



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

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Dato' Dr Aljafri bin Abdul Majid
Chairman

Moving Forward in The Post-Pandemic Era

In retrospect, the pandemic has taught us many lessons about COVID-19 and heart conditions. Particularly, the importance of taking care of our health, especially for those with comorbidities like cardiovascular diseases (CVDs), who are at high risk of developing severe complications. In fact, approximately 70% of COVID-19 deaths in Malaysia occurred in patients with CVDs. Additionally, studies report that around 84% of patients requiring mechanical intubation had a CVD (68% of patients had hypertension, and 16% had heart disease).

Unfortunately, the unforgiving grasp of COVID-19 has even impacted patients with CVDs well before infection. Many countries like Australia and the United States have reported an up to 30% decrease in cardiac emergency cases during the pandemic from what was expected. Healthcare professionals worry that anxiety and fear of the pandemic has caused patients to avoid visiting the hospital, thereby avoiding treatment or consultation. This may result in more serious cardiac conditions which could have otherwise been avoided with early detection and treatment.

To make matters worse, early studies on the long-term effects of COVID-19 infection indicate even more complications on the horizon. Studies report that after infection, the risk of developing cardiovascular problems, like heart failure and stroke, increases significantly. Seemingly, as we transition into the endemic phase, there is no absolute escape from the tight grips of this virus.

Nevertheless, it is without a doubt that Malaysians are eagerly waiting in anticipation of the return to pre-pandemic normality. However, the looming thought of a "next wave" or "new mutant strain" serves as a reminder that we should not get complacent with the current situation, especially for those with existing CVDs or heart conditions.

It is recommended that these individuals take extra precaution in their day-to-day lives, which include:

- Looking out for COVID-19 symptoms (high fever, difficulty breathing, coughing, sore throat, etc.)
- Understanding and recognising the signs of severe symptoms (shortness of breath, chest pains, confusion, etc.)
- Consulting a doctor about your existing conditions, and discuss options for extra monitoring
- Staying up to date with vaccinations such as pneumonia and influenza
- Attending regular health check-ups and scheduled doctor appointments

Another important precaution is to live a healthy lifestyle. This can involve keeping physically active, having a healthy and balanced nutrition, staying hydrated, getting enough sleep, managing stress levels, and reducing the consumption of alcohol and tobacco.





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Editor's Note



In Heart Health, We Persevere!

As Malaysia transitions to the endemic phase, it is important to not let complacency take over our lives. We have fought long and hard through the pandemic, and it's time to continue that momentum as we shed equal focus on heart health.

COVID-19 has taken the spotlight for the past few years. Consequently, heart health and non-communicable diseases (NCDs) have been put in the backseat of our focus, and remains a rampant health problem in Malaysia. In our Featured Event, we delve into the findings of the National Health & Morbidity Survey 2019 to reveal the national status of various NCD lifestyle risk factors.

Many of our day-to-day habits can influence our heart health – this is a well known statement. However, we should also understand that there are other factors which may impact heart health. Particularly, with infectious diseases. In light of this, a Feature Article in this issue covers the relationship between pneumonia infections and its potentially negative effects on heart health.

As mentioned before, our lifestyle choices can influence our heart health. Having an unhealthy lifestyle can significantly impact our heart health, particularly with things like having a sedentary lifestyle, and eating an unhealthy or unbalanced diet. Consequently, this can lead to many health problems like hypertension, high cholesterol, obesity, etc. Sticking with this theme, another Feature Article in this issue covers how the Malaysian Healthy Plate (MHP) can better help individuals incorporate healthy eating in their daily lives.

As SOPs loosen, and we slowly return to pre-pandemic normality, keep in mind that heart health should remain a top priority. Taking action early and developing healthy lifestyle habits can reduce your chances of developing NCDs or an unhealthy heart.

Dato' Dr Aljafri bin Abdul Majid

National Status of Various Lifestyle Risk Factors of Non-Communicable Diseases

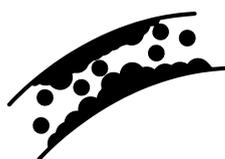
Findings from the National Health & Morbidity Survey 2019

Introduction: The Ministry of Health has been conducting The National Health & Morbidity Survey (NHMS) since 1986, with the objective of providing a population-based evaluation of the overall national health. NHMS 2019 focused on the national status of non-communicable diseases and its associated risk factors. Summarised below are some findings related to heart health.

