

DEPUTY CHAIRMAN

YB Datuk Amar Prof Dr Sim Kui Hian

BOARD OF TRUSTEES

YBhg Datin Patinggi Datuk Amar Hajah Jamilah Binti Haji Anu

YB Datuk Dr Annuar Rapa'ee

YBhg Dato Anne Teng

YBhg Dato Sri Fong Joo Chung

YBhg Datuk Prof Dr Chew Peng Hong

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

From the Editor	2
Medical equipment for cardiac unit, Bintulu Hospital	3
Medical equipment for Sarawak Heart Centre, SGH	4
MRI machine for Sibu Hospital	5
Wellness Device for Rehab Unit, Sarawak Heart Centre	5
World Heart Day 2025	6-7
Sarawak Heart Centre Cardiogenetic Service	8
Health Screenings @ World AIDS Day Bintulu	9
@ Sarawak Day, Miri	9
@ Boulevard Shopping Mall, Kuching	9
Empowering Heart Failure Care: Pharmacists as Therapy Guardians, Compassionate Partners and Dedicated Lifelong Learners	10-12

From The Editor



The year 2025 saw the endeavours of Sarawak Heart Foundation's push for availability and accessibility to heartcare services for the people in Sarawak come to fruition.

Firstly, heart patients in Bintulu and the Northern Region of Sarawak can now seek treatment in Bintulu Hospital following the procurement of new medical equipment and upgrades of existing ones in the cardiac unit and consumables with the RM2.25 million raised by the Foundation early in the year. With the upgrading of the cardiac unit, Bintulu Hospital is now equipped with the second catheter laboratory in Sarawak and. Since services commenced in February 2025 with two cardiologists from Sarawak Heart Centre in Kuching flying over every fortnight, they have treated 201 patients by the end of 2025.

In Kuching, Sarawak Heart Centre was the happy recipient of an Echocardiology Colour Doppler Ultrasound machine, ECGs and Vital Signs Monitors from the Malaysian Church of Jesus Christ of Latter-day Saints, through the initiation of the Foundation.

Then there are the heart patients in Sibu and the Central Region of Sarawak who can soon get treatment at Sibu Hospital with the delivery of the Magnetic Resonance Imaging (MRI) machine – a Philips MR5300 on 13 December 2025. The Philips MR5300, the latest model and most advanced state-of-art MRI unit, is a replacement of the Philips Diamond Select 1.5T Achieva dStream. Testing and commissioning is scheduled for February 2026.

For the continuation of the Sarawak Heart Centre Cardiogenetic Service at Sarawak Heart Centre, the Foundation contributed another RM50,000,

making it a total of RM150,000 since the Foundation started the fund in 2021. The fund for genetic testing for inherited cardiovascular disease has benefitted over 200 patients and their family members. The full report is on Page 8.

Over the years, the Foundation has been working closely with the Sarawak Heart Centre to upgrade facilities and services to improve access and care for cardiac patients throughout Sarawak through fundraising and collaboration with corporate donors.

Collaboration with government agencies includes a health screening programme with Miri Divisional Health Department and Miri Resident's Office at the Sarawak Day celebrations in Miri on 22 July.

The Foundation also sponsored RM25,000 for a clinical pharmacist with the Sarawak Heart Centre, Chelfi Chua Zhi Fei, on a month-long attachment with the heart failure team at the National University Hospital, Singapore. Chelfi shares how pharmacists contribute to managing heart failure and why their involvement can improve patient outcomes on Pages 10-12.

We welcome a fresh heartfelt year in 2026 with the continuous support of our corporate sponsors, benefactors and volunteers in achieving the Foundation's cause for a heart-healthy community in Sarawak.

Blessings for healthy and loving hearts,

Eric Lim Swee Khoon

Selamat Datang
HOSPITAL BINTULU



SARAWAK HEART FOUNDATION RAISES RM2.25 MILLION FOR CARDIAC UNIT IN BINTULU HOSPITAL



Sarawak Heart Foundation has successfully raised RM2.25 million for the setting up of a cardiac unit in Bintulu Hospital.

