



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

Volume 56, 2021

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Dato' Dr Aljafri bin Abdul Majid
Chairman

More Malaysians Facing Premature Death

In the past, cardiovascular diseases (CVD) have been the leading cause of mortality in Malaysia since the '70s. It also used to be closely associated with age and was more common among the elderly, or those above 60 years.

However, in recent years, Malaysia has seen an increasing incidence in mortality among adults (some even below 30 years old) who seem to be in general good health. In fact, Malaysians have a lot to worry about since obesity is one of the major risk factors of heart disease, and Malaysia is known as the 'fattest' country in South East Asia.

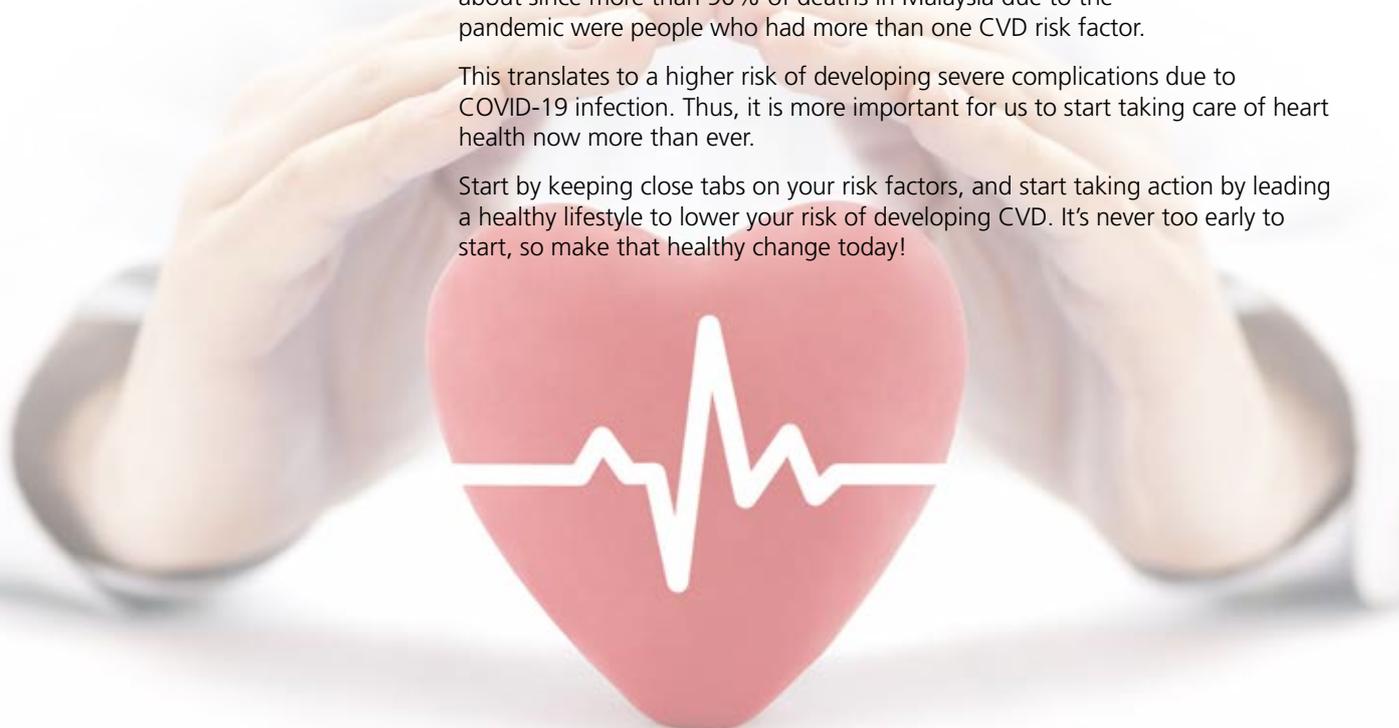
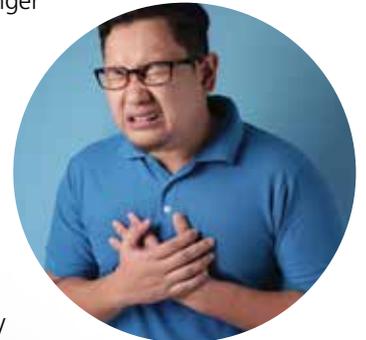
Studies have shown that coronary artery disease (CAD) and cerebrovascular disease (CVA) are the top two causes of death for both men and women in Malaysia. The National Health and Morbidity Surveys (NHMS) also shows that the prevalence of CVD risk factors (e.g. hypertension, hypercholesterolemia, diabetes, overweight/obesity and smoking) are also on an upward trend.