Some Lifestyle Risk Factors of Non-Communicable Diseases



Hypertension



High Cholesterol

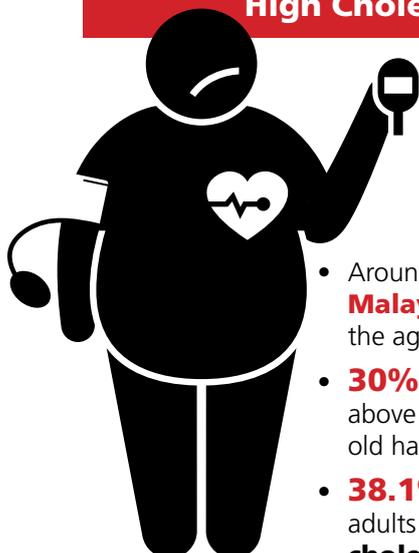


Unhealthy and unbalanced diet



Tobacco and Alcohol Consumption

Obesity, Hypertension, and High Cholesterol:



- Around **6.7 million Malaysian adults** above the age of 18 are **obese**
- **30%** of Malaysian adults above the age of 18 years old have **hypertension**
- **38.1%** of Malaysian adults have **high blood cholesterol**



Tobacco Use

4.8 million Malaysians aged 15 years or older are **smokers**

Smoking was most common in those aged between **30-34 years old**, accounting for **27.1%** of all Malaysian **smokers**



Alcohol Consumption

Approximately **2.5 million Malaysians drink alcohol**, with around 212 thousand Malaysians admitting to heavy episodic drinking

45.8% of drinking adults above the age of 18 partake in binge drinking



Dietary Practices

Around **90.6%** of Malaysian adults do not consume adequate amounts of fruit

Approximately **90%** of Malaysian adults do not consume adequate amounts of vegetables

The percentage of Malaysians with inadequate intake of fruit and/or vegetables has been increasing over the past few years

- 92.5% in 2012
- 94.9% in 2019

The Interconnection of Pneumonia and The Heart

Pneumonia and heart disease are conditions with considerable global burden. In 2019, an estimated 2.5 million people died from pneumonia. Comparatively, cardiovascular diseases (CVDs) are known to be the leading cause of death globally, with around 17.9 million people dying from CVDs in 2019 alone. From a more localised perspective, the ravaging effects of these diseases have also been seen in Malaysia. In 2020, ischemic heart disease was the leading cause of death, with pneumonia being ranked second.



An Introduction to Pneumonia

In simple terms, pneumonia refers to an inflammation in one or both lungs, and is commonly caused by a bacterial infection. Occasionally, viral infections can also cause pneumonia. Clinically, pneumonia can be categorised according to the following:

- **Community-acquired Pneumonia (CAP)** occurs when an individual develops pneumonia while living or staying in any area other than the

hospital. This usually means that the bacterial or viral infection occurred prior to hospital admission.

- **Hospital-acquired Pneumonia (HAP)** describes when an individual develops pneumonia at least 48 hours after being admitted into the hospital. This would entail that bacterial or viral infection originated from the hospital, and was not present during hospital admission.
- **Ventilator-associated Pneumonia (VAP)** is relatively more niche compared to CAP or HAP. It occurs when an individual develops pneumonia between 48 to 72 hours after an endotracheal intubation, meaning the bacterial or viral infection originated from the intubation procedure. This is commonly seen in intensive care unit patients following respiratory failure.

Heart Diseases, Cardiovascular Diseases (CVDs), and Cardiovascular Events

Despite commonly being used interchangeably, heart diseases and CVDs slightly differ from one another. CVDs describe a group of conditions that affect the heart and blood vessels, while heart diseases refer to conditions that affect the heart. The two conditions have many overlaps, and include numerous different diseases, such as ischemic heart disease, coronary artery disease, heart failure, and many more.

Cardiovascular events on the other hand, describes any incident that causes damage to the muscles of the heart (heart attacks, pulmonary thrombosis, arrhythmias, etc.).

