



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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

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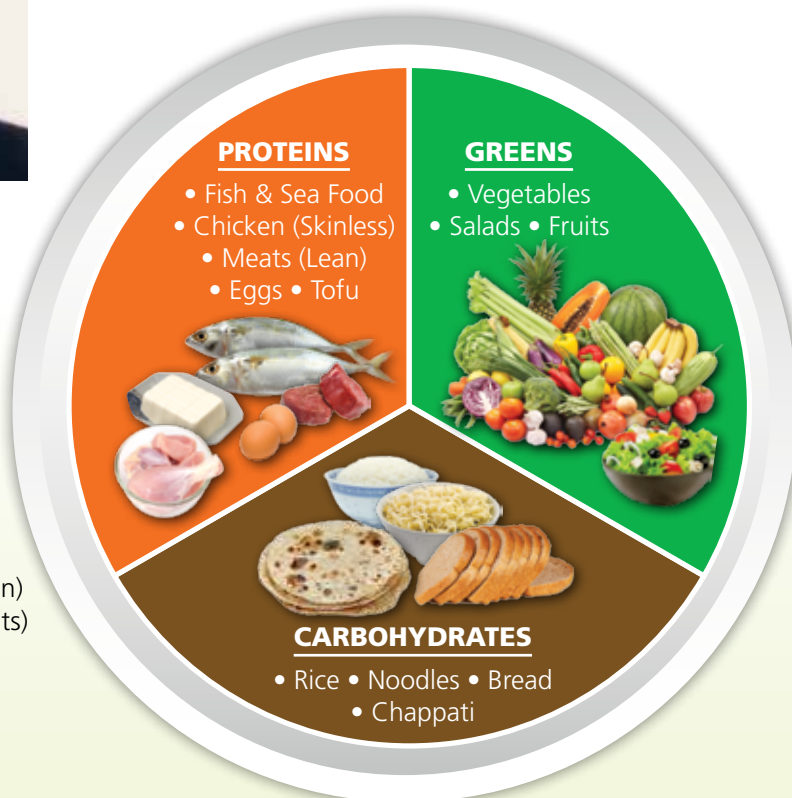
Healthy Eating For Longer Life



Datuk Dr J S Sambhi
Chairman

Quality of life depends on what you **EAT** or **DRINK** besides your **ENVIRONMENT**. Healthy eating will not only make you disease-free but happy and prolong your "**Useful Life**". Go on a balanced and proper diet.

There are many recommended diets. I would suggest the simplest one especially for us Asians. Divide your eating plate into 3 sections and fill it according to the diagram. PLEASE DO NOT overfill your plate or you will be taking too many calories.



ADD

Milk –
(Full Cream For Children)
(Skim & Low Fat – Adults)
Yogurt
Nuts (Non Fried)
Brown Rice
Whole Grain Bread

REDUCE

Oils, Fats, Coconut Milk
Deep Frying
Sugars (All Forms)
Salt
Canned & Bottle Drinks
Alcohol

UNBALANCED & UNHEALTHY DIETS CAUSE

OBSESITY & OVERWEIGHT

DIABETES

HEART PROBLEMS

STROKE

CANCERS

INFERTILITY

OTHERS

DATUK DR J.S. SAMBHI
PJN, MBBS, FRCOG, (London) FAMM, FMSA (Hon)
Chairman

**MAKE A WISH AND
A RESOLUTION FOR 2015.**

**"EAT HEALTHY
BALANCED DIETS"**

**WISHING YOU ALL A
HEALTHY & FRUITFUL 2015**



YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia
Member of World Heart Federation

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Secretariat	
6, Lorong Lai Tet Loke 2, Off Lorong Gurney, 54100 Kuala Lumpur. Tel: 03-2693 4709 Fax: 03-2693 3267 Email: jantung1.yjm@gmail.com Website: www.yjm.org.my	
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Editor's Note

A Fond Farewell



For BYJM, year end is usually a time for celebration. It's when we reflect on our experiences and acknowledge the successes we've had throughout the year whilst envisaging our rejuvenated efforts for the next. This time, following the many unfortunate events that have befallen our nation, it seems almost callous for us here at Yayasan Jantung Malaysia (YJM) to celebrate anything except life, family, and friends.

