



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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Special Edition



Ahmad Sarji

Tun Ahmad Sarji bin Abdul Hamid
President

Get ready to **Colour Your Heart!**



Day by day, heart diseases are becoming more prevalent not just worldwide, but also in Malaysia. Heart disease remains as the number one killer in Malaysia for the past three decades. It is becoming fairly common to hear about someone close to us who suffers from heart problems, has experienced a heart attack or stroke, undergone bypass surgery or done a balloon angioplasty (non-surgical procedure to treat coronary artery blockages).

Let us not forget that heart disease is preventable! Most of the contributing factors that lead to it are avoidable, such as obesity, high cholesterol, high blood pressure, diabetes, hypertension, high fat intake, sedentary lifestyle and smoking. These are all tied to our lifestyle.

Remember, the health of your heart is something that should be taken seriously. It is with this thought in mind that we have included some interesting snippets on how your lifestyle can positively affect your health in this issue of BYJM's newsletter. After all, every single decision you make each day can, and will, affect your health. Little things like how long you sleep at night, what you eat and drink, and how much exercise you take will ultimately add up to a lot in the long run. These little things in life reflect your lifestyle, which in turn will influence the state of your health.

In a bid to increase awareness of the importance of exercise in our lifestyle, YJM has jointly organised a

weekend run with Great Eastern Life that will be held in both Penang and KL. Dubbed the "Colour My Heart Run", it will take place in **Penang on 19 April** with a 5km run **at Padang Kota Lama**, and in **KL on 24 May** with a 5km and 12km run **at Dataran Merdeka**.

The "Colour My Heart Run" was conceived as a way for Malaysians to enjoy the double benefits of both better fitness levels and improved general well-being as well. In this way, your quality of life can be improved holistically, especially for participants of the run.

The 5km routes for both Penang and KL are intended as fun challenges and not competition. Participants will start off wearing a new and bright white T-shirt. As they make their way around the 5km route, they will be passing through a number of 'Fun Zones' where they will be showered with Colours as part of the fun. The 12km route is only available in KL and it has the addition of hurdles along the raceway as part of an additional challenge.

It is our fervent hope that this run will spread the message that with fitness springs fun, thus helping to influence the public to be more receptive to the idea of incorporating exercise into their lifestyle. There is no denying that by leading a more physically active lifestyle, you will minimise your risk of heart disease. Take the necessary steps to ensure your heart health and don't leave it to chance!



YAYASAN JANTUNG MALAYSIA

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Editor's Note

Prevention is the key



YJM takes its role of preventing heart disease seriously, and over the years, we have run many campaigns to increase public awareness on the importance of heart health. One of the major events that YJM looks forward to is the World Heart Day celebrations, where we take the opportunity to put forth the message concerning the importance of maintaining heart health to as many Malaysians as we can reach.

In our efforts to achieve this year's theme "Creating Heart-Healthy Environments", we are focusing on encouraging Malaysians to lead a more heart-healthy lifestyle. In order to achieve this, we are directing our efforts on emphasising the message that being heart healthy involves not just healthy eating but that it should encompass a more holistic approach by combining it with a physically active lifestyle as well. More than anything else, it is this combination that will help us to maintain a healthy weight, which is one of the key contributors to good heart health.

In this issue, we take a look at coronary heart disease (CHD) in the young, which shows a rising trend in recent years. It is important that the usual risk factors for CHD namely obesity, diabetes, hypertension, high cholesterol etc. are detected and treated as early as possible to prevent CHD. In addition, we must not forget that certain medical conditions like Familial Hypercholesterolemia, hypertension from secondary causes and Type 2 Diabetes can also affect the young and predispose to CHD at an early age. Early detection and prompt treatment are essential and may be completely curative. In another article of special interest to the Malay population, we explore the link between the typical Malay diet and CHD.

All of our continuing efforts and activities are targeted towards educating the Malaysian public about heart health and how to maintain it. This is not a short term affair and we will continue to work on shedding light on the importance of heart health for as long as possible. We will persevere in our work to do as much as possible in creating more activities and greater awareness amongst the general public in order to build a heart healthy nation!

Datin Dr Liew Yin Mei



It's All About Your (Life) Style

Embarking on Heart Health

Before you scoff at the information above and dismiss it as more panic mongering, stop and take a moment to think. Are you sceptical that leading a healthy lifestyle will really make a difference or are you unwilling to make the necessary lifestyle changes/sacrifices for the sake of heart health?

