @ Bario, Lawas, Limbang & Miri | pg. 4 - 5

Health Awareness @ Long  
Kevok, Telang Usan | pg. 4 - 5

Virtual Run @ Limbang Lawas | pg. 7

Sarawak Day 2019 @Lundu | pg. 8



**CHAIRMAN**

TYT Tun Pehin Sri Haji Abdul Taib Mahmud

**DEPUTY CHAIRMAN**

YB Tan Sri Datuk Amar Dr. James Jemut Masing

**BOARD OF TRUSTEES**

YB Datin Patinggi Datuk Amar Hajah Jamilah Binti Haji Anu

YB Dato Sri Prof Dr Sim Kui Hian

YB Dr Annuar Rapa'ee

YBhg Tan Sri Dato Sri Empiang Jabu

YBhg Dato Anne Teng

YBhg Dato Sri Fong Joo Chung

YBhg Datuk Prof Dr Chew Peng Hong

YBhg Datuk Haji Abdillah Haji Abdul Rahim

Dr Mohd Hirman Ritom

Ms Pauline Kon Suk Khim

Mr Eric Lim Swee Khoon

**MEDICAL ADVISOR**

Dr. Yii Kie Sing

**EDITORIAL**

Editor Mr. Eric Lim Swee Khoon

Member Ms Lee Siew Hoon

**CONTENTS**

Editor's Message	2
Health Awareness @Long Kevok	3
Electricity for Life 2019	4-5
World Heart Day 2019	6-7
Sarawak Day in Lundu	8
Research wins awards	9
A Visual Guide to Heart Disease	10-11

2019 is best remembered for the Foundation's successful outreach to the rural communities of Miri, in particular, the Kayan and Penan folks. Thanks to the invaluable support and assistance from the district office of Telang Usan in coordinating the events in Long Bedian and Long Kevok and Sarawak Breast Cancer Support Group, the Foundation was able to carry its heart awareness programmes there smoothly.



Elsewhere, the Foundation celebrated Sarawak Day on 22 July with a similar awareness event in Lundu, in collaboration with Lundu District Office, Lundu District Council, Nurses Club and N3 Tanjong Datu Service Centre.

World Heart Day 2019, originally scheduled for 22 September, was postponed to 13 October due to the haze. We are thankful and heartened by the enthusiasm of the participants who were not deterred by the rain on that day in finishing the Walk-A-Mile across the iconic Jambatan Darul Hana and actively taking part in the various activities. And for the first time, World Heart Day was boosted by virtual runs in Limbang and Lawas where ardent supporters of our cause organised the event at their own cost and celebrated in full fanfare. The centrespread of photographs on Pages 6 and 7 says it all.

Electricity for Life 2019, the Foundation's initiative in partnership with the Sarawak Health Department, Sarawak Heart Centre and Medtronic International (Malaysia) covered the northern part of Sarawak namely Bario, Lawas, Limbang and Miri in October. Read all about it on Pages 4 and 5.

It is with much pleasure that we share the accolades of Dr Melvin Chung Hsien Liang whose research on childhood obesity was funded by the Foundation. Dr Chung was awarded the First Prize in the Young Investigator's Symposium, Malaysian Association for the Study of Obesity (MASO) 2019 Scientific Conference on Obesity in Kuala Lumpur and the Suaidi Award for the best performing postgraduate student in UNIMAS in Kuching, both in October 2019. His research on Childhood Obesity: Effects of Physical Activity on Nutritional Status and Motor Skills Performance among children aged 4-6 years old in Peri-Urban Kuching, Sarawak has been featured in a few issues of our HeartTalk.

The Foundation welcomes applications from hospitals, institutions of higher learning and professionals in the medical field for sponsorships to carry out research on heart-related diseases.

We will continue in our outreach to the far-flung parts of the State – Bario and Ba Kelalan are in the cards for 2020 - to increase awareness of heart health in the rural communities, apart from the urban towns.

As we enter the New Year, we would like to take this opportunity to thank all our benefactors and volunteers for their support and contribution to our cause and their trust in the Foundation as an advocate for better heart health in Sarawak.