The untimely departure of our Editor-in-Chief and my beloved husband, Dato' Dr Khoo Kah Lin, added to the grief and was met with profound sorrow for those who knew him.

In spite of this significant loss, we at YJM promise to persevere and augment our efforts. Our cause has been made ever more important as latest reports indicate that almost 45% of Malaysians are at risk of developing some form of heart disease. Additionally, cardiovascular diseases (CVD) have also been the leading cause of death in hospitals throughout the nation for the past 30 years. The numbers are quite staggering but YJM remains committed in this arduous task of educating the masses, improving lives and eradicating CVDs.

The pinnacle of our success in pursuit of our mission this year came during the 2014 World Heart Day celebrations. We had a spectacular start-off with what is now known as Malaysia's largest heart health expo, The Heart Exhibition. Following its overwhelming reception over the last 4 years, this year's expo exceeded expectations receiving more than 55,000 visitors. Themed, 'Live Great from the Heart', the exhibition, a joint initiative by YJM, National Heart Association of Malaysia (NHAM), Women's Heart Health Organisation (WH2O) and Institut Jantung Negara (IJN), directed a powerful blow at heart disease with a renewed, nationwide pledge towards a healthier heart.

Similarly impressive was the participation we received during the World Heart Day 2014 Walk-A-Mile event held at Taman Tasik Titawangsa. The event, 14 years running has been described as the most supported and celebrated walkathon for heart health advocacy in Malaysia. Outdoing all its previous celebrations, more than 2000 people from all walks of life, including whole families, young and old participated. This was contributed by the fact that we had redesigned the circuit to include the new 'Family Fun Route'.

Emphasis on family and early prevention is also no coincidence. Studies have shown that CVD is becoming more and more prevalent in young adults between the ages of 30-39. It is well established that most cases of CVD's develop over prolonged periods of bad lifestyle choices and habits. Therefore, we directed our focus towards the family. It is a unit we are all a part of, one that most of us are largely influenced by early on and whose values we often carry forward well into adulthood.

Finally, with continued support from the public, sponsors and collaborators alike, YJM is poised to lead the fight against heart disease and extend its message of awareness even further. We hope you enjoy our final instalment of the year and we wish you and your loved ones a safe and happy holiday season. Remember, taking small steps towards a healthy heart is better than taking none at all.

Datin Dr Liew Yin Mei

List of Activities/Programmes:

Heart Week Programme



Kuantan, Pahang • April 24-28, 2014



Kulaijaya, Johor • May 28-June 1, 2014



Bukit Mertajam, Penang • August 21-24, 2014

Community Programme



Bukit Serdang, Selangor • June 8, 2014



Bandar Baru Perda, Bukit Mertajam, Penang
• June 22, 2014



Air Panas, Setapak, KL • July 13, 2014

School Programme



SM Chung Hua, Klang, Selangor
• May 6, 2014



SM Sin Min (Persendirian),
Alor Setar Kedah • June 24, 2014



SMK Permatang Rawa, Penang
• June 25, 2014



SM Methodist Wesley, KL
• August 13, 2014

Workplace Programme



Sharp Electronics (M) Sdn. Bhd • November 26, 2014



Go Red For Women Programme



Pontian, Johor • September 6, 2014



Triglycerides (TG) and Coronary Heart Disease (CHD)

By **Datin Dr Liew Yin Mei**

When we do a blood test for the lipid profile, we are shown the LDL cholesterol, the HDL cholesterol, and triglyceride (TG) levels. We are all familiar with the LDL ('bad') cholesterol and HDL ('good') cholesterol and their association with the development of CHD, but have you ever wondered what the triglycerides is all about?

In Malaysia, the prevalence of individuals with high TG has been reported to vary from 20-50% in various population groups. The role of TG in CHD is less well established. An elevated TG is defined as TG >1.7 mmol/l.