There is no doubt that your lifestyle matters a lot. The choices you make and the habits you form will ultimately determine whether or not your risk of Coronary Heart Disease (CHD) is minimised. Bear in mind that preventing CHD is entirely possible, but it has to begin with you. Make a conscious decision and effort to make the necessary lifestyle changes.

To simplify matters, you can divide your lifestyle into three basic components, namely:

DIET

Ever heard the phrase "You Are What You Eat" or the aptly coined IT-term "Garbage in, Garbage Out"? Quite simply put, eating a healthy, well-balanced diet is the key to achieving a healthy diet.

EXERCISE

There's certainly no denying that our bodies need to be worked physically by indulging in exercise. Many Malaysians nowadays lead sedentary lives and get most of their 'workout' from typing on their computers/gadgets!

STRESSORS

If abusing our bodies by not having a healthy diet and adequate exercise wasn't bad enough, there are many who also indulge in activities that add more stress to their bodies. Smoking, drinking, and other forms of substance abuse (e.g. drug abuse) can put tremendous strain on your body.



By Datuk Dr J.S. Sambhi

Why You Should Make the Effort

With the increasing average life expectancy, it stands to reason that you should do everything in your power to maintain good health for as long as possible. Taking a life-long approach to the prevention of CHDs makes perfect sense not just from the health standpoint, but also in financial terms and the quality of life you will lead in your golden years. Not only will you need to take daily doses of medication for the rest of your life (thus placing an additional strain on your finances), but you will also be forced to make drastic changes to your diet and lifestyle (hence severely curtailing your quality of life).

In this sense, it makes far better sense to start by preventing CHD in the first place, and what better way than to start as early as possible. If you have children, it will also benefit them as they will learn to lead a healthy lifestyle from a young age, thus ensuring that they will be at minimal risk for CHD when they become adults.