Table 1: Common bacterial species that cause CAP and HAP

Type of Pneumonia	Common Causative Bacterial Species
Community-acquired Pneumonia (CAP)	<ul style="list-style-type: none"> • <i>Streptococcus pneumoniae</i> • <i>Staphylococcus pneumoniae</i> • <i>Chlamydia pneumoniae</i> • <i>Mycoplasma pneumoniae</i>
Hospital-acquired Pneumonia (HAP)	<ul style="list-style-type: none"> • <i>Klebsiella pneumoniae</i> • <i>Pseudomonas aeruginosa</i> • <i>Escherichia coli</i> • <i>Staphylococcus aureus</i>

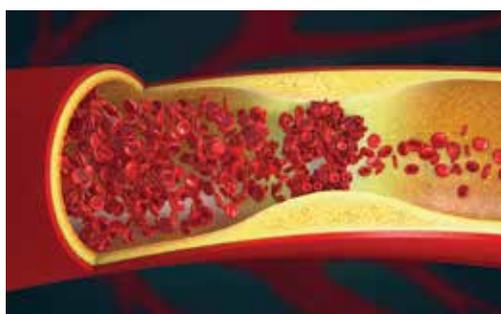
The Relationship Between Pneumonia and The Heart

It has been long established that a relationship exists between pneumonia and the heart. Many studies have reported that the risk of cardiovascular events or developing CVDs increases following pneumonia infection. Especially in the elderly male population with comorbidities such as diabetes, kidney disease, cancer, and asthma.

In fact, it is estimated that around 18% of all pneumonia patients experience some sort of post-infection cardiovascular event. Studies have particularly examined this phenomenon in CAP patients and found that up to 30% of them developed CVDs or experienced cardiovascular events between immediately and up to 10 years after infection. In particular, studies noted an increased risk of heart failure, arrhythmias, and heart attacks. In addition to this, studies also found that 90% of these cardiovascular events proceeding CAP infection occur within the first week post-infection.

Despite a multitude of studies reporting this peculiar relationship between pneumonia and the heart, the underlying mechanism is not yet fully understood. However, experimental findings suggest that pneumonia may affect the heart in many ways.

- **Destabilisation of Atherosclerotic Plaques.** Atherosclerosis describes the accumulation of fats and cholesterol into 'plaques' inside of blood vessels. It is suggested that the inflammation as a result of pneumonia infection can destabilise these plaques, causing them to rupture and block important arteries. Therefore, causing these cardiovascular events and CVDs.
- **Heart Wall Damage.** Some of the pathogens that cause pneumonia (e.g. *S. pneumoniae*) are able to directly infect and damage the heart muscles.



As the cells of the heart have limited regeneration capabilities, it is theorised that over time, scar tissue will form. This can interfere with the normal function of the heart, leading to the development of cardiovascular events and CVDs.

Heart Health Influences Pneumonia Risk and Severity: A Potential Inverse Relationship?

Recently, there have been reports of an inverse relationship between pneumonia and the heart. Studies have found that the risk of developing CAP increases up to three times if a patient already has a pre-existing chronic CVD such as heart failure. Particularly, in individuals with acute coronary syndrome and heart failure.

Again, the exact mechanism behind this relationship is not fully understood. However, studies have put forward a theory to explain it.