Malaysians are now developing heart disease at a younger age than previously, with data showing that ischaemic heart diseases (IHD) remained as the principal cause of death, accounting for 17% of medically certified deaths among Malaysians in 2020. In 2019, IHD was also the principal cause of death, accounting for around 15% of medically certified deaths among Malaysians.

While the actual numbers are small, the fact that it is increasing is indeed a worrisome sign. In fact, with the COVID-19 pandemic around, there is a lot to worry about since more than 90% of deaths in Malaysia due to the pandemic were people who had more than one CVD risk factor.

This translates to a higher risk of developing severe complications due to COVID-19 infection. Thus, it is more important for us to start taking care of heart health now more than ever.

Start by keeping close tabs on your risk factors, and start taking action by leading a healthy lifestyle to lower your risk of developing CVD. It's never too early to start, so make that healthy change today!





**YAYASAN JANTUNG
MALAYSIA**
The Heart Foundation of Malaysia
Member of World Heart Federation

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With everyone engrossed in battling the COVID-19 pandemic which shows little signs of abating, we have to remind ourselves how important it is to also maintain cardiovascular (CV) health as it is now more relevant than ever.

COVID infections not only carry the potential danger of CV damage like myocarditis and thromboembolism, but underlying heart disease or risk factors for coronary heart disease lead to increased mortality and complications in these individuals when COVID infection strikes. Therefore it is vital to maintain good CV health always.

Fortunately most of the underlying risk factors are largely preventable, namely hypertension, diabetes, obesity, smoking, sedentary lifestyles and diets high in fat, sugar and salt.

In this issue, we have an article on salt and health, in collaboration with the National Kidney Foundation. This is pertinent as heart disease is closely related to heart disease as highlighted in the last Berita issue.

In addition, we would like to draw attention to yet another preventable heart disease – Rheumatic Heart Disease, an oft forgotten entity in recent years as it's frequency has declined with early and effective treatment of the causative streptococcal sore throat infection. This illustrates the importance and effectiveness of early preventive treatment.

We at YJM sincerely hope that you will be more proactive in caring for your heart, as many problems are largely preventable, as the old adage says "Prevention is better than cure".


Datin Dr Liew Yin Mei

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CONTENTS

Chairman's Message	1
Editor's Note	2
Feature Event	3, 9, 11
Feature Article	4 – 5, 6 – 7, 10

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Malaysians Walked Over a Million Miles for Heart Health

In conjunction with World Heart Day 2021, Yayasan Jantung Malaysia (YJM) collaborated with Institut Jantung Negara Foundation (IJNF) and NESTLÉ OMEGA PLUS in organising a virtual walkathon that spanned the month of September.

The event saw the participation of 12,988 Malaysians from all over the country in a virtual walk that traversed a total of 1,176,666 miles during the Walk-a-Million-Miles 2021 event. As the main sponsor, NESTLÉ OMEGA PLUS also donated RM100,000 to YJM and IJNF.

Under the theme 'Melangkah Bersama, Jantung Dijaga', the event organisers hope to further empower Malaysians to take the necessary steps forward in combating high cholesterol while helping raise funds for heart patients in need. This is because high cholesterol is a major risk factor for heart disease affecting 8 million adults in Malaysia.

Data collected after the event showed that on average, each participant clocked 7,200 steps a day, leading up to a monthly average of 216,000 steps per participant throughout the month of September. Based on a 2018 news report in The Star, this is significantly higher than the average number of 3,963 steps a day that Malaysians take, indicating the proactiveness of Malaysians in stepping up their commitment to heart health.

