



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

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WAKE UP CALL!!!



Datuk Dr J S Sambhi
Chairman

Malaysians are said to be leading towards an unhealthy nation. Many think we are already unhealthy! Let us look at some of the diseases and known danger signs from which Malaysians are suffering.

29% are **OVERWEIGHT** or **OBESE**
– 1 in 3
CHILDREN in a school survey showed that 1 in 4 is **OBESE** or **OVERWEIGHT**, and in teenagers the risk is even higher! **RURAL CHILDREN** are more overweight than urban

53.5% have **HIGH CHOLESTEROL**
– 1 in 2

25% of Malaysians have **HIGH BLOOD PRESSURE**
– 1 in 4

25% of Malaysians **SMOKE**
– 1 in 4

15% have **DIABETES**
– 1 in 7

60% **DO NOT EXERCISE**
– 2 in 3

It has been estimated that more than 90% of adult Malaysians have one or more of the above danger factors or diseases.

Where does this lead us??

"UNHEALTHY MALAYSIANS" and to **HIGHER RISKS** of:

HEART DISEASES

STROKE

DIABETES

KIDNEY DISEASE

CANCER and OTHERS

Let us seriously start taking stock of ourselves and stop or reverse this unhealthy situation we are in; otherwise not only our generation but generations to come will be suffering greatly. Let it not be said by our children and grandchildren that we in 2011 or in this decade paid little or no attention to the danger signs, and that they inherited all the sufferings. Surely it is far better to **PREVENT** than **TREAT** the disease. Once the disease strikes it is too late. Suffering paralyses not only the patient but also the lives of the families.

DATUK DR J.S. SAMBHI
P.J.N., M.B.B.S., F. R.C.O.G. (London), F.A.M.M.
Chairman

WAKE UP NOW!

*Wishing you all a
PEACEFUL AND HEALTHIER 2011*



YAYASAN JANTUNG MALAYSIA

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Member of World Heart Federation

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Editor's Note

Heart health is something we should never take for granted; yet this is what many Malaysians are doing, with their increasingly unhealthy lifestyles. In fact, on top of eating too much unhealthy foods and not performing much exercise, there is also an increase of smoking among many Malaysians.



Cigarette smoking does not only cause breathing problems and lung cancer, but is also a major cause of cardiovascular diseases! This is quite disheartening, as smoking is actually the number one cause of preventable disease and death. Read up on our feature article for this issue, and find out more on what smoking does to your heart. Start paying more attention to your heart and quit smoking today!

On September 26, 2010, we celebrated the 10th year of World Heart Day, with the annual Walk-A-Mile at Taman Tasik Titiwangsa. The theme of the year was Workplace Wellness with participation from various groups. We reviewed the 10th year celebration in the centrespread of the newsletter.

We also managed to snag Sir Steven Soh, a prominent figure in the financial field, but also a dedicated member of YJM for an exclusive interview. He shares with us the highs and lows of standing as Honorary Secretary in YJM for the past 30 years! We also learn about some of the challenges he faced throughout his time in YJM.

Common misconceptions that heart disease is a man's disease are cleared in this issue. Women are at an equal risk, if not more, of developing heart disease through many of their lifestyle factors. Find out on how you can take some simple steps for a healthier heart in Feature 2.

Always remember that your heart is your lifeline and that only you can take good care of it. Start today and change your future!