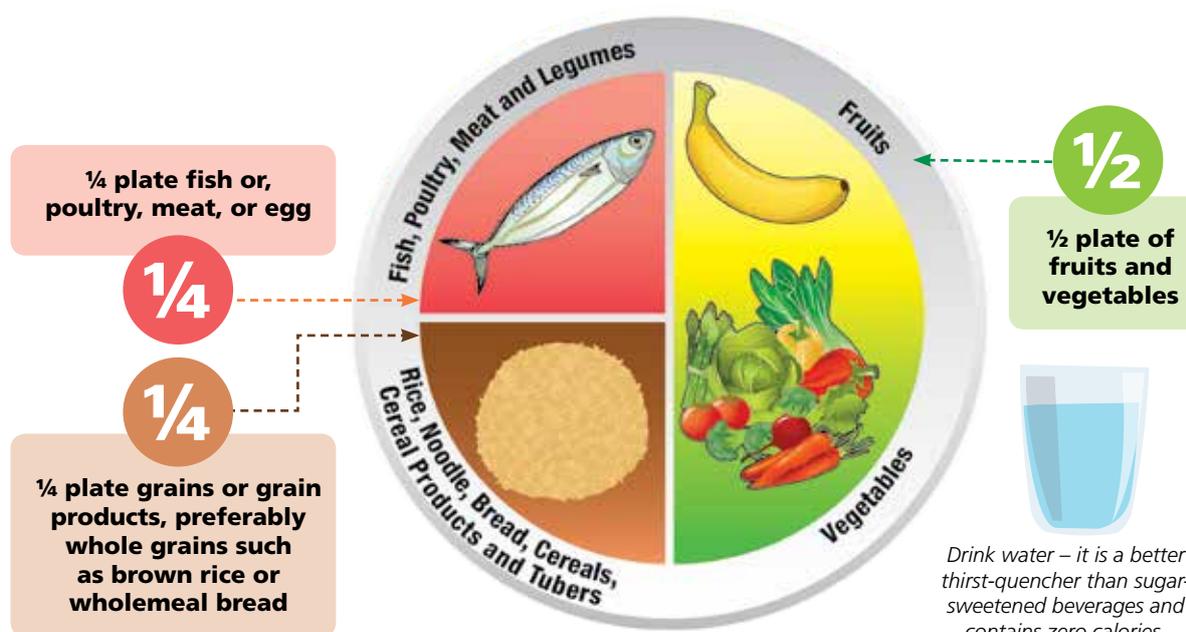
Pneumonia inherently affects all systems in the body, including the heart. The course of infection usually results in an increased burden on the cardiovascular system (e.g. increased heart rate, increased blood pressure, etc.). It is theorised that healthy individuals are able to cope with these cardiovascular challenges. However, those with pre-existing heart conditions may not be able to, and therefore increase the risk, and potentially the severity, of pneumonia infections.

Conclusion

In conclusion, pneumonia and heart diseases are common global causes of mortality and morbidity.

Despite being conditions that primarily affect different organ systems, they have a close interrelationship where each disease influences the other. Being aware of this relationship allows us to understand the likelihood of these diseases affecting us.

The Malaysian Healthy Plate: Healthy Eating For A Healthy Heart



Cardiovascular diseases (CVDs) are a group of conditions that affect the heart and blood vessels. CVDs are a prominent global health problem as around 32% of all global deaths in 2019 alone were CVD-related. In Malaysia, CVDs are a particularly worrying health problem as they have been the primary cause of mortality for over a decade. Alarmingly, CVDs have been ranked the primary and secondary cause of death in government and private hospitals respectively. This raises the question of “how can Malaysians reduce their risk of developing CVDs?”

The cause of CVDs is multifactorial and complex, but risk factors have been identified which are known to increase an individual’s risk of developing CVDs (e.g. high blood pressure, high blood cholesterol, obesity, diabetes, and sedentary lifestyle). It is unquestionable that certain lifestyle choices are intertwined with these CVD risk factors. For example, cholesterol levels, blood pressure, and obesity can be influenced by diet. Therefore, one method of reducing the risk of CVDs is to adopt a healthy and balanced diet.

The Malaysian Healthy Plate (MHP)

The Malaysian Healthy Plate (MHP) was introduced to the general public and highlights the concept of *Quarter Quarter Half* (QQH) or “*Suku Suku Separuh*”. This is a visualisation technique to help guide individuals on what constitutes a healthy and balanced meal.

QQH refers to the portioning of different food groups by dividing a single round-plate meal into the following:

- (1) **A quarter plate of protein.** Choose healthier sources like legumes, nuts, fish, and lean cuts of meat or poultry. Avoid processed meats when possible.
- (2) **A quarter plate of carbohydrate.** Choose more whole grain products.
- (3) **A half plate of fruits and vegetables.**

In addition to this, the MHP suggests to complete the single-meal with a glass of plain water. Alternatively,

this can be substituted for a non-sweetened beverage, milk, or milk product.

The MHP also includes additional recommendations such as:

- Eat three healthy meals a day
- If needed, take one to two healthy snacks in between meals
- At least half of the carbohydrate-based products taken should be wholemeal options
- Reduce the intake of fried foods and coconut milk-based dishes
- Frequently choose home-cooked meals over dining out

Healthy Eating With Balance, Moderation, and Variety (BMV) In Each Plate

There is more to healthy eating than just portioning out individual meals. The MHP is intended to supplement the Malaysian Food Pyramid, and reinforces the concept of Balance, Moderation, and Variety (BMV).