YJM has been a long term proponent of heart health initiatives and has often worked hand-



NESTLÉ OMEGA PLUS handing over mock cheques to YJM and IJNF representatives



YJM & IJNF join forces with NESTLÉ OMEGA PLUS to promote heart health

in-hand with both IJNF and corporate partners such as NESTLÉ OMEGA PLUS. With heart diseases continuing to rise, leading a heart-healthy lifestyle is becoming increasingly critical for ourselves and our families. The successful completion of the Walk-a-Million-Miles 2021 event has certainly contributed to raising public awareness for heart health across the nation.

Walking 10,000 steps daily can help mitigate risks of cardiovascular diseases. The achievement clocked in by Malaysians in this year's Walk-a-Million-Miles initiative is very encouraging as it indicates that we are gradually moving towards our goal to become a heart-healthy nation.

Rheumatic Heart Disease

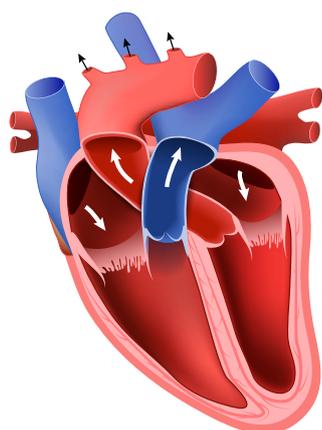


By **Datin Dr Liew Yin Mei**

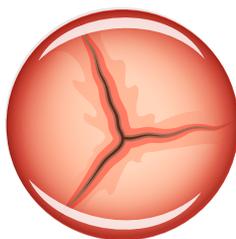
The World Health Organization recognises rheumatic heart disease as one of the most commonly acquired heart diseases among people who are under the age of 25 years old. This heart disease is the result of rheumatic fever and is an inflammatory disease from an autoimmune reaction that can affect the heart, joints, skin, and nervous system.

Should the valves in the heart be inflamed and left untreated or not treated properly, scarring of the tissues may occur. This in turn would lead to the heart valve malfunctioning. This process happens over time, and may take years before resulting in heart failure.

Although rheumatic fever can happen to adults, children between 5 – 15 years old are more commonly affected by it. Rheumatic fever arises after an infection caused by a bacteria called group A β -hemolytic streptococcus. This bacteria can cause sore throat or scarlet fever.



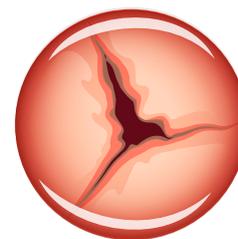
Heart Valves



Healthy valve



Normal valve (closed)

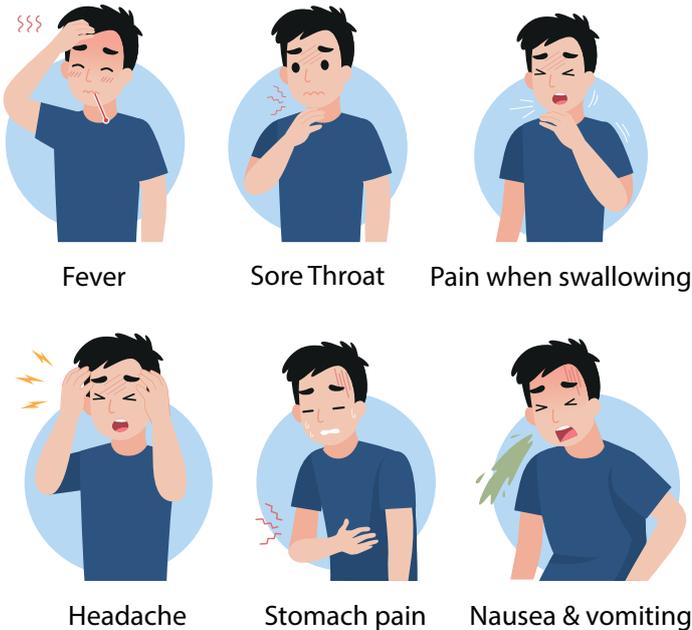


Damaged valve unable to open / close properly.

Recognising rheumatic fever

The symptoms may vary from person to person, and it can even change as the disease progresses. Rheumatic fever usually follows after a bout of streptococcal sore throat infection, and you may see symptoms as early as two weeks or as late as four weeks later.