TG 1.7 – 2.3 mmol/l : borderline high

TG 2.3 – 5.69 mmol/l : high

TG >5.69 mmol/l : very high

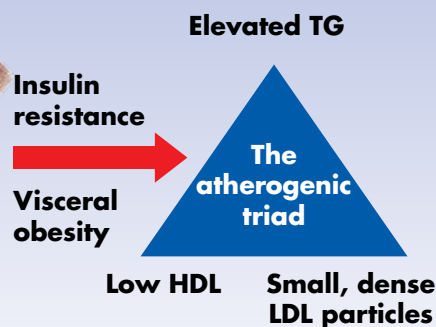
The association of TG with risk of CHD has been reported to be about 1.12 for men and 1.37 for women per 1 mmol/l of TG (Hokanson *et al.*, J. Cardiovasc Risk 1996).

In clinical intervention trials, studies like AFCAPS/TexCAPS did not show an association between TG and CHD risk, but in other studies like LIPID, a decrease of 1 mmol/l TG in patients treated with Pravastatin decreased the CHD risk by 14% (Simes *et al.* Circulation 2002). In the IDEAL and TNT trials, high risk statin treated patients who have achieved their LDL goals remain at high risk of CHD events in the presence of high TG.

The management of elevated TG starts with healthy lifestyle changes with weight reduction by dieting and regular exercise. If TG >5 mmol/l, there is a risk of pancreatitis

- **Obesity**
- **The Metabolic Syndrome**
- **Type 2 diabetes**
- **Patients with CAD**
- **"Familial" low HDLC**
- **Familial combined hyperlipidemia (FCH)**
- **Familial high TG**

TG > 1.7 – 2.3 mmol/l – borderline high
TG 2.3 – 5.69 mmol/l – high
TG > 5.69 mmol/l – very high



High TG states are common in obesity, the metabolic syndrome and Type 2 Diabetes. Insulin Resistance (IR) is an important feature in these individuals where insulin levels are elevated, but not effective. The typical lipid profile in these cases is a triad of high TG, low HDLC and LDLC levels though normal, are of the small dense variety (sdLDLC) which are highly atherogenic and predispose to CHD.

Other conditions with high TG include familial low HDLC, familial high TG, familial combined hyperlipidaemia, excessive alcohol or simple carbohydrate intake, renal disease, pregnancy, thyroid disease, CHD, and certain medications like oestrogens, beta-blockers etc.

which can be fatal. Dietary restriction of calories and fat to 10-15% total calories are recommended. Alcohol should be avoided.

In diabetes, good glycaemic control sometimes with insulin is needed. Other medications like statins, fibrates, omega 3 fatty acid or fish oil and Niacin are other options. In acute pancreatitis and very high TG, apheresis is able to decrease TG levels rapidly.

In conclusion, high TG levels confer an increase in CHD risk and should be addressed to keep our hearts healthy.



