



**YAYASAN JANTUNG MALAYSIA**  
(The Heart Foundation of Malaysia)

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

Volume 45 3rd issue, 2016  
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**Tan Sri Dato'**  
**Kamaruzzaman bin**  
**Shariff**  
**Vice President**

## **Run Your Way to Better Heart Health!**

Serving as the Vice President of Yayasan Jantung Malaysia (YJM) has been one of the most rewarding duties I have had the honour of taking up. One of our strategies has been to revitalise YJM's drive by giving it a new focus by tackling the scourge of heart disease among Malaysians in a more active manner, i.e. focusing on decreasing sedentary activities and making Malaysians take up more 'fun' physical activities.

The 'heart-breaking' statistics of deaths caused by heart disease remain more or less the same as previous years with cardiovascular diseases still ranking as the top cause of death in Malaysia (this includes deaths caused by heart attacks and strokes). A staggering one in three deaths is estimated to occur in individuals below 60-years-old. This has lowered the average age of heart attack patients in Malaysia to 58.5-years-old – this is lower than those of neighbouring countries. On top of that, around three out of ten Malaysians (aged 18-years-old and above) has hypertension while almost one in two have hypercholesterolemia.

As we come to the close of 2016, it is our fervent hope that our message of leading a physically active lifestyle will appeal to Malaysians. Remember, heart disease is not something that develops overnight. Our message to the public is simple: eat healthily and ensure you get enough physical activity on a daily basis. These are the basics for leading a healthy lifestyle, which will, in turn, help prevent heart disease.

We hope that the recently concluded Bubble Dash Run that was held in Penang and KL have proven that not only can exercise be fun, it can be a great family-bonding activity too. After all, one's exercise regimen need not be needlessly complicated or take up long hours, and it can be a lot of fun! Most importantly, exercising will ensure a better overall quality of life and an increased sense of well-being.



## YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia  
Member of World Heart Federation

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### Editor's Note

## Striving for a healthier heart



Through the years, YJM has continued to advocate the importance of a healthy lifestyle in combating the scourge of heart disease. In our quest to accomplish this, we play our part not only in advocating a healthier diet but also in encouraging the public to lead a more physically active lifestyle.

In 2016, we have partnered with Great Eastern Life in bringing a fun-filled run, with the intention of showing the public that exercise can be a fun activity shared by the family. In our efforts to achieve this aim, the "Bubble Dash Run" was held in two cities, namely Penang and Kuala Lumpur. Our special guest of honour, KDYMM Tengku Permaisuri Selangor Tengku Norashikin Abdul Rahman, not only flagged off the runners in the KL leg of the run, but also took part in it herself!

It is our fervent hope that the Malaysian public will embrace physical activity as one of the key components of a healthy lifestyle wholeheartedly; hopefully, this will shift our society from a predominantly sedentary lifestyle to a more physically active one. The Bubble Dash Run represents part of our effort to emphasise the importance of being physically active and how it can be fun and not a chore. After all, there is more to heart health than just a healthy diet for it is important for one to lead a physically active lifestyle as well.

In this issue of Berita YJM, we hope to clear the air regarding some confusion which may have arisen due to recent articles disputing the importance of cholesterol in the development of coronary heart disease (CHD). Adding fuel to the confusion was the change in policy by the U.S. Government and the American Heart Association (AHA) which removed dietary cholesterol from their 'most wanted list'. Our feature article 'The Cholesterol Confusion' addresses this confusion.

Also in this issue, we look at the caregivers of heart patients who take on the task of caring for these patients at home. We highlight some of the challenges they face and include a tip or two to help them deal with the situation.

As always, we at YJM persist in our on-going efforts and activities to educate Malaysians about heart health and how to maintain it. We will continue to push forward in conducting more ground-level activities and to push for greater awareness amongst the general public.

It is our fervent hope that with your continuous efforts and contributions to YJM's ideals, we will succeed in building a heart-healthy nation!

Happy New Year to all!