Typical signs and symptoms include:



• Joint pains & swelling:



• Skin

- Appearance of small, painless nodules under the skin
- Appearance of painless rashes with a ragged edge that are flat or slightly raised



• Chest/heart

- Chest pain/discomfort
- Heart murmur (swishing sound that can be heard from the heart)

• Nervous system:



- Uncoordinated movements called Sydenham chorea, i.e. jerky involuntary moments of hands, feet / face
- Unusual behavioural outbursts, e.g. crying or laughing inappropriately, accompanied by Sydenham chorea

See a doctor immediately

If you notice any of these symptoms, especially if it is a child, see a doctor at once. Please note that proper treatment of streptococcal sore throat infection can prevent rheumatic fever. Thus, it is in your best interest to take immediate steps to treat it as quickly as possible before any lasting or permanent damage is done to your heart.

Salt and Health

What is Salt?

Salt makes your everyday food taste not so bland. So, what is salt exactly? Salt is made up of 40% sodium and 60% chloride.¹ Besides making your food taste better, salt is also used as binder and stabiliser. In other word, salt is a natural preservative that is widely used in foods especially in canned and jarred foods to make it last longer. This is because salt contains high amount of preservatives namely benzoates, sorbates, nitrites and many more. Not only that, bacteria too unable to survive in the presence of high amount of salt.

Sources of Salt

In general, sodium can be easily obtained from food as it occurs naturally in it. Sodium is also found in high amounts in manufactured foods such processed foods like instant noodles, canned foods (sardine, baked beans, mushroom soups, and spaghetti gravy) and frozen foods (sausage, nugget, fries, frozen pastry and burger patty). Besides, sodium is added during cooking and at the table too. However, cooking meals at home is much better option as compared with processed foods or eating out as we can control the amount of salt added in food.

Benefits of Salt

Our body cannot store salt on its own therefore, we need to obtain it from our diet. Salt is not bad at all for our health when taken in a small amount. The body needs salt in order to carry many important functions such as conducting nerve impulses, contracting and relaxing muscles, and maintaining right balance of water and minerals.¹ It is impossible to live without taking any salts. However, when salt is consumed too much, it can lead to high blood pressure, heart disease and stroke.

Types of Salt

There are a few types of salt available in the market. The examples are sea salt, kosher salt, Himalayan pink salt and the traditional table salt that is used in our daily cooking. So, are there added benefits in using certain types of salt or vice versa? To know this, let's understand first about these common salts.



1. Table Salt

Table salt is the most commonly used salt in everyday cooking as well in all kind of cooking method. It is often used in baking as it easily dissolved and easy to measure. Table salt is extracted from underground salt deposits, where it goes under a process to remove impurities which may also remove the trace minerals.¹ The salt then is grounded finely as how we find it in store. Table salt normally has added iodine which is a trace mineral. Iodine helps to promote thyroid health and may help prevent goitre and hypothyroidism, a medical condition caused by iodine deficiency. Salt with added iodine is called as iodised salt.⁴

2. Sea Salt

Referring to its name, sea salt comes from evaporated sea water and consists of mostly sodium chloride. There is a trace amount of minerals such as

potassium, zinc and iron¹ depending on where it was collected. Sea salt is less pure than table salt because it is not finely refined and ground. The appearance is coarser and darker with an uneven colour. This makes the sea salt a good finishing salt too which means it is sprinkled over the finished food to give it an extra 'kick' to the food flavour. Sea salt is best used for salting meats, seafood and vegetables. However, the taste is still as same with table salt.⁶ As the sea salt granules are much bigger, it only takes fewer granules to fill a teaspoon. Thus, a teaspoon sea salt contains 1,872 mg of sodium, whereas a teaspoon of table salt contains 2,000 mg of sodium due to its fine texture.



3. Himalayan Pink Salt

This salt is harvested in the Himalayan Mountains of Pakistan and it is the purest form of salt. Himalayan pink salt is used in cooking, seasoning meats, soups, salads and vegetables.⁶ The colour is slightly pink or orange due to its richness in iron, calcium, magnesium, potassium and copper.⁴ However, it does not mean Himalayan Pink Salt have better nutritional value as compared to other salts. This is because the amount of minerals found in this salt is very minimal that it does not meet the daily nutrient requirement for an adult.

4. Kosher Salt

Kosher salt is used in koshering process, not because it is kosher. This process is used to brine meats or to remove blood from meat due to its large granule size. The only difference from table salt is that it is much more coarse and flat-grain in size with no additive. Furthermore, kosher salt does not contain iodine. It is pure sodium and chloride.