The funds raised was for the procurement of new medical equipment and upgrades of existing ones in the cardiac unit and consumables.

The Foundation initiated the fund raising late last year and raised the amount needed from three sponsors – RM1.6 million from Petroleum Sarawak Berhad (PETROS), RM500,000 from Press Metal Bintulu Sdn Bhd and RM150,000 from Bintulu Port Holdings Berhad.

Present were Foundation Trustees, Datuk Amar Hajah Jamilah binti Anu, Dato Sri Fong Joo Chung, Dato Anne Teng and Pauline Kon, PETROS Senior Vice-President Human Capital, Corporate Relations and Services Haji Ismail Said, Press Metal Bintulu Sdn Bhd General Manager Chong Chee Kwang, Bintulu Port Holdings Berhad Chief Executive Officer Dato Ruslan bin Abdul Ghani and Bintulu Hospital director Dr Suzalina binti Sulaiman.



Bintulu Hospital is the second public hospital in Sarawak to have a Catheterization Laboratory (cath lab) in February this year following the upgrading of the radiology laboratory with the funds raised. The cath lab makes it possible for cardiac patients in the area to receive treatment without having to be referred to the Sarawak Heart Centre. It functions as a mini satellite centre of Sarawak Heart Centre that will increase the heart treatment capacity in the central zone of the State.

Visiting services started on 24 February 2025 with two doctors flying in from Sarawak Heart Centre once every two weeks. They have since treated a total of 201 patients with 92 of them having undergone Percutaneous Coronary Intervention (PCI).

Foundation deputy chairman Datuk Amar Prof Dr Sim Kui Hian officiated at the handing over of the medical equipment at the hospital on 13 October 2025.

Sarawak Heart Foundation • Member of World Heart Federation

No.11, 1st Floor, Lot 2343, Block 10 KCLD Bormill Estate Commercial Centre, Jalan Tun Ahmad Zaidi Adruce 93150 Kuching
Tel/Fax: 082-233 784 / 012-886 8491 Email: sarawakheartfoundation8@gmail.com
Website: sarawakheartfoundation.org.my

Printed by: **UM Colour Printing Company**

Lot 312 & 313, Lorong 7B, Jalan Ang Cheng Ho 93100 Kuching, Sarawak Tel: 082-252096 Fax: 082-259980 Email: um.colour@gmail.com



A group photograph with YB Datuk Amar Prof Dr Sim (fifth left), Dato Teng (second right), Ms Kon (right), Dr Mohd Asri (third left), Dr Ngian (fourth right), Elder Roger (fourth left), Sister Pam (sixth right) and Mr Chua (fifth right)



YB Datuk Amar Prof Dr Sim explaining the images on the Echocardiography Ultrasound System

MEDICAL EQUIPMENT For SARAWAK HEART CENTRE, SARAWAK GENERAL HOSPITAL



A memento for The Malaysian Church of Jesus Christ of Latter-day Saints



The defibrillators

Sarawak Heart Foundation Deputy Chairman YB Datuk Amar Prof Dr Sim Kui Hian officiated at the handing over of medical equipment to Sarawak Heart Centre and Sarawak General Hospital on 30 September 2025.

The Foundation initiated the fundraising for the medical equipment for:-

1. Sarawak Heart Centre

- Echocardiography Colour Doppler Ultrasound System RM 448,000
- Two units ECG machines RM 4,200
- Two units Vital Signs Monitors RM 5,676

The equipment for Sarawak Heart Centre was sponsored by the Malaysian Church of Jesus Christ of Latter-day Saints.

2. Sarawak General Hospital

- Two units defibrillators RM 42,000
- Sarawak Heart Foundation donated one unit of the defibrillators and the other was sponsored by Dayacop Security Services Sdn Bhd.