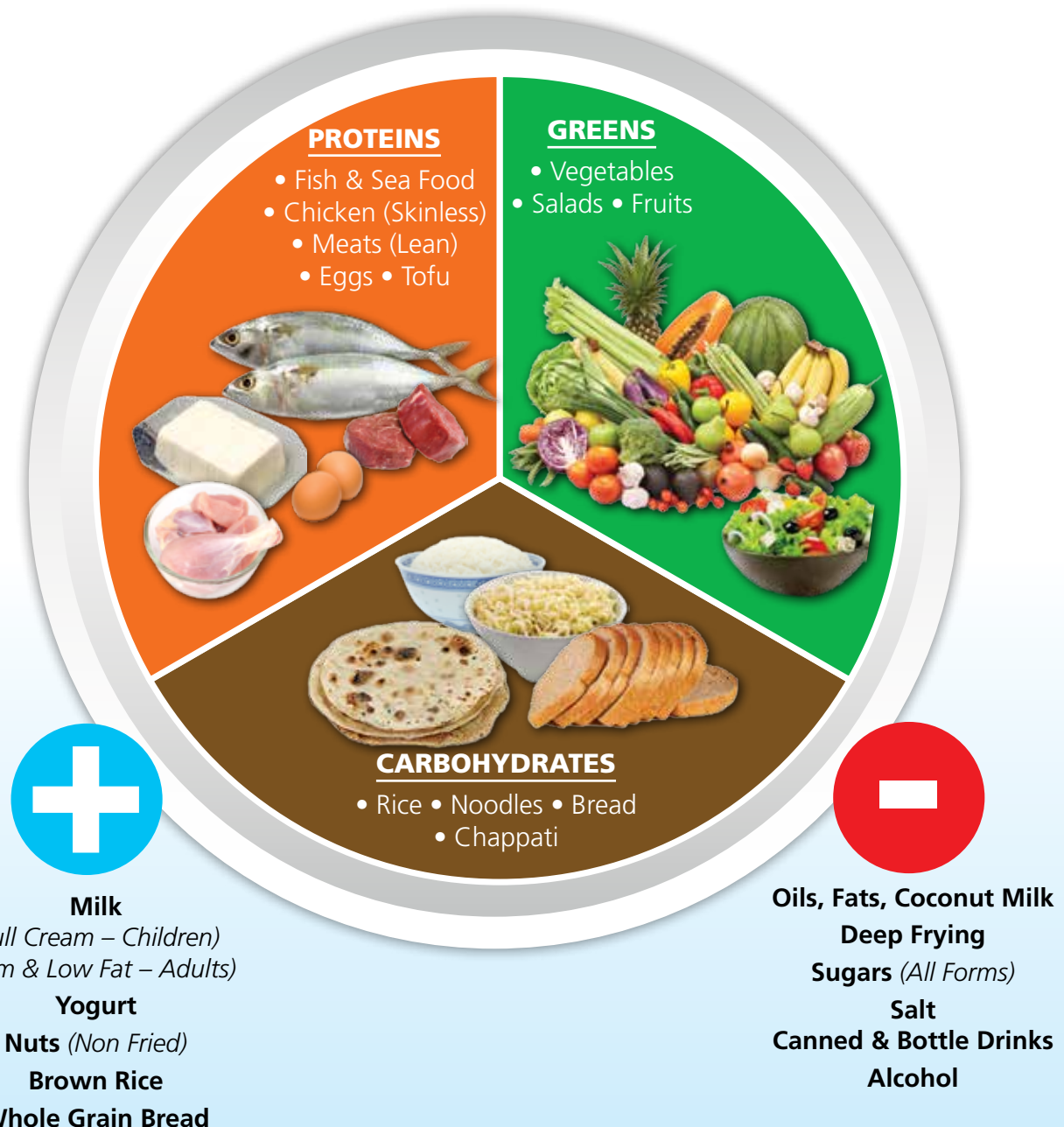
Healthy Eating

For Longer Life

Your future quality of life will depend on what you eat and drink today. Healthy eating will not only pave the way to a disease-free life, it will also make you a happier individual at the end of the day. Furthermore, it will help to prolong your 'useful life'! What better reason do you need to go on a balanced and proper diet?

Back to the Basics

When it comes to diet, there are many recommendations available. The simplest would be to divide your eating plate into three sections and fill it with equal servings of protein, carbohydrates, and vegetables. However, be careful not to overfill your plate or you will wind up eating too many calories instead.



What You Should Reduce

It is important to note that your body needs fat (which also includes cholesterol), salt, and sugar. However, it is unfortunate that many of us wind up eating more of these than is actually required by our bodies. While your body does need them, it doesn't need them in large quantities!

Let's look at these four in a little more detail:



Salt, also known as sodium:

Is needed to regulate some of our body's functions, such as maintaining normal blood pressure and keeping our nerves and muscles functioning normally. However, many studies have shown that when you take too much sodium in your diet, it can lead to hypertension and CHD.



Cholesterol:

Is found in saturated fat, trans fat, and other cholesterol-containing foods that you eat. By reducing the amount of intake from your diet, you will lower your blood cholesterol level. Eating sufficient amounts of fibre and plant-derived sterols will also help you to lower your body's 'bad' or LDL cholesterol levels.



Fat:

It plays a role in the absorption of fat-soluble vitamins (i.e. vitamins A, D, E, and K). However, fat is another energy-dense food which can also cause obesity in the long term.



Sugar:

Provides our body with energy. However, since sugar is energy-dense, taking too much of it means having excessive energy intake, which in turn will lead to obesity in the long term. Obesity is a known risk factor for CHD.

Do what you can to limit your intake of these four items. Make it a habit to read the nutrition information panels before you buy any pre-packaged foods, and select the ones that have lower salt, sugar, and fat (e.g. saturated and/or trans fat) contents. When you cook at home, make it a point to use as little as you can get away with.

What You Should Increase

There are some things that you should increase in your diet, namely:



Fibre:

More specifically, dietary fibre, which is plant material that your body cannot digest. It is important to eat more of this as it will help promote normal bowel function. Many people do not take enough fibre in their daily diet, and this can cause problems such as constipation. By taking enough fibre (especially if it contains beta-glucan), you can lower your total blood cholesterol and LDL-cholesterol (or 'bad' cholesterol), thus reducing your risk of CHD. Sources of dietary fibre include legumes (e.g. peas, lentils, and beans), fruits (e.g. guava, apple, pear, etc.), vegetables (e.g. broccoli, spinach, carrots, etc.), and wholegrains (e.g. brown rice, whole rolled oats, wholegrain breads/cereals, etc.)