Ainon Hj Kuntom

Merokok Adalah Membawa Maut Sebelum Ajal

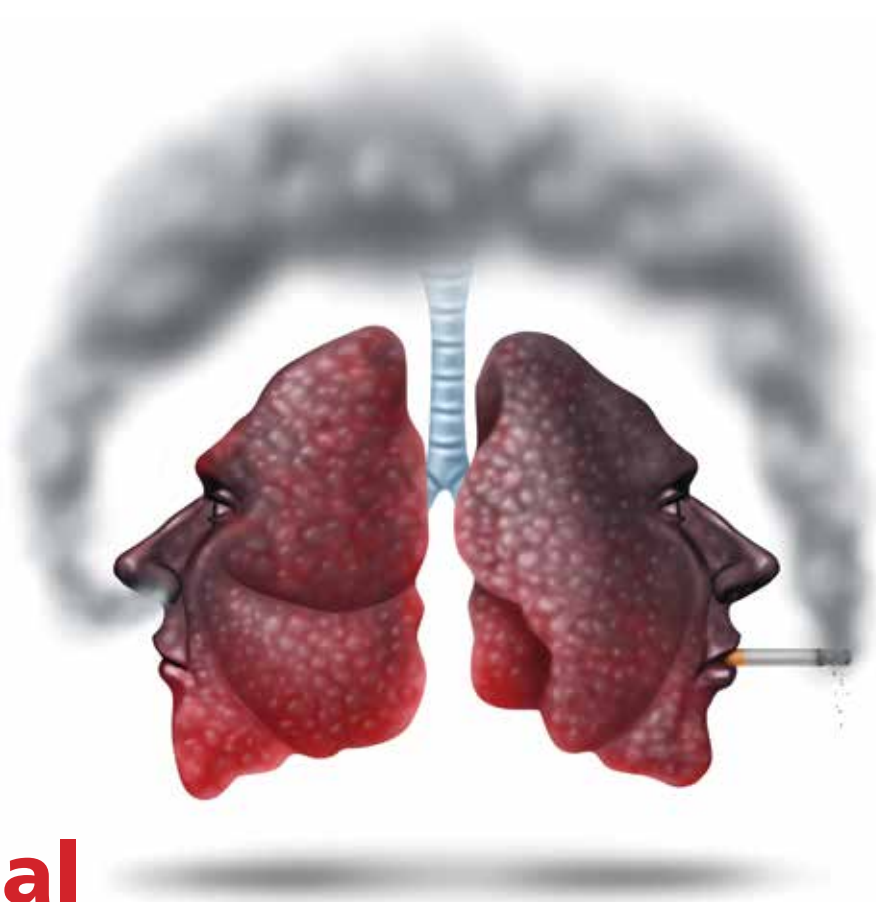
Merokok dan menghidu asap rokok setiap hari adalah membawa maut kepada manusia. Terdapat pelbagai jenis-jenis dan bahan-bahan terlarang dalam rokok. Ini adalah bahan kimia, nikotin, yang ada dalam tembakau bersama dengan carcinogen yang akan membawa maut kepada manusia.

Merokok boleh meningkatkan darah tinggi, mempercepat denyutan jantung dan meningkatkan saliran darah koronari, serta lemah atau kurang bertoleransi untuk bersenam dan beriadah disebabkan kekurangan oxygen. Akibatnya ia boleh mempercepatkan pembekuan darah (blood clot), dan mengurangkan kolesterol yang baik (HDL), serta mencetuskan penyakit pembuluh nadi koronari dan akhirnya membawa maut.

Perokok juga boleh memudaratkan orang di sekelilingnya kerana setiap satu hembusan asapnya akan dihidu oleh orang-orang di sekelilingnya terutama, mereka-mereka yang rapat dengan perokok, yang menyebabkan orang-orang ini akan bersama-sama turut mendapat penyakit jantung (Heart Attack), yang menyebabkan ketidakupayaan (kecacatan/kesukaran) untuk hidup dengan selesa yang berkemungkinan besar, mengakibatkan **maut sebelum ajal**.

Dengan ini, hampir separuh dari perokok di dunia ini, mati disebabkan tembakau (tobacco). Rokok mengandungi 4,000 bahan-bahan kimia termasuk hydrogen cyanide.

Lebih mengejutkan ialah orang-orang yang tidak merokok yang hidup sekeliling perokok akan juga



ditimpa maut sebagai (second-hand smoke) yang, mengakibatkan menghidap penyakit kanser paru-paru (lung cancer – kerana 43% carcinogens agen yang menyebabkan sel sel kanser mudah membiak dalam tembakau). Ini juga boleh mengakibatkan penyakit koronari jantung (Coronary Heart Disease) kepada rakan-rakan perokok.

Menurut WHO (World Health Organization), tembakau merupakan penyebab pembunuh kedua di serata dunia. Perokok akan hilang hiduan 15% oxygen, diganti dengan penghiduan karbon monoxide dari asap tembakau. Di antara 20% – 30% penghidu asap rokok (second-hand smoke) risiko menghidap penyakit jantung akan meningkat di tahap yang merbahaya. 70% perokok akan mendapat serangan penyakit angin ahmar berbanding dengan bukan perokok.

Di Malaysia terdapat 80% perokok, antaranya 20% di kalangan orang-orang muda. Bagi perokok wanita yang menggunakan ubat perancangan keluarga (oral contraceptives) akan menghadapi bahaya yang amat tinggi menghidap penyakit koronari jantung (Coronary Heart Disease), dan perisian pembuluh (Pheripheral Artery), angin ahmar (Stroke), berbanding dengan bukan perokok wanita.