*With best wishes for a happy and heart-healthy 2020,*

Eric Lim Swee Khoon

**Sarawak Heart Foundation** • Member of World Heart Federation



# Health Awareness @ Long Kevok, Telang Usan, Miri 3 Aug 19





# Electricity For Life 2019

30 Sep – 2 Oct 2019

## Introduction

It has been the tradition of the Sarawak Heart Foundation and Sarawak Heart Centre to organize this yearly event Electricity For Life (EFL) in conjunction with the World Heart Day. As we know, Sarawak is the largest state in Malaysia (land area of 124,451km<sup>2</sup> or 37.5% of the total area in Malaysia) and it is impossible to travel the whole state in two to three days. This year, we plan to cover Northern Sarawak which consists of the divisions of Miri and Limbang.

*A Sarawak Heart Foundation Initiative  
in collaboration with:*

- Sarawak State Health Department
- Sarawak Heart Centre
- Medtronic International (Malaysia)

As the only government tertiary referral centre for cardiology services in Sarawak, we know that it is imperative for us to create awareness for the public and healthcare providers on the updates of heart diseases and introduce new services available in Sarawak Heart Centre. When Sarawak Heart Centre is advancing to more challenging and sophisticated treatments for heart diseases, we do not forget the need of the healthcare services in district hospitals as well as the rural area. This is the depth and breadth of our service. Therefore, one of the themes of Electricity for Life is always on closing the gaps: we want to strengthen the connection from everyone in the Land of the Hornbills to Sarawak Heart Centre. The tour for Electricity for Life is not just to provide continuous medical education to the public and healthcare providers but also to listen and understand the healthcare need of the rural area with our heart, with the aim of improving the accessibility of cardiology services in the districts.

Before we embark on the journey of Electricity for Life 2019, we would like to express our sincere gratitude to Dr Ong Ting Kiam, Head of Department of Cardiology, Sarawak Heart Centre, Professor Dr Alan Fong Yean Yip, senior consultant cardiologist from Sarawak Heart Centre, Dr Yong Bee Kui from Sarawak Health Department, and Mr. Eldon Chuo from Medtronic International (Malaysia) in organizing this event.



## Bario

Our first day of EFL was a half-day visit to Bario Highlands, 178km east of Miri city and 1000m above sea level. Our journey started with the flight in the 19-seater Twin Otter from Miri to Bario, famous for the Bario rice, Bario salt, Bario pineapple as well as the stunning countryside scenery. We received a warm welcome from Mr. Davies and the staff of Bario Community Clinic (KK Bario). Mr. Davies is the senior Assistant Medical Officer in KK Bario, who has been working there for almost 10 years. Originally from Kota Samarahan, he decided to move to Bario with his wife (who is also a staff nurse) after falling in love with Bario at first sight. We were brought around the community clinic and were briefed on the recent development of

the clinic. In recent years, Bario Community Clinic has upgraded from fully solar powered to electricity supply by SESCO. There were also upgrades on new laboratory facilities as well and new ward. We also met with Dr Nadia, medical officer in-charge of KK Bario, who has been in Bario for the past one year. We were discussing about how to improve the cardiology services in Bario. To my surprise, they have started thrombolytic service for ST-elevation myocardial infarction in Bario. They even have two ultrasound machines which were able to do simple bedside echocardiogram (even though they do not have x-ray facilities). We gave continuous medical education to the staff in the clinic on the recent updates of cardiology services. Our visit ended with a tour of Bario town. We took photographs in front of a wrecked plane in 1960s before we took off in the Twin Otter to Miri in stormy weather.





## Lawas

On the second day, we travelled 250km to the north of Miri in a 19-seater win Otter to Lawas. This place is not new to me as I used to do visiting specialist clinic in the hospital. Lawas Hospital is still the same except that it is surrounded by corrugated zinc wall and behind it is where the new hospital is supposed to be. We were led to the office of Dr Syahir, the deputy director of Lawas Hospital where we were honoured to see the drawing of the new 76-bedded hospital (scheduled for completion in 2011) hanging on the wall of his office. Even though Lawas Hospital is structurally the same, the manpower has increased tremendously - 172 medical staff with 9 medical officers. We then headed to the meeting room where the nurses were having the 'pain free' workshop. In conjunction with World Heart Day, we continued the workshop with the CME on approaches to chest pain and introduced the electrophysiology services available in Sarawak Heart Centre. As time was running out, we had to leave the place and head southward to Limbang Hospital.