Water:

Be sure you drink enough water every day as it is a critical component for good heart health. By keeping yourself well hydrated, your heart will be able to pump your blood more easily. An added bonus is that it also helps your muscles to work more efficiently and promotes normal bowel function. Insufficient water intake can lead to dehydration, which can cause problems ranging from swollen feet or headaches to more serious things such as heat stroke. It also contains zero calories, so you have no need to worry about drinking too much of it!



Stay Active to Keep CHDs at Bay



Just as having healthy dietary habits is important, maintaining a physically active lifestyle will greatly reduce your risk of developing CHD. There are numerous health benefits to be gotten from being physically active.

For starters, it helps you to maintain a healthy body weight. By keeping physically active, you use up the energy that is absorbed by your body when you eat, thus helping to balance your energy input and output. This helps you to maintain a healthy body weight.

Lower Your Risk

There's more to physical activity than just balancing your energy input and output! It also means a lower risk of developing both CHD and diabetes. How does it help?

Lowering CHD risks: physical activity helps increase the level of HDL-cholesterol (or 'good' cholesterol) in your body. Exercising also ensures that your heart gets a good workout as it pumps more blood to your body.

Lowering diabetes risks: physical activity helps by stabilising your body's sugar levels, thus reducing your risk of diabetes. When you exercise, the cells and muscles in your body will use up the sugar in your blood, thus helping to stabilise your blood sugar levels.

There are also many ways that you can work your body more. Instead of taking the escalator/elevator, try walking up or down the stairs. If you drive somewhere, you can park a little further from your destination, this way you will be able to walk more. In fact, you can even exercise while watching movies/TV at home!

A Great Way to Socialise

For those of you who like to socialise, what better way to do it than by combining it with exercise? Meet your friends for a round or two of badminton instead of sitting at the *mamak* stall drinking *teh tarik* (which is loaded with sugar). Don't like badminton? Try futsal, golf, ping-pong, football, basketball, or any other sport!

You can even incorporate it as part of your family activity. Bring your family out to the park for a walk or have a weekly sports session, this will not only get everyone to exercise, but also helps you to spend more quality time with them.



There's no excuse not to exercise or be physically active. Even 10 minutes of exercise helps. The usual recommendation for exercise is a minimum of 30 minutes. However, you can split it up into several sessions. Do 15 minutes in the morning and 15 minutes at night, or 10 minutes in the morning and 20 minutes at night.



Stop Stressing Your Body!



Our present-day way of life is filled with all sorts of stressful situations. While there is no way that we can completely eliminate them, it is possible for us to keep them at a minimum with a little careful planning.

Chronic stress can not only lead to medical complications, but it will also lower your quality of life. This will affect not just the stressed person but also those around such as his family, friends, and working colleagues. Acute stress can alter a person's personality and lead to discomfort, abnormal behaviour, and even anger and hostilities.

Regardless of the type of stress that is experienced, it will alter the mechanism of your body's functions, thus producing hormones in your body like adrenaline and endorphins which can lead to medical complications over time. These include:

HEADACHES **MOOD CHANGES** **HEART PROBLEMS**
DEPRESSION **HYPERTENSION** **HYPER THYROIDISM**
OBSESITY **TOOTH & GUM DISEASE**
FREQUENT COLDS **PREMATURE AGEING**

Stress can start at an early age and progress into adulthood. Parents should do what they can to reduce the stress on their children. Most importantly, learn about time management and implement it both at home and at work. Learn how to say no, as you do not want to bite off more than you can chew. Stress is usually brought on by your own motivation and by the actions of others.

Methods to Reduce Stress

Now that you know about stress and what sort of havoc it can wreak on your body, you should do what you can to lessen your stress. Here are some tips:

SMILE, EXERCISE, RELAX, READ, HAVE A MASSAGE

CORRECT WORK-LIFE BALANCE. GET HELP.

INCREASE AND BETTER YOUR INTER-PERSONAL RELATIONSHIPS

DO NOT RESORT TO EATING, DRINKING, SMOKING TO DEAL WITH STRESS

DO DEEP BREATHING

Shut your eyes and pray or think of pleasant things.
Most importantly, get away from the source of your stress.