Balance. A balanced meal contains all the major food groups within the Food Pyramid (e.g. carbohydrate-based products, protein-based products, vegetables and fruits, milk and milk products, and fats). Having a balanced meal ensures that you are taking in all the required daily nutrients.

Moderation. This refers to sticking to the recommended serving sizes for each food group within the Food Pyramid, which ensures that you are taking in the right amounts of your daily nutrients.

Variety. Having a monotonous diet runs the risk of consuming too much of the same nutrients, and not enough of the others. Changing the source of each food group for each meal ensures that a variety of nutrients are being consumed.

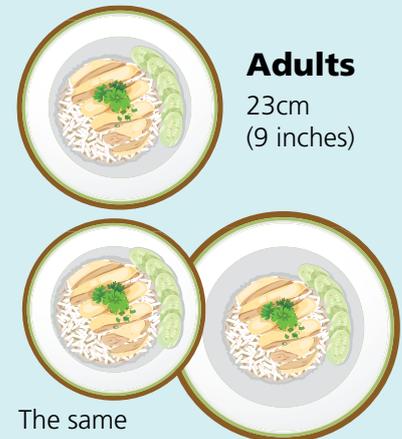
Eating Healthy to Improve Heart Health

To improve heart health, it is generally recommended that individuals should achieve and maintain a healthy body weight. For more specific dietary guidelines on reducing CVD morbidity and mortality, the American Heart Association recommends the following:

Consume More	Consume Less
<ul style="list-style-type: none"> • Fruits and vegetables, and choose a wide variety • Whole grains • Healthy sources of protein (e.g. legumes, nuts, fish, and lean cuts of meat or poultry) 	<ul style="list-style-type: none"> • Foods and beverages with added sugars • Highly processed foods, especially processed meats • High sodium foods • Alcohol

(Plate) Size Matters!

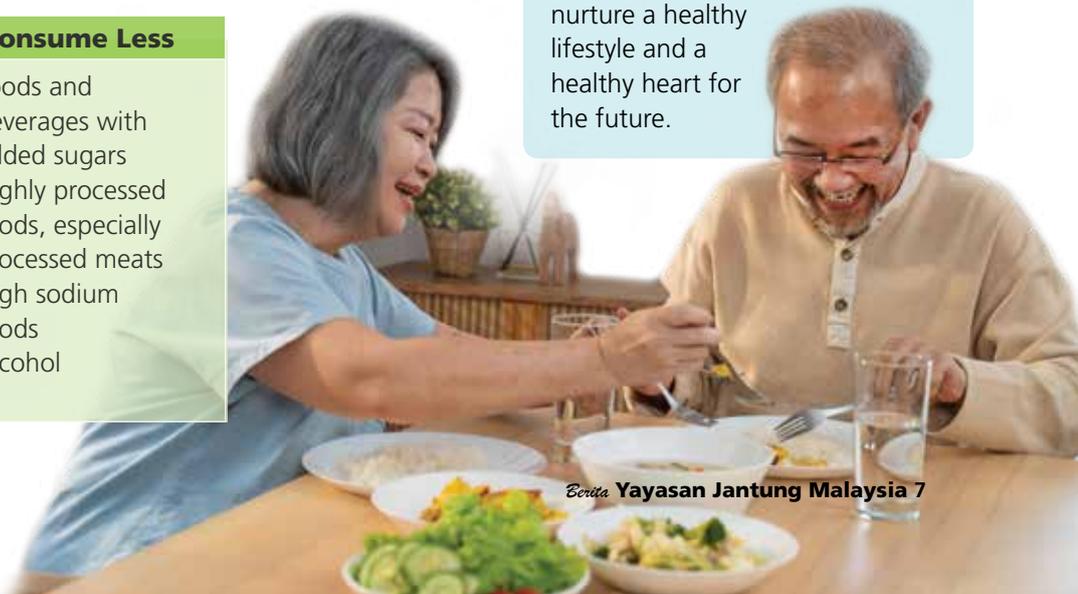
As QQH depends on plate size, it is recommended that adults use a plate size of around 23 cm (9 inches) in diameter, not bigger.