Salt and Health

The World Health Organization (WHO) salt intake recommendation is less than 5g per day. On a local study, it is said that the average Malaysian salt intake is 7.9g per day or 1.6 teaspoon,² which is more than the recommended intake. It is also highlighted that 4 out of 5 Malaysian consume salt in high quantities.³

The excess sodium in the blood will give the kidneys an extra burden. In a long term, the kidneys will not be able to keep up with the excess sodium and can slowly reduce the kidney function. Once kidney function starts declining, it cannot be restored back to the normal state. Excess intake of sodium can also increase the amount of fluid surrounding the cells and blood volume. This happens when the body retains water to dilute the sodium. When the blood volume increases, the heart needs to do more work to pump blood throughout the body. This situation will affect the heart function due to the extra work that is being put through. This can lead to hypertension & heart failure.

Which salt to choose?

It doesn't matter which salt you choose. Most of the salts has the same amount of sodium and chloride content by weight. In fact, minerals that found in some salt are so small in amount that nutritional value wise, it does not impact health much. Most of these minerals can be obtained from fruits, vegetables, legumes and grains. The most important thing is to make sure your salt does not exceed the daily requirement intake, which is 2,000mg sodium per day.

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By **Nikmah Amirah binti Jamal**

This write up is contributed by the National Kidney Foundation of Malaysia. All information is intended for educational purposes only. Please consult your doctor or dietitian for further information.

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:



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.



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 and 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.

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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 circulation¹**.

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It is recommended for:



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals with poor blood circulation



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Individuals who lead a hectic or unhealthy lifestyle

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Celebration of World Heart Day 2021 by the Heart Foundation of Malaysia

KUALA LUMPUR: In conjunction with the World Heart Day on 29 September, the Heart Foundation of Malaysia (YJM) organised a commemorative event at the Main Hall. The celebration was held later on 28 November due to the pandemic, with limited guests to comply with SOPs. The theme was similar as last year's – "Use Heart to Beat Cardiovascular Disease".



The handover ceremony of the car key by SPANCO's Director of Corporate Affairs, Dato' Mohd Suhaimi Hashim to YJM's Vice President, Tan Sri Kamaruzzaman Shariff

During the event, SPANCO Sdn Bhd also donated a Proton Saga 1.3L to YJM. This is one of SPANCO's continuous efforts to support YJM. The car was presented by SPANCO's Director of Corporate Affairs, Dato' Mohd Suhaimi Hashim to Tan Sri Kamaruzzaman Shariff.

YJM's Chairman, Dato' Dr Aljafri Abdul Majid, thanked SPANCO for the donation and assured that the car would be

The event was officiated by Vice President of YJM, Tan Sri Kamaruzzaman Shariff. He stated how the past two years had been very challenging for everyone due to COVID-19. YJM usually organised up to 50 activities annually to raise awareness on heart health around the nation, but these activities had to be postponed during these two years.

a great help for YJM in conducting its activities. He hoped SPANCO would continue to perform their Corporate Social Responsibility.

There was also a talk on Heart Disease after COVID-19 by Dato' Sri Dr Azhari Rosman, Consultant Cardiologist at the National Heart Institute.

Local Entrepreneur Collaborates with YJM

Olive House is a business entity that focuses on natural and organic products, will partner with YJM to run the "Love Your Heart, Malaysia" (LYHM) programme. LYHM will run from 2021 until the end of 2022. Monthly initiatives will be launched on the 29th of each month, which began from 29th July 2021. This initiative has the sole aim of promoting a healthy heart by encouraging a healthy lifestyle. The 29th of each month was chosen as it coincides with the annual World Heart Day (WHD) event that falls on every 29th September.

The objectives of LYHM are three-fold:

1. To strengthen the YJM-Olive House strategic collaboration in spreading the awareness of cardiovascular disease (CVD) related issues
2. To continue being an active corporation that advocates positive causes of fighting CVDs in Malaysia
3. To develop and implement various health education programmes that are designed to encourage a healthy lifestyle and to assist in the prevention of CVDs



Giving back to the community

Mock cheque presentation of RM40,000 at Selamat Pagi Malaysia programme on 29th September 2021.