Of Stress and Stressors

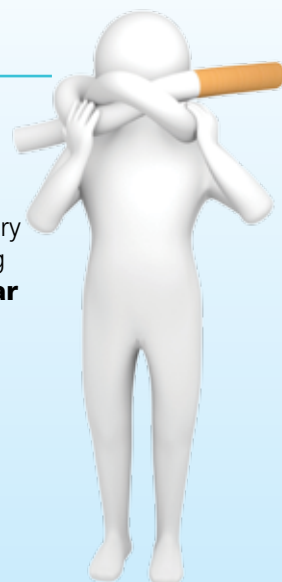
There is another type of 'stressor' that many people willingly put their bodies through, namely:

Smoking:

It is one of the biggest curses to good health. Even non-smokers are exposed to the risks that smokers court as second-hand smoke is every bit as dangerous. Millions of unnecessary deaths and undue suffering can be reduced by not smoking. It is estimated that **about 100,000 Malaysians die every year from smoke-related illnesses**. Countless manpower hours and billions of ringgit are spent in search of cures or to try to treat diseases that are directly related to smoking.

Unfortunately, the risk of smoking in Malaysia is high as 25% are smokers with a majority being males. The incidence in females (especially amongst youngsters) is also rising rapidly.

The only 'good' news is that if you are a smoker and you quit smoking, you can reduce your risks within five to 10 years so that it will be almost the same as that of a non-smoker. Even if you had a heart attack, by stopping smoking you can reduce your risk of additional attacks by almost 50%.



Drinking alcohol:

While there is no harm in drinking moderate amounts of alcohol, the danger comes from regular, habitual drinkers who drink a lot. **Heavy or regular drinkers face higher risks of serious health problems such as liver disease, cancer, and cardiomyopathy (a disease of the heart muscle).** Binge drinkers may face higher risks of developing arrhythmia (irregular heart rhythm).

Drinking alcohol can cause your blood pressure to become elevated, leading in turn to heart attack or a stroke. Your blood pressure may also increase due to weight gain caused by excessive drinking (alcoholic drinks contain extra calories).

In fact, alcohol can be harmful for some. This is especially true if you have heart failure, cardiomyopathy, hypertension, diabetes, irregular heart rhythm, a history of stroke, high triglycerides, and if you are obese or pregnant.

If you are on medications, then it is best to stay away from alcohol as certain medications may produce unwanted side effects if you throw alcohol into the mix.



So now that you know about the importance of a healthy lifestyle, it's time to put your knowledge into practise. Make it a point to be kind to your heart now before your heart goes on strike!

Vital Statistics to note:

Weight

	Body Mass Index (BMI) kg/m ²
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	>30.0

Blood Pressure

	SBP (mmHg)	DBP (mmHg)
Optimal	<120	<80
Normal	120-139	80-89
Hypertension: Stage 1	140-159	90-99
Stage 2	>160	>100

Blood Sugar

	Fasting Blood Sugar (mmol/l)	2 hours after food (mmol/l)
Normal	<5.6	<7.8
Pre-Diabetes	5.6 – 6.9	7.8 – 11.0
Diabetes	>7	>11.1

Lipids

No. of Risk Factors for CHD	LDLC (mmol/l)	HDLC (mmol/l)	TG (mmol/l)
0 – 1	<4.1	Male >1.04 Female >1.3	<1.7
≥2	<3.3		
CHD + CHD Risk Equivalent	<1.8		

Coronary Heart Disease (CHD) in the Young



By Datin Dr Liew Yin Mei

In the young, Heart Disease may arise from congenital abnormalities which occur in 1% of live births. These comprise mainly of septal defects (hole in the heart), valvular lesions and occasionally heart muscle disease and rhythm abnormalities.

Coronary Heart Disease (CHD) is not as common as in adults, because risk factors for CHD like diabetes, high cholesterol, hypertension, smoking and obesity usually occur in increasing frequency with advancing age.

However CHD **does** occur in the young as well, with a rising trend in recent years as obesity and its associated conditions namely diabetes, hypertension, lipid abnormalities and smoking habits become increasingly common with greater affluence, unhealthy eating habits and lack of exercise. In addition, high stress jobs and unhealthy lifestyles take their toll in the young.

Besides this, we must not forget that some medical conditions that predispose to CHD can also afflict the young, namely:

1. **Familial Hypercholesterolaemia (FH).**
2. **Hypertension from secondary causes.**
3. **Type 2 Diabetes (T2D) and Maturity Onset Diabetes in the Young (MODY)**

It is important to recognize these conditions early in the young to enable early treatment so that CHD and long term complications may be prevented and in some instances, a complete cure may even be possible.