Present at the function were Foundation Trustees Dato Anne Teng and Ms Pauline Kon, Director of Sarawak Heart Centre Dr Haji Mohd Asri Bin Ariffin and Sarawak General Hospital Director Dr Ngian Hie Ung and representing the church were Elder Roger Walker and his wife, Sister Pam and Humanitarian Manager Mr Eugene Chua.



The Vital Signs monitors and ECG machines



NEW MRI MACHINE For SIBU HOSPITAL

Heart patients in the Central Region of Sarawak can soon seek treatment in Sibu Hospital after the testing and commissioning of the new Magnetic Resonance Imaging (MRI) machine scheduled for February 2026.

The Philips MR5300 is the latest model and most advanced state-of-art MRI unit and is a replacement of the Philips Diamond Select 1.5T Achieva dStream, due to unforeseen circumstances.

The new machine will be able to address the immediate needs of Sibu Hospital in providing MRI treatment to patients in the whole of the Central Region of the Sarawak that includes Mukah, Sarikei and Kapit Divisions.

The Foundation raised RM2.1 million from corporate agencies and donors for the MRI machine recommended by Sarawak Heart Centre as the existing one was near end of life in 2020. Our heartfelt thanks again to:-

- 1 Hock Peng Furniture & General Contractors Sdn Bhd
- 2 Simalau Plantation Sdn Bhd
- 3 Titanium Project Management Sdn Bhd
- 4 Cahya Mata Sarawak Bhd
- 5 Harum Bidang Sdn Bhd
- 6 Asteel Sdn Bhd
- 7 Samling Resources Bhd
- 8 R H Forest Corporation Sdn Bhd
- 9 Sanyan Holdings Sdn Bhd
- 10 KTS-BLD Foundation
- 11 TAS Offshore Bhd
- 12 One Medicare Sdn Bhd
- 13 Biomedix Solutions Sdn Bhd
- 14 Sarawak Timber Association
- 15 Ta Ann Holdings Bhd
- 16 Ibraco Bhd
- 17 Hock Seng Lee Bhd
- 18 Sarawak Energy Bhd
- 19 Petroleum Sarawak Bhd
- 20 Mr Kong Lek Chai

WELLNESS DEVICE FOR REHABILITATION UNIT, SARAWAK HEART CENTRE



Foundation Board Trustee Dato Anne Teng (fifth left) handing over the sets to consultant rehabilitation physician with the Sarawak Heart Centre Dr Leong Be Kim (fourth left).

Sarawak Heart Foundation handed over two sets of wellness device to the rehabilitation unit, Sarawak Heart Centre on 28 March 2025.

The wellness device consisting of an Electric Potential Therapy Mattress set, will be able to complement the services and rehabilitation interventions to improve functions and quality of life of cardiac patients.

It is certified by the Ministry of Health, Malaysia as a medical device and has been scientifically designed to support the body's natural healing process and optimize overall bodily functions. This innovative wellness regiment offers four major benefits:-

- Promotes healthy blood circulation
- Strengthens the immune system
- Activates cellular functions
- Regulates the autonomic nervous system

The two sets were donated by KKB Engineering Bhd and Hong Seng Construction (E.M.) Sdn Bhd.



Wellness Device



SARAWAK HEART CENTRE Cardiogenetic Service

Executive Summary (2025)

Background

The Sarawak Heart Centre Cardiogenetic Service was established in 2021 to support the diagnosis, risk stratification, and prevention of inherited cardiovascular diseases. Since its inception, the service has evaluated over 200 individuals, including both diagnostic cases and family cascade screening.

This executive summary highlights service activity and outcomes for the year 2025.

Service Activity in 2025

In 2025, 40 individuals underwent genetic testing for suspected inherited cardiomyopathy, arrhythmia, or aortopathy, as well as targeted family cascade screening. This reflects increasing integration of genetic testing into routine cardiology care in Sarawak.