The same amount of food in different sizes of plate

Start Your Journey to Heart Health

Unhealthy dietary habits are one of the main components that lead to the development of CVDs and their associated risk factors. Many studies have evaluated the relationship between nutrition and CVDs, and conclude that having a healthy, balanced, and varied diet can help reduce the risk of developing CVDs. Therefore, we should make an effort to adopt healthier dietary habits to help prevent the development of CVDs. In this sense, we should also take matters into our own hands and start as early as possible in order to nurture a healthy lifestyle and a healthy heart for the future.



Feel the Flow

You probably already know that it's important to keep your cholesterol, blood glucose and blood pressure at a healthy level. However, are you aware that maintaining a healthy blood flow is just as important, especially once you are aged 40 and above?

Blood circulation is a significant body function as it circulates blood throughout the body: heart, brain and upper and lower limbs to supply oxygen and nutrients and remove carbon dioxide and other waste products from the bloodstream.

As we age, our blood is prone to be thicker (or more viscous) than usual which can interrupt blood flow. When the blood flow through the blood vessels to a specific part of our body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and subsequently can lead to several health complications including:



Joint and muscle cramps: Inadequate oxygen to the muscle and joint tissues can cause severe pain and cramp in that particular area when walking or exercising.

Poor blood circulation can adversely affect our health, emotional status and overall quality of life. There are several factors can cause poor blood circulation including:

- age
- overweight/obesity
- poor eating habits
- alcohol consumption
- smoking
- sedentary lifestyle
- certain medical conditions such as high cholesterol level and high blood pressure

Therefore, keeping our blood circulating efficiently is essential to overall physical well-being.

Discovering the goodness of natural water-soluble tomato extract



Tomato is a nutrient-dense food that offers numerous benefits to our health due to its high antioxidant and anti-inflammatory properties. Emerging research has also shown that the **natural water-soluble tomato extract** found in the jelly around the seeds of sun-ripened tomatoes is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids and it is **CLINICALLY TESTED to improve blood circulation.**¹

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Biogrow® SmoFlo® Capsule contains **150mg** of **fruitflow® natural water-soluble tomato extract** (imported from France) which is **CLINICALLY TESTED to improve blood circulation.**¹ The **fruitflow® natural water-soluble tomato extract** is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids.

It is recommended for middle aged to older adults (aged >40), individuals aiming to improve/ maintain blood circulation, individuals with poor blood circulation, individuals who lead a hectic or unhealthy lifestyle and individuals practicing unhealthy diet.

Just take 1 capsule daily after meal for a healthy and smooth blood flow!

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Reference:

1. EFSA Journal 2010;8(7) 1689.

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Numbness and tingling sensation in hands and feet: When the blood flow is restricted, blood cannot reach the extremities (hands and feet) sufficiently which can result in numbness and tingling sensation.



Cold hands and feet:

Normal body temperature depends on a consistent supply of blood for thermoregulation, as blood absorbs and distributes heat throughout the body. When blood flow is restricted, it can lead to temperature fluctuations in skin and nerve endings of hands and feet.



Fatigue: Inadequate delivery of oxygen and nutrients to the organs and muscle tissues can lead to an overwhelming feeling of fatigue. Poor blood circulation can also increase the burden of our heart as it needs to pump harder which can lead to further fatigue.

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Setelah COVID Berlalu...



Hajjah Ainon Hj Kuntom

Beralihnya COVID 19 menuju keadaan yang lebih sihat dan sejahtera, kedudukan kehidupan orang ramai sepatutnya sudah menjadi aman dan selesa. Malangnya keadaan seperti ini tidak timbul, malah ianya terancam dengan kos sara hidup naik mendadak tinggi terutama bagi barangan asas hidup seperti makanan, sayur-sayuran, ayam, ikan dan buah-buahan telah naik dengan begitu tinggi di kawasan bandaraya utama di Malaysia misalnya Kuala Lumpur, Pulau Pinang, Johor Bahru dan Ipoh. Keadaan hidup bagi golongan B40 amatlah ketara dan tertekan.

Ini akan sekali lagi membawa kepada keadaan kemurungan hidup. Apabila seseorang pergi ke pasar dengan membawa RM50.00, ia tidak dapat membeli bekalan makanan basah untuk sehari bagi sebuah keluarga yang mempunyai enam orang ahli keluarga. Ini disebabkan harga ayam sekilogram telah naik kepada RM9.40, harga sayur-sayuran melambung mulai RM8.00 hingga RM12.00 sekilogram; seperti sayur kobis, kobis bunga, kangkung, bayam, sawi, kacang panjang dan sebagainya.