Familial Hypercholesterolaemia (FH)

In FH, the LDL cholesterol levels are elevated in the blood due to defective LDL receptors which normally take up cholesterol from the blood to the liver. The milder form, the **heterozygous FH** individual has the defective gene from one parent and the LDLC levels are twice (2x) normal levels. Prevalence is about 1:500 in the population and these individuals often succumb to heart attacks in the 4th-5th decades of life.

In the more severe form, the **homozygous FH** individual has the defective gene from both parents and consequently, LDLC levels are 4x normal levels. This makes them prone to CHD at an early age – often having a heart attack or stroke around the age of 10. The prevalence is about 1 in a million in the population, but may be higher in populations with consanguineous marriages.

Early recognition of this condition is possible from a positive family history of early CHD and from the classical physical signs of thickened Achilles tendons, skin cholesterol deposits (xanthomas and xanthelasmas). Prompt aggressive treatment with medication and sometimes cholesterol dialysis are essential to prevent early death.

Hypertension In The Young

Hypertension is a strong risk for cardiovascular disease (CVD). Prevalence of hypertension in Malaysians <30 years was 32.7% and >30 years was 43.5% in the National Health and Morbidity Survey (NHMS) 2011. Hypertension in the young may be secondary to causes like kidney diseases, endocrine diseases and tumours, congenital abnormalities like coarctation of the aorta, renal artery stenosis etc. Early detection and treatment sometimes surgical may be curative.

Type 2 Diabetes & Maturity Onset Diabetes in the Young (MODY)

In Malaysia, prevalence of diabetes has been increasing from 14.9% in the NHMS 2006 to 15.2% NHMS 2011 in adults >30 years. The prevalence increases with age but there is an increasing number of obese adolescents presenting with Type 2 Diabetes. Type 2 Diabetics have a 2-4 fold increased risk for CHD, partly because of concomitant risk factors such as hypertension, obesity, lipid abnormalities and smoking and partly because of high blood sugar levels. Diabetes has been described as a CHD risk equivalent i.e. diabetics have the same risk of getting CHD as a person who already has a heart attack before.

There is a genetic tendency to diabetes, with a polygenic inheritance pattern, but another variant of Type 2 diabetes has been described – Maturity Onset Diabetes in the Young (MODY) which shows a dominant inheritance pattern. Here diabetes presents at a young age in the teens to thirties.

In conclusion, it is important to recognize these conditions in the young which place them at an increased risk for CHD at an early age and it is therefore NEVER TOO EARLY for increasing awareness and early prevention.





By Ainon Hj Kuntom

Makanan Sihat Turun Temurun Orang-orang Melayu

Sudah zaman berzaman orang-orang melayu banyak memakan sayuran bersama nasi, ubi, keledek atau keladi. Sayuran yang dipetik di hutan mahupun yang ditanam di sebelah rumah menjadikan masakan yang paling sedap dan enak dimakan. Lebih-lebih lagi sekiranya makanan ini disajikan bersama ikan (dari sungai atau pun laut) dibakar, dikukus, atau direbus, dijadikan singgang, asam pedas, lemak cili padi dsb.

Sayur-sayuran dedaun seperti pengaga, cekur, duan jambu gajus, kacang botok, daun tenggek burung, lazimnya dipetik, dibasuh, dijadikan ulam dan dimakan dengan sambal air asam, sambal belacan, sambal pecal atau kacang, sambal buah-buahan seperti buah binjai, mangga, pelam, kundang, tomato dsb. Cara menyediakan ulaman-ulaman ini dimakan segar atau dijadikan ulam, rojak, pecal, atau kerabu amatlah baik untuk dimakan, terutamanya bagi pesakit-pesakit jantung.

Bagi pesakit jantung, makanan yang perlu diambil sekurang-kurangnya 5 hidangan buahan setiap hari seperti betik, kesemak, ciku, tembikai, buah nona, durian belanda, limau, pisang, manga, anggur dsb. Buah-buahan dan sayur-sayuran yang disebut tadi amatlah perlu dimakan oleh mereka yang baru mendapat serangan penyakit jantung. Tindakan **antioksidan** dalam sayuran dan buah-buahan dapat mengurangkan **nekrosis** (kematian sel) dalam otot jantung. **Arteriosklerosis** yang menyebabkan serangan jantung boleh dipulihkan. Kajian pemakanan seperti ini telah dibuat di California, USA, dan pesakit yang mengamalkan pemakanan seperti ini selama setahun, selepas rawatan, berjaya mengurangkan 10% stenosis (penyempitan) arteri koronori.