## Limbang

The journey to Limbang hospital was a cross-border drive in a Toyota Hilux. We crossed the Lawas-Mengkalap immigration to Brunei and exit to Limbang at the Pandaruan-Limbang immigration. Thanks to the new bridge across the river, the journey took only about an hour. Five years ago, it used to be a three-hour journey because the only way to cross the river was by ferry. When we reached Limbang around 1pm, we were welcomed by Dr Hazwani, the deputy director of Limbang Hospital and Dr Priya, senior medical officer. Limbang Hospital is the second largest district hospital in the northern region of Sarawak. It has two General Wards, a Pediatric Ward and a Maternity Ward. In the centre of the hospital are the new 64-slice CT scan machine and the sophisticated ultrasound machine (echocardiogram capable) located in the new Radiology Unit building. Apparently, Limbang Hospital has two resident radiologists, a resident pediatrician, a resident obstetrics and gynaecology specialist and 22 medical officers now. Soon there will be one resident physician posted to Limbang Hospital. For cardiology service, we were discussing about doing CT coronary angiogram in Limbang, as well as training the physician or medical assistant in echocardiogram. Sarawak Heart Centre has always been the training ground for echocardiogram and CT coronary angiogram in Sarawak. We then headed to the meeting room where we had two hours of continuous medical education on almost all the topics in cardiology. However, we had to end the CME early due to heavy rain. We were all drowned in the noise of the heavy downpour bombarding the roof. Fortunately, the last flight to Miri was not cancelled and we took off in the ATR72 to Miri.



## Miri

Miri Hospital is the main secondary referral hospital in the northern region of Sarawak. Miri Hospital serves as a medical hub for a population of more than 1.5 million people. Before the CME session on cardiology updates, we met with Dr Jack Wong, the director of Miri Hospital. We had a great discussion about cardiology services in Miri Hospital, especially on the usage of biomarkers, for example, high sensitive troponin test. We then met up with senior physician Dr Desmond and the medical department in the Clinical Research Centre meeting room. Continuous medical education was touched on the electrophysiology services, left atrial appendage occluder devices for stroke prevention as well as management of patients with pacemaker devices. The meeting ended at 12pm before we took our flight back to Kuching.

For this three-day initiative, we have strengthened the relationship among the district hospitals and Sarawak Heart Centre. We listened to each other and ideas were exchanged on how to improve cardiology services in Sarawak. Among more realistic ideas to be realized including the provision of echocardiogram training to the physicians and paramedics in district hospitals and improving on the referral for arrhythmia-related heart diseases. We are also grateful to Medtronic International (Malaysia) for providing free medical magnets to all the district hospitals with operation theatres to help in managing patients with pacemakers going for surgery.

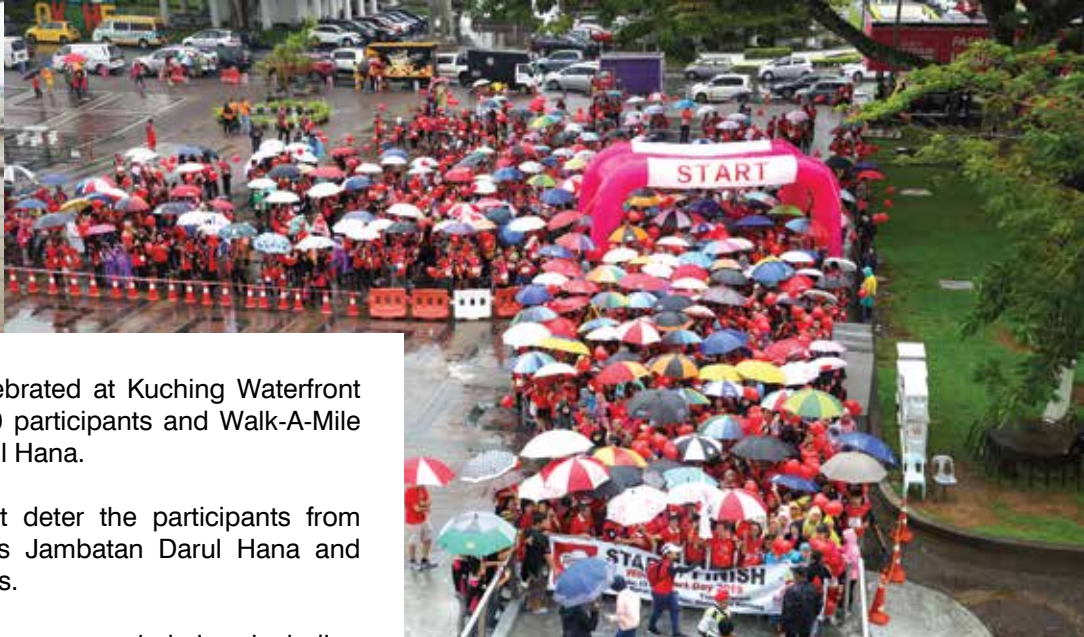
In summary, Electricity for Life 2019 was a fruitful journey.  
We hope to meet everyone again on World Heart Day 2020.