Sebanyak 10,000 perokok di Malaysia setiap tahun mati disebabkan penyakit yang berkaitan dengan rokok.

Awas..... **merokok boleh menyebabkan maut sebelum ajal.**

THE HEART 2014

Exhibition
September 27 – 28, 2014 • Mid Valley Exhibition Centre

Programme Initiators:



YAYASAN JANTUNG MALAYSIA
The Heart Foundation of Malaysia



NATIONAL HEART ASSOCIATION
OF MALAYSIA



WOMEN'S HEART HEALTH
ORGANISATION



INSTITUT JANTUNG NEGARA
National Heart Institute

Over 55,000 Visitors Thronged The Heart Exhibition 2014!

The Heart Exhibition Launches National
World Heart Day 2014



▲ The Heart Programme 2014 officially launched on September 27, 2014.
(From L-R) Mr Ong Lam Huat, General Manager of Legason Sdn Bhd, Datuk Dr J.S. Sambhi, Founder & Chairman of Yayasan Jantung Malaysia, Dato Koh Yaw Hui, Director & CEO of Great Eastern Life Assurance Berhad, Dr Zainal Ariffin Omar, Deputy Director of Disease Control, Ministry of Health Malaysia & Dato Dr Rosli Mohd Ali, President of the National Heart Association of Malaysia.



▲ Visitors getting more information on Great Eastern's Live Great Programme at the Great Eastern's booth.



▲ More than RM20,000 worth of prizes given away during the 2-day exhibition!

Platinum Sponsor – Super Food Marketing introducing their new range of heart-healthy Super Nutremill Cereal at the exhibition.



The Heart Exhibition, a joint initiative of four of Malaysia's foremost leading Experts Organisation on heart-health – namely, Yayasan Jantung Malaysia (YJM), National Heart Association of Malaysia (NHAM), Women's Heart Health Organisation (WH2O) and Institut Jantung Negara (IJN) making The Heart as the most authoritative voice in championing optimum heart-health for the benefit of all Malaysians.

Featuring Malaysia's first 3-D Giant Heart structure – a heart-normous replica of the human heart, the Exhibition gave over 50,000 visitors a chance to know what it feels like to be a tiny microorganism – shrunk – and then placed on a journey inside the human anatomy. Besides getting a close-up view about cardiovascular functions and damages caused by a heart attack, this educational tour also included an exclusive Fit-o-Fun Heart Rider Challenge and ECG tests.

Over 3,000 individuals were screened for heart disease risk factors and counselled by qualified healthcare professionals, together with heart-health talks conducted by heart-health experts from NHAM and YJM for the public.

The Heart Exhibition 2014 is made possible by partnerships with Great Eastern Life Assurance (Main Sponsor), Biogrow Oat BG22 (Diamond Sponsor), Nestle Products Sdn Bhd (Double-Platinum Sponsor), Super Food Marketing Sdn Bhd (Platinum Sponsor), Kordel's Health Supplements (Platinum Sponsor) together with numerous other Gold & Silver Sponsors.



VVIP visiting BioGrow Oat BG22's booth during the official launch ceremony.



Zumba dance performed by Great Eastern's team of fitness instructors.



CPR demonstration by the National Heart Association of Malaysia.



Health Talk by Datin Dr Liew Yin Mei.



Free health screenings were conducted over the 2-day exhibition. More than 3,000 individuals were screened for heart disease risk factors.



Double-Platinum Sponsor – Nestle Omega educated visitors about the risks of high cholesterol through various interactive and educational activities at their booth.

World Heart Day 2014

Theme "At The Heart of Health"



Mock Cheque Presentation by Mr. Alois Hofbauer, Managing Director of Nestle Malaysia to Datuk Dr. J. S. Sambhi, Chairman of Yayasan Jantung Malaysia (YJM). Witnessed by YJM's President Tun Ahmad Sarji Abdul Hamid and YJM's Vice-President Tan Sri Dato' Kamaruzzaman Shariff.

More than 2,000 participants comprising of individuals and families both young and old walked a mile (1.5 km) towards healthier hearts at the 2014 World Heart Day Walk-A-Mile event, Malaysia's longest-running walk for heart health advocacy, jointly organised by The Heart Foundation of Malaysia and NESTLÉ OMEGA PLUS.