**Datin Dr Liew Yin Mei**



# List of Activities/Programmes:

## Heart Week Programmes



AEON Permas Jaya, Johor • 2 – 6 November 2016

## Community Programmes



Chemor, Perak  
• 1 October 2016

Masai, Johor  
• 15 October 2016

Tmn Saga Rakit, Mentakab,  
Pahang • 13 November 2016

## School Programmes



Geomatika University College, Setiawangsa, KL • 6 September 2016

Kolej Universiti Agrosains Malaysia, Melaka • 22 September 2016

## Go Red For Women Programmes

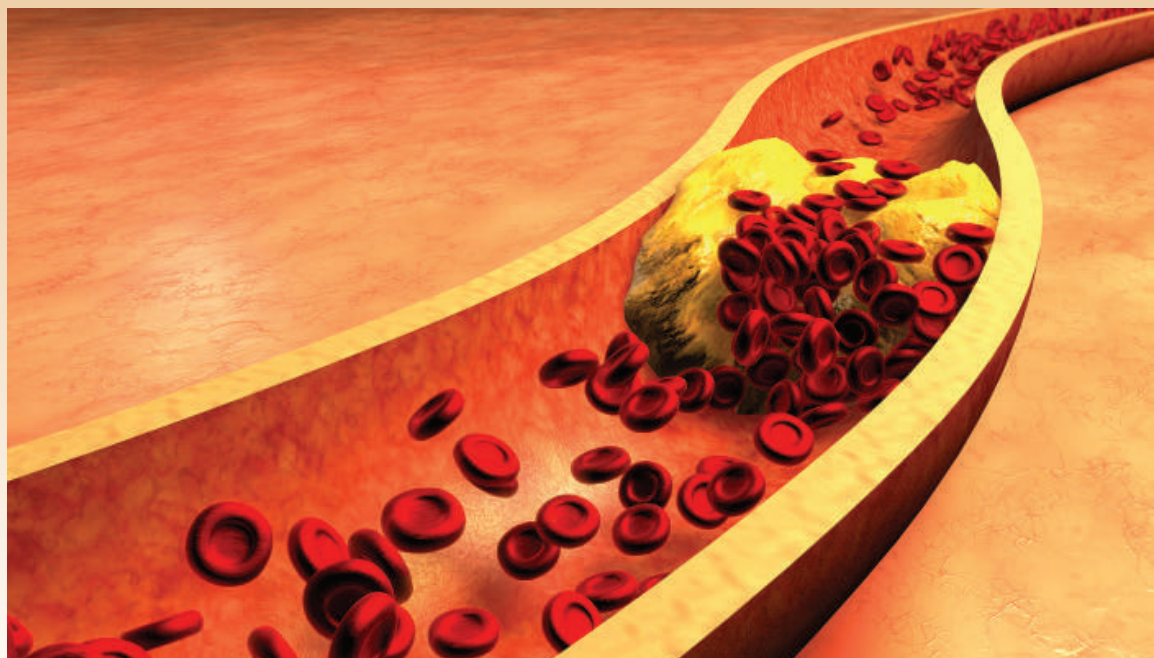


Puspanita, Mont Kiara • 9 October 2016

# The Cholesterol Confusion



By *Datin Dr Liew Yin Mei*



Recent articles disputing the importance of cholesterol in the development of coronary heart disease (CHD) coining it the 'Cholesterol Myth' have cast doubts and brought confusion to many.

However, the role of cholesterol as an important risk factor in the development of CHD has been well proven over the last 5-6 decades from numerous epidemiological studies, clinical evidence and clinical trials with treatment. Cholesterol is essential to the body for various functions like formation of cell walls, hormones and bile, but excessive amounts are harmful, leading to its deposition in blood vessels giving risk to atherosclerosis and eventually 'blocked arteries'. Robust data from epidemiological studies like The Seven Countries Study, Framingham Heart Study and MRFIT Studies have shown a strong association between cholesterol levels and the incidence of CHD.

Besides this, clinical evidence of this association is clearly seen in patients with Familial Hypercholesterolaemia who succumb to CHD and strokes prematurely. Individuals who have inherited

the gene defect from 1 parent (the Heterozygotes) have twice the levels of LDL cholesterol of a normal person and inheritance of the gene from both parents (the homozygotes) have 4 times the levels of LDL cholesterol of normal.

These individuals are highly prone to cardiovascular disease- the homozygotes are known to develop CHD or stroke as early as 10 years of age and the heterozygotes as early as the 3rd or 4th decades of life unless they are treated.

The corollary is also true as individuals with the rare inherited low cholesterol levels (familial hypobetalipoproteinaemia) have little or no CHD.

In addition, large clinical trials like the 4S Study and Heart Protection Study have also shown a reduction in cardiovascular events with statin treatment to lower LDL cholesterol levels.

Metanalysis of studies in the Cholesterol Treatment Trialists' Collaboration revealed a significant reduction of 23% in major cardiovascular events with a 1 mmol/l reduction of LDL cholesterol levels.



More intensive lowering of LDL cholesterol levels as in the Reversal and Asteroid trials have shown a delay in the progression and even regression of atherosclerotic lesions.

Therefore, the cholesterol link to CHD is real and lowering is beneficial.

Then why is there a confusion?

This started when news spread that after many years, the U.S Government and the **American Heart Association (AHA)** have changed their policy and taken dietary cholesterol off their 'most wanted list'.