Reported by **Dr Koh Keng Tat**,

Clinical Cardiologist, Sarawak Heart Centre on behalf of the travel team for Electricity for Life Initiative



# A Heartwarming 'Walk-A-Mile' across



World Heart Day 2019 was celebrated at Kuching Waterfront on 13 October with about 3,000 participants and Walk-A-Mile across the iconic Jambatan Darul Hana.

The early morning rain did not deter the participants from finishing the Walk-A-Mile across Jambatan Darul Hana and taking part in the various activities.

Response to the Walk-A-Mile was overwhelming including a 337-strong contingent who participated in a Virtual Run in Limbang and Lawas to celebrate World Heart Day for the first time.

Three iconic landmarks, Jambatan Darul Hana, Masjid India Kuching (the Floating Mosque) and Fort Margherita had lit up from 21 September to 29 September, the official date for World Heart Day throughout the world. They were among 80 illuminations, including the Kuala Lumpur Tower, around the world supporting the Light Up Red initiated by World Heart Foundation to raise awareness of the world's number one killer – cardiovascular disease.

The theme for this year's World Heart Day is "My Heart, Your Heart". It is about celebrating and connecting like-minded people. Everyone is to make a promise – a promise as an individual to get more active, say no to smoking and eat more healthily.

World Heart Day is the world's biggest platform for raising awareness about cardiovascular disease, including heart disease and stroke. It is a global event that sees individuals, families, communities, organisations and governments around the world take part in activities to take charge of their heart health and that of others. It has the power to unite people from all countries and backgrounds in the fight against cardiovascular disease and inspires and drives international action to encourage heart-healthy living across the world.





# Jambatan Darul Hana 13 October 2019



Thank you

## VIRTUAL RUN IN LIMBANG AND LAWAS



## MASJID INDIA KUCHING JOINS LIGHT' UP RED



World Heart Day 2019 saw another landmark in Kuching light up as a show of support for healthy hearts. Masjid India Kuching or better known as the Floating Mosque joined Jambatan Darul Hana and Fort Margherita in lighting up for a week from 21- 29 September 2019.

Sarawak Heart Foundation thanks Department of Islamic Religious Affairs Sarawak, Kuching Waterfront and The Commission of the City of Kuching North for their support in the light up of their respective properties.





**Health Awareness on Sarawak Day 2019, Lundu**



**Health Awareness @Kuching Sentral  
14 July 2019**



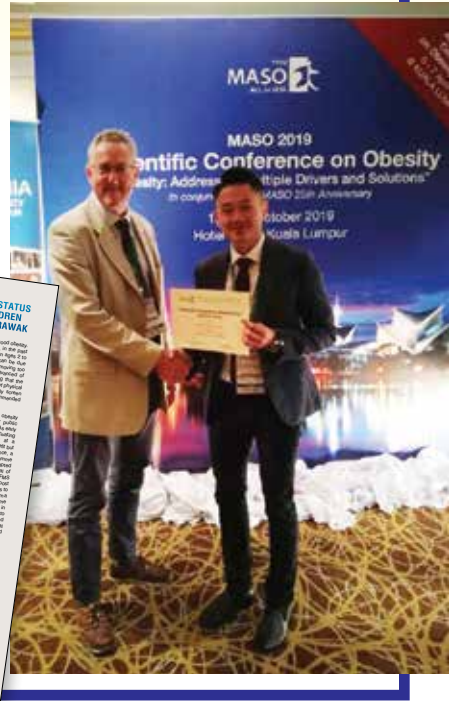
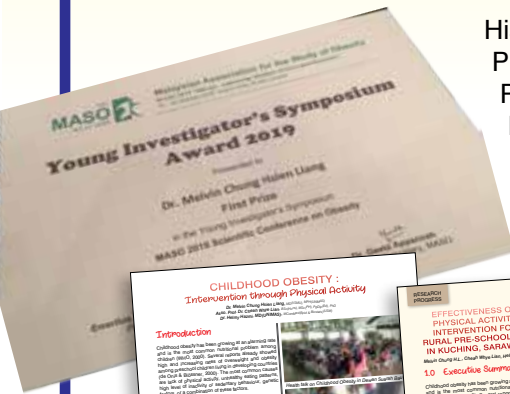