Case distribution

- Total cases : 40
- Diagnostic cases : 21
- Free family screening cases : 19

Age group

- Paediatric cases : 4
- Adult cases : 36

Paediatric referrals were mainly related to syndromic and inherited aortic disease, while adult cases predominantly involved cardiomyopathy and arrhythmia phenotypes.

Genetic Results (2025)

Result category	Number of cases
Pathogenic / Likely pathogenic variants	15
Variants of Uncertain Significance (VUS only)	10
Negative results	15
Total	40

Key Outcomes

- **High diagnostic yield:** Pathogenic or likely pathogenic variants were identified in 15 patients (37.5%), particularly among individuals with established cardiomyopathy.
- **Clinically actionable findings:** Most pathogenic variants were detected in sarcomeric cardiomyopathy genes (e.g. MYL2, MYH7, MYBPC3, TNNT2, TNNI3, TPM1).
- **Paediatric impact:** One child was diagnosed with Loeys–Dietz syndrome due to a likely pathogenic TGFBR2 variant, enabling early diagnosis and tailored aortic surveillance.
- **Effective family screening:** Cascade screening identified multiple affected relatives, particularly within a recurrent MYL2 family cluster, while also reassuring unaffected family members.

Clinical Impact

- Genetic testing directly informed clinical management, surveillance strategies, and family counselling.
- Free family screening proved to be a cost-effective preventive approach, reducing morbidity and the risk of sudden cardiac death.
- Negative results allowed appropriate discharge from follow-up, optimising healthcare resource utilisation.

Conclusion

Since 2021, the Sarawak Heart Centre Cardiogenetic Service has demonstrated sustained growth, clinical impact, and increasing demand. The 2025 data confirms the value of cardiogenetics as an essential component of comprehensive heart care in Sarawak, supporting early diagnosis, personalised management, and family-based prevention.

Continued support from the **Sarawak Heart Foundation** remains vital to ensure equitable access to genetic testing and to further strengthen inherited heart disease services in the state.

18 January 2025

Free Health Screening
at "BLOOD DONATION AND
HEALTH SCREENING CARNIVAL"



organised by

**C Malaysian Red Crescent
Stampin Branch**

at Boulevard Shopping Mall, Kuching



20-22 July 2025



Foundation joins in
Sarawak Day 2025
celebrations
in **Miri**

Sarawak Heart Foundation took part in the Sarawak Day 2025 celebrations with a health screening programme in Miri from 20 - 22 July 2025. The health screening was a collaboration with Miri Divisional Health Department and Miri Resident's Office.



1 December 2025

Health Screening at
World AIDS Day 2025
@ Promenade Hotel Bintulu



EMPOWERING HEART FAILURE CARE: Pharmacists as Therapy Guardians, Compassionate Partners and Dedicated Lifelong Learners

Chelfi Chua, Cardiology Pharmacist
Department of Pharmacy, Sarawak Heart Centre



Heat failure is a long-term medical condition in which the heart becomes unable to pump blood effectively to meet the body's needs. It involves hormonal, structural and electrical changes in the heart and blood vessels. It does not mean the heart has stopped working, but rather that it is weakened or stiffened, making everyday activities such as walking, climbing stairs or doing household chores more challenging. Managing heart failure requires lifelong care, multiple medications, lifestyle changes and close monitoring. While most people immediately think of doctors or cardiologists when they hear about heart failure care, pharmacists play an equally essential and often underestimated role. Often working behind the scenes yet influencing every stage of a

patient's therapeutic journey, the pharmacist has become an indispensable pillar in modern multidisciplinary care.

Pharmacists are among the healthcare professionals who interact most frequently with patients. They provide expert knowledge on medicines, identify potential problems, help optimize treatment and empower patients to take control of their health. As heart failure care becomes more complex—with new medicines, device therapies and evolving guidelines—the role of pharmacists has never been more important. This article explains, in a clear and accessible way, how pharmacists contribute to managing heart failure and why their involvement can improve patient outcomes.