Dengan keadaan seperti ini kita perlulah memikirkan apakah jenis makanan yang perlu disediakan untuk menampung kehidupan sesebuah keluarga. Lebih tepat lagi sekiranya saya

mencadangkan cuba mula menyediakan makanan berprotein dari jenis kekacang seperti kacang dal, kacang hijau, kacang merah, kacang soya dan sebagainya.

Jenis protein seperti ini adalah amat sihat untuk dimasak dan dimakan dan sekiranya disediakan masakan protein jenis ini dicampur dengan karbohidrat seperti ubi kentang, ubi kayu, ubi keladi dan ubi keledak amatlah muai bagi disediakan makanan untuk sebuah keluarga. Protein jenis ini juga boleh disediakan bagi masakan tradisi seperti kacang hijau masak lemak dengan pucuk ubi, dan paku-pakis. Sekiranya kacang ini dimasak lemak amatlah sedap untuk dimakan dengan nasi. Sayur-sayuran seperti pucuk ubi, paku-pakis dan kangkung, adalah dijamin makanannya amat berkhasiat dan merupakan jenis makanan awet muda, ianya boleh juga menghindarkan penyakit barah. Begitu juga dengan jenis keledak, keladi ungu dan sebagainya. Jenis makanan seperti ini bukan hanya dimakan supaya kenyang tetapi ia juga mempunyai bahan kabohidrat yang berkhasiat untuk kesihatan.

Sekiranya keadaan harga bahan makanan tempatan masih lagi naik dengan tinggi dan juga menyebabkan kekurangan pengeluaran makanan tempatan jenis ini, maka hendaklah kita cuba menanam tanaman sayuran secara kecil-kecilan di sekeliling rumah sekiranya mempunyai tanah yang lapang di depan atau di belakang rumah. Sekiranya kita tinggal dalam bangunan bertingkat (rumah pangsapuri), kita boleh cuba menanam sayur-sayuran secara hidroponik. Kedua-dua cara tanaman sayur seperti ini jika rajin dibaja akan mendatangkan hasil tuaian dalam masa dua atau tiga minggu.

Menyediakan makanan tempatan secara ini baik dan berkhasiat serta tidak memudaratkan kesihatan lebih-lebih lagi jika kita tidak menggunakan baja jenis kimia bagi tanaman sayur-sayuran dan buah-buahan yang ditanam sendiri.

Hasil tanaman pucuk-pucuk dan sayur-sayuran serta buah-buahan sendiri amatlah baik bagi menjaga makanan dan kesihatan harian keluarga kita secara sihat bagi menjauhi daripada segala penyakit, terutamanya penyakit jantung yang boleh timbul dari penyakit tiga serangkai seperti kencing manis, darah tinggi dan obesiti. Kita juga perlu menjauhi makanan yang mempunyai kolesterol yang tinggi.

Selain dari itu juga kita haruslah melihat makanan dari jenis tahu. Ini juga adalah hasil dari makanan jenis kekacang yang mempunyai zat protein yang tinggi. Makanan-makanan yang telah disebutkan tadi amatlah berguna dan berkhasiat bagi menjaga kesihatan kita sebagai manusia.

Walaupun keadaan kenaikan harga barangan asas amat tinggi pada masa ini, kita haruslah mencari jalan bagi mengatasinya dan boleh juga menjaga tahap kesihatan kita dengan baik dan teratur.

Makanan sihat akan membawa kepada sihatnya cara hidup ekonomi keluarga Malaysia.



Celebration of International Women's Day 2022

by The Heart Foundation of Malaysia



Speech by YB Dato' Dr. Noor Azmi Ghazali
Deputy Minister of Health 1

Reject prejudice against women – #BreakTheBias. This is the theme for the International Women's Day in 2022. This theme reflects how bias against women around the world is the main reason that hinders women from advancing in life, and that limits their roles as merely a mother, homemaker and caregiver. In this age of technological advancement, women should no longer be confined to their traditional roles at home.

On 9th March 2022, The Heart Foundation of Malaysia (Yayasan Jantung Malaysia, YJM) organised an event to celebrate the International Women's Day at Dewan YJM. The event was officiated by YB Dato' Dr Noor Azmi Ghazali, the Deputy Minister of Health I.