# FOUNDATION-FUNDED RESEARCH ON CHILDHOOD OBESITY *wins* ACCOLADES



Our heartiest congratulations go to Dr Melvin Chung Hsien Liang, whose research on childhood obesity was funded by the Foundation. Dr Melvin was awarded the First Prize in the Young Investigator's Symposium, Malaysian Association for the Study of Obesity (MASO) 2019 Scientific Conference on Obesity in Kuala Lumpur on 16 October 2019. Later that month, he received the Suaidi Award for the best performing postgraduate student throughout the MPH and DrPH programme in UNIMAS in Kuching.

His research on Childhood Obesity: Effects of Physical Activity on Nutritional Status and Motor Skills Performance among children aged 4-6 years old in Peri-Urban Kuching, Sarawak has been featured in a few issues of HeartTalk and it was also published in a UK-based international journal Early Child Development and Care.



**CHILDHOOD OBESITY: Intervention through Physical Activity**

**EFFECTIVENESS OF PHYSICAL ACTIVITY INTERVENTION FOR RURAL PRE-SCHOOLERS IN KUCHING, SARAWAK**

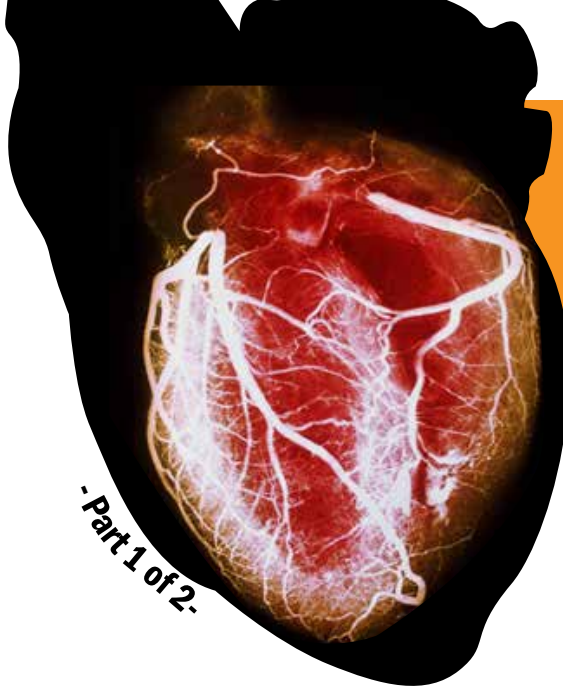
**UNDERSTANDING OUR CHILDREN'S PHYSICAL STATUS AND ITS RELATIONSHIP TO MOTOR SKILLS**

**EFFECTS OF PHYSICAL ACTIVITY ON NUTRITIONAL STATUS AND MOTOR SKILLS PERFORMANCE AMONG CHILDREN AGED 4-6 YEARS OLD IN PERI-URBAN KUCHING, SARAWAK**

## Health Awareness @ Farley Supermarket, Kota Samarahan • 30 November 2019







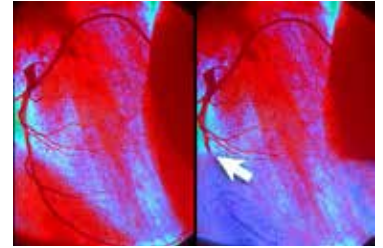
## What's Heart Disease?

Mention heart disease, and most people picture a heart attack. But the term covers several conditions that can hurt your ticker and keep it from doing its job. These include coronary artery disease, arrhythmia, cardiomyopathy, and heart failure.

**Learn the warning signs of each and how to react.**

## Clogged Arteries

A buildup of sticky plaque (fat and cholesterol) can narrow your heart's arteries, making it harder for blood to pass through. Many people don't even know there's a problem until an artery is clogged by a blood clot and they have a heart attack. But there may be warning signs of coronary artery disease, like frequent chest pain called angina.