1 Pharmacists Help Patients Understand Their Medications

People living with heart failure often take several medicines daily. Some are prescribed to strengthen the heart, others to remove excess fluid, control blood pressure or prevent hospitalizations. Understanding each medication's purpose, dose and potential side effects can be overwhelming.

Pharmacists bridge this gap by educating patients in clear, simple language. They explain:

- **What each medication does**, such as how beta-blockers reduce the heart's workload or how diuretics help remove excess fluid.
- **How to take the medication correctly**, including timing, whether to take with food, and what to do if a dose is missed.
- **Possible side effects** and when to seek medical attention.
- **Warning signs** such as sudden weight gain, swelling, worsening breathlessness or dizziness.

Pharmacists also help dispel myths and clarify misinformation. For example, some patients fear heart failure medications because they think "more medicines = sicker condition." Pharmacists reassure them that modern heart failure therapy is evidence-based and taking the right medicines improves symptoms, reduces hospital visits and helps people live longer, healthier lives.

2 Pharmacists Optimize Heart Failure Medications

Heart failure treatment involves a set of core medications collectively known as Guideline-Directed Medical Therapy (GDMT). These include:

- Renin-angiotensin-aldosterone system inhibitors (RAASi)

These drugs relax blood vessels, lower blood pressure and reduce strain on the heart.

- Beta-blockers

They slow the heart rate and reduce the heart's workload. Although some patients may initially feel tired, sticking with therapy is important—the heart gradually becomes stronger with continued use.

- Mineralocorticoid receptor antagonists (MRA)

They help remove excess fluid, protect the heart and reduce harmful hormonal activity.

- Sodium-glucose cotransporter inhibitors (SGLT2i)

Originally used for diabetes, these medications are now a major component of heart failure therapy. They help remove excess fluid improve symptoms and significantly reduce hospitalization risk.

- Diuretics ("water pills")

These relieve swelling and breathlessness by helping the body get rid of extra fluid. While they do not directly prolong life,

they greatly improve comfort and day-to-day function.

Studies show that having all four types of medications—and at the right dose—significantly improves quality of life, reduces the risk of hospitalization and death. However, reaching the correct dose, known as titration, can be challenging. Patients may experience low blood pressure, dizziness, changes in kidney function or electrolyte imbalances while adjusting medication doses.

Pharmacists play a crucial role in this process. Their responsibilities include:

- **Reviewing medication** lists to ensure the patient is on the right combinations.
- **Adjusting doses** alongside doctors.
- **Monitoring for side effects**, such as high potassium levels or low blood pressure.
- **Ensuring medications are titrated gradually** to achieve the best effect without causing harm.
- **Identifying drug interactions**—a key role because heart failure patients often take medicine for diabetes, blood pressure, cholesterol, kidney disease or gout.

In many clinics and hospitals, pharmacists work directly within heart failure teams to guide and monitor medication optimization. Research shows that pharmacist involvement improves how quickly patients reach optimal therapy doses and reduces the risk of complications.

3 Pharmacists Provide Lifestyle Counselling and Close Monitoring to Keep Heart Failure Stable

Heart failure symptoms can worsen quickly if medications are not taken correctly or if fluid builds up in the body. Pharmacists help advise patients to detect early changes that may signal a deterioration. Monitoring includes:

- **Body weight trends**—a sudden gain of 2–3 kg in a few days may indicate fluid retention.
- **Blood pressure and heart rate**, especially important when adjusting medications.
- **Lab results** such as kidney function and electrolytes.
- **Changes in symptoms**, including swelling, shortness of breath, fatigue or reduced exercise tolerance.

In many settings, pharmacists conduct regular clinic visits alongside doctors for close monitoring and lifestyle advice. This close monitoring helps patients stay stable and can prevent hospital admissions.