Jenis makanan yang sebutkan di atas dengan cara masakan merebus, mengukus, membakar, membuat ulam atau kerabu adalah cara menyediakan masakan yang sihat tanpa (pengorengan) - minyak. Masak lemak cili api pun direbus tanpa tumis. Santan

kelapa datang dari jenis tanaman - sebenarnya sihat. Bagi pesakit jantung, isi kelapa muda yang lembut bagus dimakan selepas menjalankan rawatan pembedahan jantung (kerana ianya penuh dengan magnesium).

Selain dari itu, sekiranya kita masak dengan menggunakan banyak bawang merah atau bawang putih yang besar (atau makan begitu sahaja, mentah sebagai ulam) ia boleh juga mencegah **arteriosclerosis**, meningkatkan kependalaran darah dan meningkatkan aliran darah menerusi arteri koronori.

Bagi mengelakkan mengalami kekejangan otot yang licin seperti yang berlaku pada dinding arteri yang kekurangan magnesium, kita perlu memakan jenis makanan seperti labu kuning, barli, ubi kentang, biji-bijian seperti kacang kuda, dal, keledek, kacang gajus dan buah anggur.

Penggunaan rempah ratus dalam masakan orang-orang Melayu boleh juga menjaga kesihatan kita terutama mencegah dari mengidap penyakit jantung. Antaranya adalah:

Cili umpamanya mempunyai capsin boleh menyihatkan jantung.

Kayu manis boleh mengurangkan kolestral, menurunkan gula dalam darah, dan senantiasa menyihatkan saluran arteri.

Daun parsley boleh menyekat arteri daripada tersumbat.

Bawang putih boleh menghindarkan pembekuan darah dalam saluran arteri.

Adalah penting untuk dimaklumkan di sini dari zaman purba dulu orang-orang Melayu telah menyediakan masakan makanan dengan senang dan mudah, iaitu dengan cara merebus, mengukus, dan membakar. Penyediaan makanan seperti ini amat baik dan sihat kerana nutrien yang ada dalam sayur atau ikan, ayam yang dimasak cara begini akan berkekalan.

Kita lihat sahaja orang Melayu berusia emas di kampung-kampung, mereka

hidup sihat, udara nyaman, banyak pepohon redup, ikan didapatkan secara segar dari sungai atau kolam ikan yang dibela, sayur dipetik dari daun-daun di keliling rumah ditanam sendiri, atau dibeli di pasar tani. Hasilnya mereka sering mempunyai muka yang bersih awet muda. Dengan demikian kita perlu amalkan semula cara memakan makanan yang mudah disediakan tanpa pengawet dsb supaya menjaga jantung kita sihat.

Malangnya kini ramai yang suka makanan mudah yang terdapat di pasaran, makanan yang diperkenalkan dari Barat atau Amerika sehingga ramai yang mengidap penyakit jantung bukan turun temurun dari keturunan keluarga, tapi dari makanan kurang sihat.

Kalau kita makan makanan berkhasiat seperti nenek moyang kita dulu sudah tentu bilangan pesakit jantung menurun di Malaysia, malangnya mengikut kajian terbaru, dalam jangka masa 6 tahun kebelakangan ini tiap-tiap satu (1) dari empat (4) orang yang mati di hospital kerajaan adalah pesakit jantung.

Bayangkanlah kalau terus menerus kita tidak menjaga makanan kita, tidak beriyadah dan tak membuat ujian saringan jantung dan tidak pernah berjumpa doctor, merokok pula, maka makin banyakkah pengidap/penyakit Jantung akan mati.

Sayangilah jantung anda dan jantung anda akan meyakini anda.

**Makan ulam dengan nasi,
Air bidara minum tiap hari,
Amalkan makanan tradisi,
Hidup sihat muka berseri.**



Know The Truth about Women's Heart Health

Did You Know?

Coronary Heart Disease Kills 1 out of 4 Malaysian Women

Post-menopausal women are very prone to having high blood cholesterol levels, one of the known risk factors of coronary heart diseases due to significant hormonal changes in the body. Most women fear being a victim of breast cancer, but little do they know that more of them die of coronary heart diseases, which the total number of deaths is almost **3 times** higher than all types of cancers combined.

"Essentially, coronary heart disease can be a silent killer, and it's a ticking time bomb amongst women."