YJM represented by Chairman, Dato' Dr Aljafri Abdul Majid. Olive House represented by President of Aafiyat Group, Ustaz Aidil Azwal Zainudin



Hajjah Ainon Hj Kuntom

Trauma Selepas Tragedi... Banjir Besar 2021

Setelah banjir besar berlaku di Kuala Lumpur dan Selangor, saya terpikir bahawa masyarakat perlu diberi kesedaran mengenai pertolongan cemas dan kesedaran mengenai penyakit-penyakit berjangkit yang akan timbul dari sampah sarap yang tinggal, seperti kolera, kepialu (typhoid), disentri, dan keracunan air.

Kesedaran mengenai penyakit mental dan emosi yang akan timbul setelah berakhirnya banjir disebabkan kehilangan harta benda, terkejut dan kehilangan pekerjaan, tidak mampu untuk berdikari sebab terlalu kabur untuk memikir secara positif bagi mengendalikan hidup seterusnya.

Amat perlu bagi masyarakat mengetahui mengenai rawatan pertolongan cemas, ketika banjir berlaku contohnya cara memindahkan orang ketika banjir. Bagi memindahkan mereka yang terjebak dengan banjir terutama mereka yang kurang upaya perlulah menggunakan cara yang betul bagi mengurangkan risiko kecederaan, misalnya menggunakan kain bagi memindahkan mereka ke tempat yang lebih selamat dan cara-cara yang baik boleh dilakukan.

Pertolongan cemas yang boleh dilakukan mengikut keadaan dan situasi mangsa-mangsa banjir.

Keduanya, keadaan sampah sarap yang tertinggal setelah banjir boleh menimbulkan tempat pembiak nyamuk dan mengundang haiwan dan serangga perosak contohnya, biawak, ular, khinzir hutan, tikus, lalat, lipas dan sebagainya. Yang mana boleh mengakibatkan penyakit berjangkit. Ini melibatkan kerajaan tempatan perlu mengambil berat tentang membersihkan menyembur ubat (fogging) keadaan sekeliling

dan kediaman bagi mengelakkan penyakit berjangkit dari berlaku.

Yang paling utama ialah mengambil berat tentang mangsa banjir yang berkemungkinan mendapat penyakit emosi dan mental yang amat teruk sehingga mengakibatkan mereka mendapat penyakit jiwa dan kurang waras. Oleh kerana mereka telah kehilangan harta benda, tempat tinggal juga telah musnah dibawa arus banjir yang besar. Perkara ini perlu diatasi dengan segera supaya penyakit ini dapat dirawat dengan segera sebelum ia menjadi lebih parah.

Pakar-pakar psikologi perlu merawat dan membantu mangsa banjir supaya dapat diatasi keadaan ini dengan cepat.

Bagi menangani masalah mangsa banjir dengan lebih segera ialah memberi pakaian selesa, makanan berkhasiat yang telah dimasak dengan segera. Kerana ini adalah perlu bagi menangani penyakit pneumonia, selsema, batuk, demam, asma. Ubat yang paling penting disimpan adalah paracetamol bagi pencegahan awal sebelum dirawat oleh pakar.

Kesemua akibat disebutkan di atas berkemungkinan menyebabkan mangsa boleh mendapat penyakit jantung kerana gara-gara terperanjat dan ketakutan melihat gelombang kenaikan air begitu cepat dan deras.

Keadaan ini merupakan risiko yang paling tinggi yang dihadapi oleh mangsa banjir semasa berlaku banjir besar pada bulan Disember 2021 di Wilayah Persekutuan Kuala Lumpur dan Selangor.



YJM Receives Donation from GIS



Mock cheque presentation on 5 May 2021 at GIS with YJM Director (Lt Col (R) Mohan Singh Rhendawa) and GIS Principal (Mr Rob Stitch).
(Source: Garden International School Facebook page)

Recently, Garden International School (GIS) arranged a sponsored event over the month of October. This event, dubbed 'INKTOBER', was in honour of the passing of a GIS Year 10 student, Isabella Zhu, who succumbed to complications caused by heart arrhythmia last summer.

In honour of her time at GIS, students were challenged to participate in the creation of 31 drawings over 31 days. It was an extremely successful event and GIS was able to raise RM14,000 which was donated to the Heart Foundation of Malaysia (Yayasan Jantung Malaysia, YJM).