4 Pharmacists Support Lifestyle Modifications

Managing heart failure is not just about taking medicine. Lifestyle plays a major role and pharmacists are well-placed to offer practical, personalized advice. They help patients understand:

Too much salt causes the body to retain fluid, worsening symptoms like swelling and breathlessness. It is essential for heart failure patients to comprehend food labels, choose low-salt alternatives and identify hidden sources of sodium. Fluid Restriction (when recommended) Some patients must limit their daily fluid intake to prevent fluid overload. Pharmacists help them plan this daily allowance and provide tips to stay comfortable while keeping within limits.

Healthy Eating

Heart-healthy foods that are lower in salt, sugar and unhealthy fats are recommended. Patients are encouraged to take more fruits, vegetables and whole grains.

Daily Weight Monitoring

Patients are advised to weigh themselves every morning and to seek medical help if their weight rises rapidly, a key early warning sign.

Smoking Cessation

Stopping smoking greatly improves heart and lung health. Referral to smoking cessation clinic can be arranged for those in need.

Medication Adherence Strategies

Since heart failure medications must be taken consistently and accurately, pharmacists recommend:

- Pill organizers
- Mobile reminders
- Synchronizing refill dates
- Family involvement or caregiver support

These lifestyle measures complement medical therapy and give patients an active role in managing their condition.

5 Pharmacists Prevent and Manage Drug-Related Problems

Heart failure patients often have other conditions such as diabetes, kidney disease, or hypertension. This can lead to situations where medications conflict with each other. Pharmacists are highly trained to identify and resolve issues such as:

Drug Interactions

For example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, which are commonly used as pain killers, can worsen kidney function and cause fluid retention. Pharmacists warn patients to avoid these medicines when possible.

Duplication of Therapy

With multiple doctors involved, the same medication type may be prescribed twice by accident. Pharmacists catch these duplications early during medication reconciliation.

Incorrect Doses

Underdosing may lead to poor disease control while overdosing can cause dangerous side effects.

Over-the-Counter (OTC) and Herbal Medicines

Many people assume OTC products are harmless, but some—including certain cough syrups, decongestants or traditional herbs—can worsen heart failure or interfere with medications. Pharmacists help patients choose safe options.

By detecting these problems early, pharmacists lower the risk of hospitalizations and improve long-term safety.

6 Pharmacists Help Coordinate Care Between Healthcare Providers

Heart failure patients often see multiple healthcare providers: cardiologists, primary care physicians, nephrologists, dietitians, nurses and more. Pharmacists act as a communication bridge among them. They help:

- Gather and reconcile medication lists from different clinics.
- Ensure everyone involved understands the patient's current therapy.
- Write recommendations for medication adjustments.
- Communicate monitoring needs to doctors or nurses.
- Help patients navigate healthcare systems, appointments and refills.

This coordination improves continuity of care and reduces confusion, especially during transitions such as hospital discharge.

7 Pharmacists Empower Patients Through Education and Support

Living with heart failure can be emotionally and mentally challenging. Many patients feel overwhelmed, fearful or discouraged. Pharmacists offer reassurance, answer questions and help patients understand how to live confidently with their condition.

They often provide:

- Medication counselling
- Educational materials
- Instructions for self-monitoring

Patients who understand their condition well tend to follow their treatment better and have fewer complications. Ask your pharmacist whenever you are unsure about a new medication or supplement.

8 Pharmacists Play a Role in Advanced Heart Failure Care

As heart failure progresses, some patients require additional therapies such as:

- Injectable diuretics
- Iron infusions
- Device therapy (e.g., pacemakers)
- Mechanical circulatory support
- Heart transplant

Pharmacists assist by managing complex medication regimens, ensuring compatibility with advanced therapies, counselling patients on immunosuppressive drugs after transplant and monitoring for complications.

9 Continuous educational activities

Cardiovascular medicine evolves rapidly. New trials, therapies and device technologies emerge every year. To maintain clinical excellence, the pharmacist engages in multiple domains of learning. Continuous learning is essential, not only to empower patients but also to ensure that healthcare professionals remain updated, competent and responsive to evolving clinical needs.

Formal Education and Certifications

Many pursue advanced degrees or certifications such as:

- postgraduate diplomas in clinical pharmacy
- specialized heart failure training programmes

Such training strengthens clinical reasoning and therapeutic decision-making.