DATO' DR KHOO KAH LIN



Heart Healthy Week

Knowing Heart Care

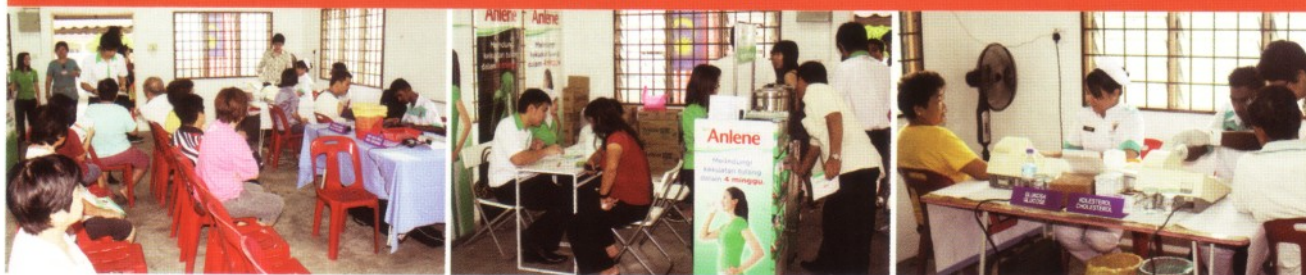
Like our heartbeat, the work of heart healthcare does not stop for YJM to continue the education and awareness of Heart Diseases. What's more, with the new year, this is the time for new resolutions – to better care for the heart, for our health.

Community Programmes



Raub, Pahang • 28 November 2010

Health Check



Seremban, Negeri Sembilan • 5 September 2010

Heart Week



Kuantan, Pahang
12-17 October 2010

Sungai Petani, Kedah • 4 December 2010



Smoking is the biggest killer in heart disease – This is how to prevent it

By Dato' Dr. Khoo Kah Lin, MD, FRCP

Smoking is the biggest risk factor for heart disease. Smoking cessation may have a greater effect on reducing mortality among patients with coronary Heart Disease (CHD) who smoke than the effect of any other intervention or treatment. Smoking cessation is the most powerful intervention in reduction of mortality by 36%, as compared with statin therapy with 26% reduction, 23% reduction with beta blockers and ACE inhibitors, and 15% with aspirins. Compared with treatment for hypertension or hyperlipidaemia, smoking cessation is most effective per live-year saved. The cost for smoking cessation is USD2,000 – 6,000 as compared to treatment of hypertension USD9,000 – 26,000 and treatment of hyperlipidaemia USD50,000 – 196,000.

The reason why smoking is so dangerous is because cigarettes have more than 4,000 poisons and about 70 carcinogenic substances besides being an irritant to the respiratory tract leading to chronic bronchitis.

Health benefits of quitting start immediately. Within 20 minutes, the heart rate slows down. The blood carbon monoxide levels return to normal in 12 hours. Within 2 weeks to 3 months, heart attack risk begins to drop and lung function improves. All the benefits continue with the months and years ahead. After 15 years, the CHD risk becomes the same as a non-smoker.

In the National Health and Mortality Surveys (1986, 1996, 2006) the smoking rate in Malaysia is 21.5% in 1986, 24.8% in 1996 and 22.8% in 2006, occurring mainly in males.

Mackay and his colleagues (2006) found that the Malaysian male adult smoking rate is 43%. This is the highest compared with Philippines (40.5%), Singapore (24.2%) and Hong Kong (22%).

Smoking is a chronic relapsing condition. Most smokers continue to smoke but sometimes not out of choice. It is due to addiction or dependence on nicotine. The psychological and physical dependence on nicotine is the cause of failure to quit. Most smokers make 5-7 attempts before they finally succeed.

Currently, there are two types of treatment approach: (1) Pharmacological Therapy: consisting of Nicotine Replacement Therapy, Bupropion SR and Varenicline. (2) Non-Pharmacological: comprising of counselling, health education, hypnosis and acupuncture

Pharmacological Therapy

Nicotine Replacement Therapy (NRT) – The rationale for NRT is that nicotine replaces the nicotine from cigarettes to control withdrawal symptoms, while the patient is abstaining from smoking. This is followed by gradually phasing out all nicotine when the addiction becomes manageable without NRT. NRT is available as a patch, gum, lozenges, sublingual tablets, oral inhaler and nasal spray. The advantages of NRT are that they are effective, readily available, safe and there is a variety of choices. The main limitations is poor compliance to the treatment.



The NRT products provide a low plasma nicotine concentration for a "single dose" of different nicotine delivery systems compared to the plasma nicotine level with one cigarette. However NRT products lower plasma nicotine concentrations and hence they alleviate nicotine withdrawal symptoms and the addiction potential of these products are minimized. NRT is a very safe drug. There are no contraindications for NRT.