Date : 28 September 2014, Sunday
Time : 6 AM – 11 AM
Venue : Taman Tasik Titiwangsa, Kuala Lumpur

Held annually in conjunction with World Heart Day, the 2014 Walk-A-Mile event is currently running in its 14th consecutive year – its longevity making it the most supported and celebrated heart health walk event in Malaysia.

Since 2000, participation has continued to grow from year to year. By utilising social media platforms such as Facebook for registration this



Walk-A-Mile Flag off at Taman Tasik Titiwangsa on Sunday, 28 September 2014

Feature Event



Cheering participants from various Nursing Colleges taking part in the Walk-A-Mile event.



Public cheering before the Walk-A-Mile flag off.



Aerobic Session – Warming up.



YJM's President and Vice-President joining the Walk-A-Mile event with the Participants towards Healthier Heart at TTT.

year, Walk-A-Mile was able to double its number of participants from 1,200 participants in 2013 to over 2,000 participants in 2014! More importantly, the participants comprised of Malaysians young and old from all walks of life, and also saw a significant number of families participating together.

The 2014 Walk-A-Mile is centred on the World Heart Day's theme of 'At the Heart of Health', with the aim of raising awareness amongst Malaysians to adopt heart healthy lifestyles and making more careful decisions about their diet towards lowering bad cholesterol levels as well as ensuring that people are able to make heart-healthy choices wherever they live, work and play.

This year's Walk-A-Mile event concept was redesigned to provide participants a fresh and educational experience, which included fun facts and heart health tips along the route. In addition to the walk, a new Family Fun Route was introduced, whereby there were numerous games stations which were not only educational, but was also fun and engaging for the entire family to learn more about caring for their hearts.



Token of Appreciation from Chairman of YJM Datuk Dr. J.S.Sambhi to President of National Heart Association of Malaysia Dato' Dr. Rosli Mohd Ali, witnessed by YJM's President, Tun Ahmad Sarji and Vice-President, Tan Sri Dato' Kamaruzzaman bin Shariff.



Public Participating in the Family Fun Route Activities.



Passing Of A Pioneer



Born on mid December of 1938 and raised in the modest streets of Penang, Dato' Dr Khoo Kah Lin is one of the country's most distinguished and admired Cardiologists. His career as a healthcare professional was inspired by a kindly doctor who aided him back to health without demanding payment when he was just a little sickly boy from a humble home.

His medical journey started when he first decided to further his studies in the field of medicine at the National University of Singapore. Upon graduation, he underwent his housemanship training in Alor Setar General Hospital and continued as a medical officer. His diligence and enthusiasm in his work impressed his superiors who recommended him to Tan Sri Dr R. P. Pillay who was looking for a hardworking Registrar to work at Hospital Kuala Lumpur (HKL).

A scholarship to study for the membership (MRCP) Exam and undergo training in Cardiology took him to the UK, where he trained under Prof Lawson MacDonald, Dr Richard Emmanuel and Prof Pantridge well known for his work in mobile coronary care.

On his return, he helped to set up the first CCU in HKL. It was here, while treating a 10 year old boy with myocardial infarction, that Dato' Dr Khoo became fascinated with Familial Hypercholesterolemia (FH) – a condition the child apparently was suffering from.

Being considered the 'Cholesterol King of Malaysia' was no coincidence; Dato' Dr Khoo's contribution in the field of cardiology specifically in the areas of lipids and FH is widely recognized. For that, he has received numerous international awards including Fellowships of the various Royal Colleges of Physicians from Ireland (1982), Glasgow (1984), Edinburgh (2004) and London (2006), American College of Cardiology (2002), the European Society of Cardiology (2005), the Asean College of Cardiology (2007), the Academy of Medicine Singapore (2013) and locally from the Academy of Medicine, Malaysia (1998), National Heart Association of Malaysia (2007), and the Academy of Sciences, Malaysia (2009).

Furthermore, Dato' Dr Khoo also helped put Malaysia in its rightful place amongst other clinical research countries such as Norway and South Africa by being an active member of the worldwide Vascular Research Network.