Medication Expertise Sharing

- Provide updates on new drugs, mechanisms of action, dosing, side-effect profiles, and contraindications.
- Clarify complex pharmacotherapy guidelines to support evidence-based prescribing.

Guideline & Protocol Development

- Contribute to creation and revision of hospital treatment protocols.
- Ensure medication use aligns with latest clinical evidence.

Interdisciplinary Training Sessions

- Conduct in-service trainings, case-based discussions, and journal clubs for doctors, nurses and allied health staff.
- Facilitate continuous professional development through structured educational programs.

Medication Safety Education

- Educate teams on medication error prevention, safe administration practices and high-alert drug handling.
- Promote reporting and learning from near-miss events.

Therapeutic Optimization Support

- Train healthcare providers on individualized dosing, drug monitoring and adjusting therapy for special populations.

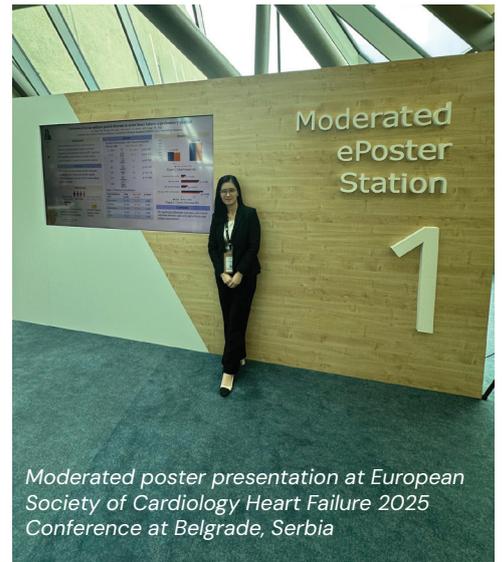
- Provide education on drug interactions and deprescribing strategies.

Research & Development

- Conduct heart-failure research to bridge the gap of heart failure care



Attending Sarawak HF Workshop. From left: Dr Joshua Chung, Ms Sharon Tan, Dr Siti Alis, Ms Chelfi Chua, Dr Cham Yee Ling, Dr Rebecca Chew, Dr Ho Weng Kee, Dr Alex Koh, Mr Chan Kuok Keung



Moderated poster presentation at European Society of Cardiology Heart Failure 2025 Conference at Belgrade, Serbia

CONCLUSION: Pharmacists Are Essential Partners in Heart Failure Care

Hear failure is a serious but manageable condition. Effective treatment requires teamwork and pharmacists are central members of this team. They help patients understand medication regimens, ensure therapies are optimized and safe, monitor symptoms, support lifestyle changes, prevent drug-related problems, coordinate care and provide encouragement and education.

By collaborating closely with pharmacists, heart failure patients can achieve better symptom control, fewer hospital visits and a better quality of life. If you or your loved one is living with heart failure, don't hesitate to speak with your pharmacist—they are always ready to help.



SARAWAK HEART FOUNDATION

REGISTRATION NO. 199601011149 (383498-P)
(Foundation Incorporated in Malaysia)

DONATION FORM

Full Name
Address
Tel.
Fax
Email

Cheque No. RM

Cheque payable to: **Sarawak Heart Foundation**

Bank Draft RM

Direct Remittance : Our Bank details

Name : **Sarawak Heart Foundation**

Bank : **RHB Bank**

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

Sarawak Heart Foundation

No.11, 1st Floor, Lot 2343 Bormill Estate Commercial Centre, Jalan Tun Ahmad Zaidi Adruce, 93150 Kuching Sarawak

Tel/Fax: 082-233784, 012 8868491

Website: sarawakheartfoundation.org.my

Email address: sarawakheartfoundation8@gmail.com

Facebook: SarawakHeartFoundation

All donations are tax deductible. Ref. JHDN 01/35/42.51/179-6.4381