Bupropion SR (Zyban) – Zyban (bupropion SR hydrochloride) is a non-nicotine sustained release tablet for smoking cessation. Initially it was developed as an antidepressant. Bupropion is given 150 mg in the morning for 7 days and increased to 150 mg twice a day. Treatment is continued for 7-9 weeks. Bupropion may cause insomnia, dry mouth, nausea and headache. It is effective and well tolerated in patients with cardiovascular disease as well as patients with chronic obstructive airway disease. In one clinical trial antidepressant therapy was found to be more effective than NRT. The contraindications to Bupropion are hypersensitivity, history of seizure, history of eating disorders, recent or current use of monoamine oxidase inhibitors, severe hepatic cirrhosis and bipolar disorders. The good candidates for Bupropion are smokers with a history of depression, patients who did not succeed with NRT, women, and those who want Bupropion.

Varenicline – Varenicline was deliberately designed for the $\alpha 4\beta 2$ receptor, an $\alpha 4\beta 2$ nicotine receptor partial agonist, and physically prevents nicotine from binding to the site as an aid to smoking cessation to Varenicline quit rate is twice as high when compared to Bupropion or with NRT patch. Varenicline has a favorable safety profile. There is no known drug-to-drug interaction, does not affect cytochrome P450. The most frequently reported adverse effects (>10%) are nausea, headache, insomnia and abnormal dreams. Varenicline should be gradually titrated

upwards, starting with Varenicline 0.5 mg daily for the first 3 days, 0.5 mg twice a day on Day 4-7, 1 mg twice daily from Day 8 until Week 12.

Non-Pharmacological Therapy

Hypnosis – The basic principle is the skilful use of suggestion to build up and strengthen the determination and desire not to smoke, until this becomes powerful enough to overcome completely the craving to smoke. The following method is usually practiced:

1. A hypnotic trance is always desirable.
2. A persuasive approach is usually the best.
3. Ego-strengthening is extremely important in dealing with underlying tensions.
4. Powers of control will increase progressively until he can give up smoking completely. His desire and determination not to smoke will become so strong that it will overwhelm his craving for tobacco. Two well-known methods for treatment are:
 - (a) Von Dedenroth Method of approach "Q day" or "Quitting Day"
 - (b) Calvert Stein Method of compensatory displacement technique for inhaling – how to attain more smoking satisfaction without absolute prohibition.

Acupuncture – It has been successful in some cases. Ear acupuncture has been successful in short term. The lung point is the choice.

In conclusion, smoking is a chronic and relapsing condition. The main harm is due to nicotine dependence. There are lots of benefits derived from quitting smoking. Non Pharmacological therapy enables 3-5% quitters remain smoke free at 6-12 months. Pharmacotherapy enables 25% of quitters to remain smoke-free. Most smokers make 5-7 attempts before they finally succeed.

Test Your Heart Health Online!

On January 17, 2011, Quaker launched the Quaker "Make Malaysia Heart-Healthy" campaign in an attempt to further educate and motivate Malaysians to lead heart-healthy lifestyles and reduce the risk of heart disease. Along with this campaign, a website www.myhealthyheart.com.my was launched as well, in which you can find the Heart Health Test. This is a tool that can be used to assess one's risk of heart disease by answering a few simple questions, such as your personal particulars, daily diet, lifestyle and health levels. This website was launched in collaboration with Institut Jantung Negara (IJN), Yayasan Jantung Malaysia (YJM) and BP Healthcare Group. Understand your heart health, visit the website today and assess your risk of heart disease. You can also find other useful information on the website, including heart-health articles by IJN and YJM experts, recipes, as well as exercise and weight loss goal monitoring tools.



10-year milestone of



Getting ready at Walk-A-Mile at starting point



Participants from Royal Military College



Warming up session



Walking the mile

26 September 2010 marked another milestone of Heart Care, celebrating the 10th year of the World Heart Day. With the theme *Workplace Wellness: Take responsibility for your own heart health*, Malaysia's celebration did its part in organising the annual Walk-A-Mile at Taman Tasik Titiwangsa. Participants of the event also include Royal Military College, MasterSkill School of Nursing, Pantai Nursing School, Hospital PUSRAWI, heart support groups and line dancing groups. After a healthy walk, together with a healthy breakfast, performances and Lucky Draws, we must not forget the message of the World Heart Day – to continue taking responsibility for our own heart health.