Influenced by the experiences he had growing up, and the philosophies he lived by, Dato' Dr Khoo was always keen in giving back to the society. To assist the Familial Hypercholesterolaemia (FH) patients, he set up the ICD Club under the Yayasan Jantung Malaysia (YJM) in collaboration with the pharmaceutical company MSD, whereby these individuals could obtain their cholesterol lowering medications at discounted rates. For severely affected individuals, he established the Cholesterol Dialysis Programme, a YJM programme in collaboration with the University of Malaya's Nephrology Department and the Sau Seng Lam Charity Foundation. Here, treatment is free if individuals are unable to afford it.

Ever active, Dato' Dr Khoo was also the Master of the Academy of Medicine, Malaysia and the Director of the Heart Foundation of Malaysia. In addition, he was the past President of the National Heart Association of Malaysia (2000-2002) and the Malaysian Medical Association (MMA) in 2007-2009. In recognition of his outstanding contributions, he was bestowed the Gold Medal Award from the MMA and also The Gold Medal Award for Research from the Rotary Club of Malaysia. Indeed, Dato' Dr Khoo was an extraordinary man whose passion for his profession gave him strength and resolve to continue improving people's lives.

Nowhere else is his fervour and pride for this noble cause better portrayed than in his 'texmoir' (combination of a text book and a memoir), *My Cholesterol Journey in Malaysia*. The book is a testimony of his achievements; one he concludes could have only been realized through the support of his benevolent colleagues and those he held most dear.

Dato' Dr Khoo Kah Lin passed away peacefully on the 7th of November 2014 and is survived by Datin Liew Yin Mei and their two remaining children Khoo Lay Seng and Khoo Po Ai.

Healthy Diets as The First-line of Defense Against Heart Disease

The old adage **"You are what you eat"** holds true today. With increasing rates of people with high cholesterol (6.2 million) and a growing trend of obesity (3 million) and Type 2 diabetes (3.6 million), it's important to watch what you eat.

What Constitutes A **Heart-Healthy** Diet?

According to the American Heart Association (AHA), diet and lifestyle changes are usually the **first** step in lowering cholesterol before medications are added. Heart-healthy eating, together with regular physical activity can lower the risk for heart disease and stroke.

A heart-healthy diet is usually achieved by eating foods that are **low in calories, saturated fat, total fat, cholesterol, sodium and high in soluble fiber such as oat beta-glucan**.

If you need to take a cholesterol-lowering drug, following the TLC diet & lifestyle approaches may, in some cases, enable you to take a lower dose of statins.

Key Recommendations for a **Heart-Healthy** Diet:

1. Eat more fruits, vegetables, whole grains or other cereal products which are high in soluble fibers (oat beta-glucan). Examples include oat bran powder & crispy oat cereals.
2. Choose foods that are low in saturated fat, trans fat and cholesterol.
3. Limit salt (sodium) intake.
4. Keep your body weight healthy by balancing the calories intake from food with regular exercise.
5. Eat more foods high in omega-3 fatty acids, such as flaxseeds and algae-derived oil.
6. Limit drinks and foods with added sugar.
7. Avoid alcohol or drink in moderation.



INFO-CHANNEL

Oat bran powder and crispy oat cereals are rich sources of fiber, protein and the heart-healthy ingredient - oat beta-glucan. Yayasan Jantung Malaysia (YJM) has approved and endorsed the following health claim: "Take 3g of oat beta-glucan from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet, **helps reduce cholesterol.**"

Heart-Healthy Diet also leads to Weight Loss

If you are overweight or obese and have no idea which diet you should follow to lose weight, this might be your answer: A study published in The New England Journal of Medicine suggests that the wisest way to lose weight is to adopt a heart-healthy diet which is high in fiber and low in calories.

When it comes to a high-fiber, high-protein and low calories diet, **Biogrow Oat BG22™ Crispy Cereal** form the cornerstone within that category. Comprehensive studies worldwide have affirmed such cereals of its ability to exert cholesterol-lowering, weight-reducing, bowel-improving effects. The healthful combination of soluble fiber (oat beta-glucan) and insoluble fiber in **Biogrow Oat BG22™ Oat Bran Powder** is good news to control hunger - the Achilles heel in successful weight loss.