Plaque is hard on the outside and mushy on the inside. Sometimes that hard outer shell cracks. When this happens, a blood clot forms. If it completely blocks your artery, it cuts off the blood supply to part of your heart. Blood carries oxygen, and a shortage of that can quickly damage the organ and possibly kill you. The attack is sudden, and it's important to get medical help right away.

## What Does a Heart Attack Feel Like?



You might have:

- Pain or pressure in the chest
- Discomfort spreading to the back, jaw, throat, or arm
- Nausea, indigestion, or heartburn
- Weakness, anxiety, or shortness of breath
- Fast or irregular heartbeats
- It's an emergency even when your symptoms are mild.



Women don't always feel chest pain. Compared to men, they're more likely to have heartburn or heart flutters, lose their appetite, cough, or feel tired or weak. Don't ignore these symptoms. The longer you wait to get treatment, the more damage can be done.



## Act Fast

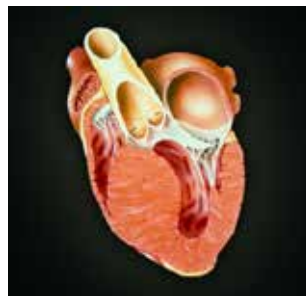
If you think you're having a heart attack, call 911 right away, even if you're not sure. Don't wait to see if you feel better. And don't drive yourself to the hospital. The EMS team will come to you and start work right away. A fast response can save your life.



## Irregular Heart Beat: *Arrhythmia*



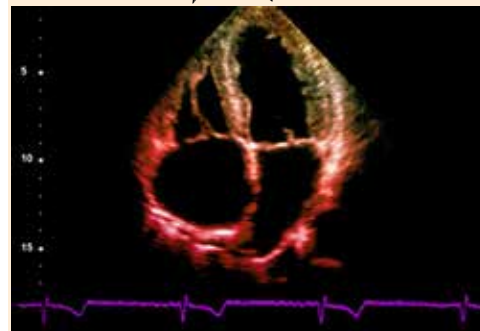
Your heart beats because of electrical impulses, and they can get off rhythm. Arrhythmias can make your heart race, slow down, or quiver. They're often harmless and pass quickly, but some types can affect your blood flow and take a serious toll on your body. Tell your doctor if you notice anything unusual.



## Heart Muscle Disease: *Cardiomyopathy*

Abnormal heart muscle, or cardiomyopathy, makes it hard to pump and carry blood to the rest of your body. Over time, health problems such as high blood pressure, obesity, and diabetes can cause this serious condition, which can lead to heart failure.

## Heart *Failure*



This doesn't mean your heart stops working. It means the organ can't pump enough blood to meet your body's needs. So over time, it gets bigger and pumps faster. This weakens the muscle and lowers the amount of blood flowing out even more, which adds to the problem.

Most cases of heart failure are the result of coronary artery disease and heart attacks.



## *Congenital Heart Defect*

From birth, you can have a leaky valve or a damaged wall separating your heart chambers. Sometimes, the defects aren't found until you're an adult.

They don't all need treatment, but some require medicine or surgery. If you have one, you're more likely to have arrhythmias, heart failure, and infected valves, but there are ways to lower these chances.

## *Sudden Cardiac Death*

This isn't the same as a heart attack. Sudden cardiac death happens when the heart's electrical system goes haywire, making it beat irregularly and dangerously fast. Instead of pumping out blood to your body, your chambers quiver.

A defibrillator can help bring back a regular heart beat, but without it, the person can die within minutes. Start CPR while waiting for a defibrillator, and have someone call 911 immediately.



## *Electrocardiogram (EKG)*

An EKG records your heart's electrical activity. During this painless test, your doctor will stick electrodes on your skin for a few minutes. The results tell him if you have a regular heartbeat or not. It can confirm you're having a heart attack, or if you've had one in the past. Your doctor can also compare these graphs over time to track how your ticker is doing.

## *Stress Test*

This measures how well your heart works when it's pushed hard. You walk on a treadmill or ride a stationary bike, and the workout gets tougher. Meanwhile, your doctor watches your EKG, heart rate, and blood pressure to see if the organ gets enough blood.



**Part 2 will be in the next issue of HeartTalk**

An extract from <https://www.webmd.com/heart-disease/ss/slideshow-visual-guide-to-heart-disease>