World Heart Day 2010



Launching World Heart Day 2010



Line Dance Group



Heart Health screening



Cheque presentation by Nestle to YJM



Lucky Draw winner



Silat demonstration



Photo session

Exclusive Interview with **Sir Steven Soh**



In the financial field, Sir Steven Soh no longer needs an introduction to many Malaysians, having earned the title as the Father of Mutual Fund. He was the first Malaysian to earn the London Stock Exchange Law and Practice Certificate in 1968 and later returned to set up the Kuala Lumpur Mutual Fund, now known as Public Mutual Berhad, in 1975. Despite his successful achievements, Sir Steven Soh remains a humble man, and has put in time for many other valuable activities, including his role as Honorary Secretary of Yayasan Jantung Malaysia (YJM).

When and how did you get involved in YJM?

I think it was either in 1980 or 1981, when the Rotary Club of Kuala Lumpur formed Yayasan Jantung Malaysia (YJM). In fact, I was one of the founder members of YJM as well. Though I first started as an ordinary committee member, I was soon voted for the post of Honorary Secretary, around 2-3 years after initially joining. Therefore I have been holding this post for about 30 years.

When I first joined as a committee member, I took keen interest in YJM's visions and missions and joined in their activities and events to help educate the public on heart disease and its risk factors. Later on, with my change in post to Honorary Secretary, I was more involved in arranging and calling our meetings. I would also sit in during the meetings to take down the minutes. However, I also had other secretaries, who would assist me in taking down the agenda especially if I was tied up with other events or work.

Right now we have executive secretaries who take care of all the meeting details – arranging them, calling up the members as well as taking down the minutes and any other documentation that needs to be taken care of. They will refer to me as a guide, but any important decisions, legally or financially will have to pass through me first and then the Board.

Wow... that's quite a long time! Could you tell us more on what your role was back then?

How does YJM play its role in society?

Our main means are educating the public with information that can help them understand heart disease and how debilitating it can be if one suffers from it. We have ongoing programmes such as the Heart Week, whereby we would pick a different city or state every alternate month or so and disseminate information about heart disease, who is at risk, what can be done to prevent it, as well as how to care for those already afflicted with it, should it be family members, close friends or even acquaintances and other individuals. During these visits, we often provide facilities for blood screening to be carried out, and the response is quite overwhelming; many people come to us to get their blood tested and to find out the risk factors as well as to get information on how they can approach the problem, should they be at a higher risk of getting heart disease.

Although we do not have the funds and facilities to actually treat anyone, we are hoping that our efforts to educate the public will not be in vain. With the knowledge that they obtain about heart disease, it is possible to reduce the prevalence of heart disease and as a consequence reduce the need for treatment or surgery as well.

How was documentation and record keeping carried out back then?

were filed appropriately and kept there. So, there was generally no hassle and loss of documents when we shifted to our other offices.

Well, because we are a non-profit, non-governmental organisation, we do sometimes face challenges in obtaining funds when carrying out our activities and events. However, we have had help and co-operation from many other organisations and clubs such as the Rotary Club and Lions Club, who never fail to assist us, especially during our preparation and dissemination of information for Heart Week and other activities. A lot of them are actually willing to help when asked because they too believe in a heart healthy nation and wish to help us achieve this.

What do you see for the future of YJM?

few minutes are very critical and can determine life or death. It will be very helpful if company staff know how to perform CPR as this can be used before paramedics get to the patient.

Everything starts with YOU. No one else can look after your health; only you and you alone can take care of your heart. People don't seem to realise that their lifestyles may be the cause to heart disease and other illnesses. It is getting very worrying; you can stand on a street and observe that almost 20%-30% of Malaysians walking by are overweight, 5%-10% are almost obese and 2%-3% are actually obese. Awareness has to be created and people have to understand that even simple actions like exercising for 15 minutes every morning along with eating a healthy diet can help reduce their chances of developing heart disease and other related illnesses.