All in all, successful weight loss is a culmination of an active lifestyle which includes regular physical activity and healthy eating habits.

LOAD UP ON OAT FIBER & MAKE LIVING **HEART-HEALTHILY** YOUR PRIORITY TODAY!

*Disclaimer: The above is in no way meant as a substitute for sound medical advice whatsoever. In all circumstances, consult your doctor / physician prior to embarking on any diet regimes.



Oat BG22™

Message by Yayasan Jantung Malaysia
(The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol.**

This article is contributed by **Legosan (Malaysia) Sdn. Bhd.**
For more product info, please call 03-7956 2220 (Mon - Fri; 9am - 5pm) or email info@biogrow.com.my.
Like our Facebook page at fb.biogrow.com.my.

Calories **102** per packet

 Crispy Cereal
Made in Germany



Crispy Cereal
(30 g x 12 packets) & (30 g x 20 packets)



OAT BRAN POWDER
with 20% Beta-Glucan
SERIES BRAN OAT dengan 20% Beta-Glucan

Canister (400 g)



Travel Pack (9 g x 30 sachets)



1 packet (30 g)
= 3 g beta-glucan



2 scoops (= 18 g)
= more than 3 g beta-glucan



2 sachets (= 18 g)
= more than 3 g beta-glucan

PLANNER FOR 2015

Month	Date	Programme	Venue
JANUARY	4	Invitation	Kluang, Johor
	8 – 11	Heartweek	Star Parade, Alor Setar
	17	Community	Ayer Molek , Melaka
	19	School	MRSM Terendak
	25	Community	Linggi, N. Sembilan
	26	School / College	Kolej Poly-Tech MARA Bangi
FEBRUARY	8	Community	Rengit, Batu Pahat, Johor
	14	Community	Damansara KL
	15	Community	Sungai Buloh, Selangor
	25	School / College	Kuala Lumpur
MARCH	4-7	Heartweek	AEON Queensbay, Penang
	10-12	Workplace	MNRB Holdings KL
	15	Community	Sg. Lembing, Pahang
	17-18	Invitation	Takaful Ikhlas
	21	Colour Heart Run	Penang
	26-30	Heartweek	AEON Station 18, Ipoh
APRIL	5	Community	Pekan, Pahang
	7	School	Sek. Tinggi Methodist, Klang
	12	Community	Tmn Anggerik, Kulim
	13	School	Kulim, Kedah
	19	Community	Tenom, Sabah
	23-27	Heartweek	Mesra Mall, K. Terengganu
	20	Community	Baling, Kedah

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

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

Name: _____

Address: _____

Tel: (O) _____ (H) _____

☐ I am enclosing my comments.

☐ Please include my name in the mailing list of Yayasan Jantung Malaysia for future publications.

☐ I am enclosing herewith cheque/draft/money order for RM_____ being my donation.

(Tax-exempt receipt will be issued)



Oat BG22™

Message by Yayasan Jantung Malaysia
(The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber)
from **Biogrow Oat BG22™**
daily, as part of your low fat and
low cholesterol diet to help
Reduce Cholesterol.

Over **6.2 Million** Malaysians have **High Blood Cholesterol***

**Amount of Beta-Glucan Recommended for
Cholesterol-Lowering Effect is 3g per day.****

Calories
102
per packet



Crispy Cereal
Made in Germany



Crispy Cereal
(30 g x 12 packets) & (30 g x 28 packets)



Canister (480 g)



Oat Bran Powder
Imported from
SWEDEN



Travel Pack (9 g x 30 sachets)



**1 packet (30 g)
= 3 g beta-glucan**



**2 scoops (≈ 18 g)
= more than 3 g
beta-glucan**



**2 sachets (≈ 18 g)
= more than 3 g
beta-glucan**

Available at all leading pharmacies nationwide.

Legosan (Malaysia) Sdn. Bhd. (284196-H)

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

Website: www.biogrow.com.my

*National Health & Morbidity Survey (NHMS), 2011.

** FSQD, MOH. Guide to Nutrition Labeling & Claims (as at Dec 2010).