The reason that more women die from heart attacks is because they usually fail to recognize the symptoms or delay getting treated. Women who develop heart attacks do not experience chest pains; they are often given lower priority than men. As a result, about 50% of women who have heart attacks die before they reach hospital.

RESEARCH PROVEN¹:

Eating an oat bran cereal containing **3 g of high-molecular weight oat beta-glucan per day** lowered LDL cholesterol by 5 to 6 percent. Higher molecular weight oat beta-glucan ($\geq 2,200$ kDa) was shown to produce higher viscosity effect in the upper gut (small intestine), thus greater effect (reduction) on LDL cholesterol. Low molecular weight (≤ 210 kDa) oat beta-glucan on the other hand, had minimal or no effect on LDL cholesterol.

In order to make sure that a product works as claimed, the **molecular weight** and **viscosity effect** of oat beta-glucans in the human body should be taken into consideration while choosing the best among many brands available in the market.

5 REASONS Why You Should Choose Biogrow Oat BG22™ Oat Bran Powder or Oat BG22™ Crispy Cereal for Your Cholesterol Problem?

1. Both are made of **only natural ingredient(s) – Swedish oat bran**. Free of added artificial ingredients, thickeners & fillers.
2. 2 scoops / sachets (= 18 g) of oat bran powder or 1 packet (30 g) of crispy cereal provide **3 g or above high molecular weight oat beta-glucan¹**, to produce high viscosity effect in the gut.
3. **Rich in total fiber**. Both choices offer a balanced combination of soluble (for the maintenance of healthy cholesterol levels) and insoluble fiber (for the maintenance of gut health).
4. **Good solubility & viscosity effect**. The powder dissolves very well in cold or lukewarm water. Both powder and crispy cereal are scientifically shown to produce good viscosity (gelling) effect in the gut for optimal cholesterol-lowering effect¹.
5. Cholesterol-lowering & glucose-regulating effects of **Biogrow Oat BG22™** are substantiated with **more than 30 product-specific clinical studies^{2,3}**.

How to consume Biogrow Oat BG22™?

Biogrow Oat BG22™ Oat Bran Powder

Mix 1 scoopful or 1 sachet with 200 ml of cold or lukewarm water and drink immediately before meals. Take at least twice a day for optimal cholesterol-lowering effect. Also tastes great when mixed into honey, soy milk, chocolate drink or fruit juice.

Biogrow Oat BG22™ Crispy Cereal

Can be eaten straight from the packet as a high fiber snack or enjoy it with low fat milk, soy milk or yogurt. One packet a day, keeps high cholesterol away!

Ladies, take action now & start nurturing your heart with Biogrow Oat BG22™ today!

References:

1. Wolaver et. al. Am J Clin Nutr., 2010.
2. EFSA Journal 2010; 8(12):1885. [15 pp.] doi:10.2903/j.efsa.2010.1885.
3. http://www.oatwell.com/publications_oat.html

BIOGROW®

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,
call 03-7956 2220 (Mon – Fri, 9am – 5pm)
or email to info@biogrow.com.my.
Like our Facebook page at
www.fb.biogrow.com.my

Calories 102 per packet  Crispy Cereal Made in Germany

Oat BG22™ Crispy Cereal
Made from Oat Bran
102 Calories per packet

Oat BG22™ OAT BRAN POWDER
with 20% Beta-Glucan
102 Calories per packet

Oat BG22™ OAT BRAN POWDER
with 20% Beta-Glucan
102 Calories per packet

Travel Pack (9 g x 30 sachets)

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

Canister (400 g)

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



Oat BG22™



Helping Malaysians Lead A Healthy Lifestyle

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

✓ Provides **High Molecular Weight** Oat Beta-Glucan

✓ Other Health Benefits include:

- Manage Blood Glucose¹
- Promote Bowel Regularity²
- Support Weight Management³

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**.

Calories
102
per packet



Crispy Cereal
Made in Germany



Oat Bran Powder
Imported from
SWEDEN



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

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



Canister (480 g)

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



Travel Pack
(9 g x 30 sachets)

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

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

References:
1. Jenkins et al. 2002. European Journal of Clinical Nutrition
2. Cummings et al. 2010. EFSA Panel on NDA
3. Beck EJ et al. 2009. Molecular Nutrition & Food Research

Available at all leading pharmacies nationwide.

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Website: www.biogrow.com.my