Well, we did shift our office a few times, however, our very first office was in the Chairman's office (Datuk Dr JS Sambhi) itself! We carried out all our important meetings there and all agendas, meeting minutes and other documentation

Tell us about some of the challenges you have faced in YJM along the way.

We train company staff in emergency CPR and hope to receive funds as well as support from the government in this project. I believe that in many cases of cardiac arrest, the first

Any parting message or advice to the public?

Feature 2



Wanita – Jantungku

oleh Pn Hjb Ainon Hj. Kuntum

***Pucuk di cita, Ulam mendatang
Makanan berkhasiat, punca kehidupan matang***

Penyakit jantung merupakan pembunuh tersembunyi atau secara diam terutama bagi wanita, bukan hanya pada umur yang lanjut (usia emas) bahkan wanita yang masih muda. Tambahan pula, peranan yang dimainkan oleh wanita sebagai isteri, ibu, pekerja dan sebagainya, sering melalui onak dan duri kehidupan di dunia ini, maka bertambahlah risiko untuk mengidap penyakit jantung.

Penyakit kardiovaskular boleh membunuh wanita enam kali ganda lebih tinggi daripada penyakit kanser. Penyakit ini menyerang wanita secara senyap tanpa memberi isyarat sakit di dada atau tanda-tanda lain yang diketahui. Rosak pembuluh darah di jantung menyebabkan aliran darah lemah, mengakibatkan serangan jantung dengan mudah.

Faktor yang menyebabkan serangan penyakit ini adalah mengidapi tekanan darah tinggi, kencing manis, merokok, melalui keturunan (keluarga ibu atau bapa yang mengidap penyakit ini), dan mengidap dislipidemia (kandungan kolesterol melebihi 240). Wanita merupakan suri rumah yang menjaga dan menyusun diet keluarga. Oleh yang demikian, ia dikaitkan dengan penyediaan makanan yang boleh mencegah serangan jantung di kalangan wanita.

Penyebab serangan yang paling ketara adalah dari aspek makan dan pemakanan. Terlalu banyak mengambil makanan karbohidrat dalam kehidupan seharian, boleh mengakibatkan serangan penyakit jantung ringan, mahupun berat di tahap usia emas dan kadangkala dalam tingkatan umur wanita pertengahan 35 tahun ke atas. Kajian yang dibuat di Itali mendapati indeks glisemik dari karbohidrat bertindak begitu cepat mengeluarkan gula darah dengan kalori indeks glisemik tinggi, seperti yang terdapat dalam bijirin sarapan, roti putih, dan nasi putih.

Indeks glisemik tinggi meningkatkan trigliserida serta menurunkan kadar kolesterol baik HDL, memberi kesan sampingan yang menguatkan risiko serangan penyakit jantung (petikan Victoria J Drake, Pengarah Pusat Informasi Mikronutrient, Linus Pauling Institute, Oregon State University).

Kandungan estrogen dalam hormon wanita bertindak dengan cepat meningkatkan gula darah. Wanita harus sedar perkara ini dan kurangkan mengambil karbohidrat dalam makanan harian. Sebagai suri rumahtangga yang menjaga penyediaan makanan di rumah, amalkan memasak makanan karbohidrat yang tidak berlebihan kepada keluarga dari usia yang muda adalah lebih baik dan penting dalam menguruskan makanan dan pemakanan keluarga.

Menyediakan makanan sayuran adalah lebih baik terutama sayuran hijau. Ia melindungi daripada serangan penyakit jantung. Pengambilan sayur adalah amalan bijak untuk memberi manfaat kepada jasmani dan fikiran wanita. Penyediaan makanan dengan minyak zaitun juga boleh mencegah penyakit jantung.