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YAYASAN JANTUNG MALAYSIA The Heart Foundation of Malaysia

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Address: _____

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Amount: RM 68 RM 100 RM 200 RM 500 RM 1,000 RM 5,000

Other Amount (RM) : _____ (Please specify)

Donation is enclosed. Cheque No: _____

For Direct remittance, please bank into: **CIMB A/C No: 8000173127**

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.

A Roadmap to Keeping Your Heart Healthy

The prevalence of heart disease in Malaysia is ever increasing and it is still the no. 1 killer in Malaysia. According to the Department of Statistics Malaysia, the mortality rate caused by heart disease demonstrated an increasing trend from 13.2% in year 2016 to 15.0% in year 2019¹.

Having high cholesterol level is one of the main culprits that can put you at risk of developing heart disease. When the low-density lipoprotein (LDL) cholesterol, also known as "bad" cholesterol, is too high, it builds up in the wall of the arteries to form a plaque. This condition, known as atherosclerosis, can increase the risk of heart attack due to the blockage of blood flow in the arteries.

Regardless your age or current health status, it's never too late or early to take steps to protect your heart. In order to support your heart health journey, keeping your cholesterol level in check is the key. You can start by following these simple steps:

1. **Be physically active** by engaging in exercises such as brisk walking, running or jogging, cycling, swimming and etc.
2. **Avoid red meats** such as beef, pork and lamb. For healthier alternatives, choose white meats such as fish or lean chicken.
3. **Choose healthier cooking methods** such as steaming, grilling, baking or boiling which help to reduce the amount of oil used.
4. **Eat high fiber diet** especially foods rich in soluble fiber such as oat beta-glucan.

Unleash the power of BIOACTIVE oat beta-glucan in oat bran

Oat beta-glucan is a type of soluble fiber substantially found in the oat bran which is the outer layer of the grain. However, not all oat beta-glucan is the same. Bioactive oat beta-glucan with high molecular weight is the unique form as it has been scientifically proven to produce cholesterol-lowering and blood glucose-controlling effects due to its high viscosity².



OAT GRAIN

How does bioactive oat beta-glucan work?

Bioactive oat beta-glucan dissolves readily inside the digestive tract where it forms a thick viscous gel in the small intestine. This viscous gel attenuates the intestinal uptake of LDL cholesterol as well as the reabsorption of bile acids which the body makes from cholesterol. In response, the body will draw upon the pool of circulating cholesterol to produce new bile acids which are essential for digestion and absorption of fats in the small intestines. Lower uptake of cholesterol from the gut combined with more bodily cholesterol used for bile acid production results in reduced blood cholesterol level.



Heart-Healthy BIOACTIVE Oat Beta-Glucan in Biogrow® Oat BG22® Oat Bran Powder

Biogrow® Oat BG22® contains 100% natural oat bran powder imported from Sweden that provides only the **clinically proven bioactive oat beta-glucan** with more than 20 published human studies on cholesterol-lowering and blood glucose-controlling effects². Just 2 scoops / sachets (~ 18g) of Biogrow® Oat BG22® daily provide the recommended ***3g bioactive oat beta-glucan** for optimal health benefits.

Biogrow® Oat BG22® is diabetes friendly as it is lab-tested ****low in Glycemic Index (GI<55)**³ which makes it suitable for pre-diabetic and diabetic patients. Besides, it is also high in total fibers (soluble and insoluble fibers) and lactose-free with no added sugar, artificial ingredients and preservatives. Biogrow® Oat BG22® also has good solubility as it dissolves readily in water with no shaker required.

Let's embrace a healthy lifestyle by making small healthy changes in your diet for a good heart health today!

Biogrow® Oat BG22® is available in major pharmacies and Biogrow® Official Store at Shopee Mall.

References:

1. Non-Communicable Diseases (NCD) Country Profiles. World Health Organization. 2020.
2. EFSA Journal 2010; 8(12): 1885.
3. Brummer et al. Cereal Chem 2012, 89(5), 225-26.
 - * Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect – EFSA Journal.
 - ** Diets that are low glycemic index and high in dietary fiber are protective – WHO Europe Diabetes.

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