The event was conducted as an appreciation to the female frontliners who have strived as best as they could to stop the spread of COVID-19 and provide treatment to patients. They have also contributed immensely in helping the victims during the catastrophic flood at the end of 2021. Women's "maternal instincts" have proven to play an important role in finding solutions and handling crises swiftly and competently.

Since 1989, the National Women Policy has supported the ambition to achieve gender equality and a balanced and sustainable development for the country. Both men and women should work together as partners in developing the country, and both genders should be empowered to achieve their fullest potentials in contributing to the country.

Imagine a world with true gender equality, a world free from prejudice, stereotype and discrimination against women. It would be an ideal world where gender differences are respected, appreciated and celebrated. #BreakTheBias



Arrival of VIPs & GUESTS

is an inspiration to free women from bias and help us achieve gender equality. This year, YJM's 'Go Red for Women' Programme will also endorse the message of #BreakTheBias as we continue our work in promoting heart disease prevention and awareness.



Tan Sri Dato' Kamaruzzaman presenting Appreciation Certificate to En. Burhanuddin Hj Daud, Director of JPNIN, Selangor



Participants and Guests with full attention to Health Talk



Group photo of YJM Board of Directors with Institut Jantung Negara Chairman & CEO

YJM Receives Zakat from Affin Hwang Investment Bank



Puan Hajjah Ainon Haji Kuntom receiving the Zakat contribution on behalf of YJM

A total of RM30,000 Zakat payment by Affin Hwang Investment Bank was granted to Yayasan Jantung Malaysia (YJM) during a presentation ceremony on 25th April. The event was conducted at Affin Hwang Training Centre at Chulan Tower, Kuala Lumpur.

The Zakat contribution was presented by Datuk Noor Azian Shaari, Independent Non Executive Director of Affin Hwang to Hajjah Ainon Haji Kuntom, Honorary Treasurer of YJM. YJM is grateful for the contribution and wishes for continued collaboration with Affin



Hwang Investment Bank and other corporate sponsors to ensure a sustainable operation of our effort to promote heart health among Malaysians.

Group photo of Zakat recipients from Affin Hwang Investment Bank

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Please fax or Email the bank-in slip.

All contribution payable to: **Yayasan Jantung Malaysia**

All Donations are Tax exempt – Ref: **JHDN/01-35/42/51/179-6.3452**

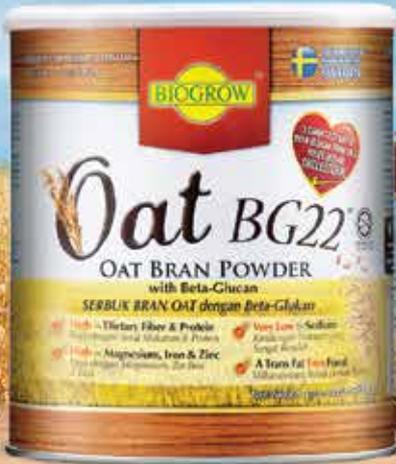
Tax exempted receipt will be issued.



Oat BG22®

Lowering Cholesterol & Controlling Blood Glucose Levels Naturally

with **CLINICALLY PROVEN BIOACTIVE OAT BETA-GLUCAN**



Oat Bran Powder Imported from SWEDEN



2 scoops / sachets daily provide 3g bioactive oat beta-glucan

Recommended Intake

NOTE: DO NOT MIX WITH HOT WATER!

100% NATURAL

*DIABETES FRIENDLY²

HIGH IN FIBER

LACTOSE FREE

GOOD SOLUBILITY (NO SHAKER REQUIRED)

5 REASONS FOR CHOOSING BIOGROW® OAT BG22®

BIOACTIVE OAT BETA-GLUCAN IN OAT BRAN

With high molecular weight (>2,000 kDa) which is scientifically proven to produce viscous gel in the gut for effective cholesterol-lowering & blood glucose control¹.



OAT GRAIN

* Lab-tested low in glycaemic index (GI <55)

References:

1. EFSA Journal 2010; 8(12): 1885
2. Diets that are low in GI and high in dietary fiber are protective – WHO Europe Diabetes



@BiogrowMY



Biogrow Shopee Mall

Available at all leading pharmacies nationwide & Shopee Mall

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