Kajian di Itali dan sekitar kawasan Mediterranean menunjukkan pengamal makanan salad menggunakan 3 sudu minyak zaitun sehari boleh mengurangkan risiko diserang penyakit jantung. Mungkin amalan

makan sayuran hijau yang mengandungi folat, vitamin, antioksidan dan kalsium dapat melindungi wanita daripada serangan koronari:

1. Folat mengurangkan kadar homosisterin dalam darah dan memisahkan lapisan dalam arteri.
2. Kalsium dalam sayuran hijau boleh mengurangkan tekanan darah tinggi di samping melindungi sistem kardiovaskular.
3. Minyak zaitun mempunyai kandungan antioksidan yang tinggi. (Petikan dari Dr Palli Domenico, Institut Kajian dan Pencegahan Kanser, Florence, Italy – Reuter)



Laporan tersebut di atas juga mendapati penduduk di sekitar Mediterranean dengan diet bangsa Yunani mempunyai risiko rendah berpenyakit jantung, kanser, kencing manis serta melambatkan penuaan otak.

Selain daripada makanan dinyatakan, penyediaan makanan dengan mengurangkan garam, minyak dan gula juga mencegah wanita daripada serangan jantung. Amalan ini mencegah serangan berbagai penyakit, bukan hanya jantung sahaja bahkan ia berkait rapat dengan penyakit lain di tubuh badan wanita seperti kanser, tekanan darah tinggi dan kencing manis. Cara penyediaan makanan turut berperanan dalam usaha mencegah penyakit. Adalah disarankan lebih baik memasak dengan cara merebus, membakar, dan mengukus. Kurangkan cara menggoreng makanan.

*Amalkan pemakanan sayuran hijau,
Kurangkan makan karbohidrat,
Hidup tidak melalui ranjau,
Hidup bermakna jasmani sihat*

AWARENESS PROGRAMMES YEAR 2011

NO	DATE	VENUE
HEALTH CHECK / HEART WEEK		
1	23 January – 1 March	Star Parade, Alor Setar, Kedah
2	8 – 10 March	Aeon Cheras Selatan, Balakong, Selangor
3	15 – 20 March	Aeon Bukit Indah, Johor Bahru, Johor
4	5 – 10 April	Aeon Seberang Prai, Bukit Mertajam, Pulau Pinang
5	19 – 24 April	Jusco Seremban 2 Shopping Centre, Negeri Sembilan
6	25 – 31 May	Jusco Alpha Angle, Wangsa Maju, Kuala Lumpur
7	20 – 26 June	Centre Point, Kota Kinabalu, Sabah
8	21 – 26 July	Tesco Hypermarket, Kota Bahru, Kelantan
9	8 – 11 September	Upwell Shopping Centre, Kuala Pilah, Negeri Sembilan
10	24 – 30 October	Aeon Bukit Tinggi, Klang
11	17 – 23 November	Ipoh Parade, Perak
12	2 – 5 December	Batu Caves, Selangor
13	15 – 20 December	Mesra Mall, Terengganu
WALK-A-MILE / WORLD HEART DAY		
1	25 September	Taman Tasik Titiwangsa, Kuala Lumpur
COMMUNITY		
1	8 – 9 January	Masjid Tanah, Melaka
2	22 – 23 January	Masai, Johor Bahru
3	28 – 29 June	Papar, Sabah
4	1 – 2 July	Penampang, Sabah
5	14 August	Selayang, Selangor
6	8 – 9 October	Jerteh, Terengganu
SCHOOL		
1	4 – 5 May	SMK Abdullah Munshi, Georgetown, Penang
2	9 – 10 May	SMK Syed Alwi, Perlis
3	18 – 19 May	SM Tinggi Perempuan Melayu, Melaka
4	12 – 13 July	SMK Undang Jelebu, K.Klawang, Negeri Sembilan
5	18 – 19 July	SMK Kota Bharu, Kelantan
CORPORATE INVITATION		
1	17 January	Tropicana Golf & Resort (Quaker)
2	12 March	SACC Mall, Shah Alam (Worldwellness)
3	23 – 25 March	Malaysian National Reinsurance Berhad

F O R I N F O R M A T I O N

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

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oatmeal goodness.
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nothing removed.



Message by:
Yayasan Jantung Malaysia



Helping Malaysians
Lead Healthy Lives

*Make oatmeal part of your low fat,
low cholesterol diet and healthy lifestyle
to reduce the risk of heart disease.*