This statement should however not be misinterpreted. It is true that dietary cholesterol does not affect blood cholesterol levels too much because it only contributes to about 15% of our blood cholesterol levels, so that even if a person follows a strictly cholesterol free diet (which is often not adhered to,) only a maximum 15% reduction is achieved. This may not be significant in individuals with moderate or very high cholesterol levels, but in individuals with mildly elevated cholesterol levels, this may be sufficient.

The AHA statement to absolve cholesterol from the 'most wanted list' serves to avoid focusing only on cholesterol as a harmful substance and aims to draw attention to and highlight the importance of other harmful substances like saturated fats and trans fats which not only raise cholesterol levels but also leads to obesity. Together with excessive consumption of carbohydrates, there has been an explosion of overweight and obese individuals with diabetes worldwide associated with a high risk for CHD.

Often, individuals on low cholesterol diets turn to these alternative foods without realizing the potential harmful consequences.

The **2016 European Society of Cardiology & European Atherosclerosis Society** recommends a diet with a wide variety of foods, and energy intake adjusted to prevent overweight and obesity.

Fruits, vegetables, legumes, nuts, whole grains cereals, fish, skinless poultry, skim milk and yogurt are recommended. Foods rich in saturated fats (hard margarines, animal fats, tropical oils, fatty or processed meats, cream, butter, regular cheese) and high carbohydrates (rice, noodles, cakes, sweets and soft drinks) should be limited/avoided.

Monounsaturated fat (like olive oil) and polyunsaturated fat (vegetable oils) to replace saturated fat, to keep trans fats < 1% total energy and saturated fat < 10% (< 7% in presence of elevated cholesterol levels).

The decision to take medications to control cholesterol levels is guided by the individual's **CHD risk score** which can be calculated using various risk estimation tables such as the **Framingham Risk Score**, the **Pooled Cohort Risk Assessment Equations**, **SCORE** etc. These take into consideration other risk factors like age, sex, hypertension, smoking, diabetes besides the cholesterol levels.

Through medications may give use to side effects, these are not common and where indicated, the benefits of treatment far outweighs the risk.

In the final analysis, cholesterol is undoubtedly an important risk factor but it is the global risk in the individuals that needs to be addressed to combat CHD.





## Feature Event



*At the break of dawn – participants waiting for the run to start.*



*An enthusiastic crowd cheering as they enjoy the post-run on-stage entertainment.*



*Thumbs up! Let's get going!*



*Ready... Steady... – participants waiting for the start of the run with great anticipation.*

# The Great Eastern Bubble Dash Run 2016

Thousands of participants took part in a 'bubbly' frenzy, dashing through several multi-coloured bubble stations placed along the planned circuit in Penang and Kuala Lumpur. This family-oriented run was the result of a joint effort between Great Eastern Life and Yayasan Jantung Malaysia (YJM). The intent behind it was to encourage more people to be more physically active and to get them to associate exercise with fun.

The Bubble Dash run catered to runners of all ages and fitness levels and Medals were given out to those who completed the route. However, the Kuala Lumpur leg of the run featured three different circuit lengths for runners to choose from, which included a 21km half-marathon length circuit for serious runners.

The KL leg of the run was also graced by the presence of KDYMM Tengku Permaisuri Selangor Tengku Norashikin Abdul Rahman who flagged off the runners. Also present was the Director and Chief



*Datuk Dr JS Sambhi and Tan Sri Dato' Kamaruzzaman bin Shariff sharing a moment before the start of the run.*



*Walk, run, or sprint – anything's fine as long as you finish the circuit.*



*We're almost there! – the joy on participants faces says it all.*



*Starting off with a pop! – bubbles inundating participants at the start of the run.*





Participants enjoying themselves during the run.



Fun for the kids.



Let's do the Bubble Pose! – participants having fun at a bubble station.



Participants enjoying an Angry Bird game at one of the game stations.



Datuk Dr JS Sambhi and Tan Sri Dato' Kamaruzzaman bin Shariff catching up with some participants at the health screening booth.

Executive Officer of Great Eastern Life, Dato' Koh Yaw Hui. YJM was represented by its President – Tun Ahmad Sarji Bin Abdul Hamid, Vice President – Tan Sri Dato' Kamaruzzaman Shariff, and Chairman – Datuk Dr JS Sambhi.

At the end of the run in both venues (Penang & KL), eager participants thronged the venue well before the break of dawn. It was non-stop, fun-filled action all the way from the start of the run right up to the moment they crossed the finish line.

Participants were able to access a variety of health and family-oriented activities such as free health screenings, Zumba workout sessions, various food and beverage stalls, interactive games, inflatable objects for children, on-stage entertainment, and lots of other exciting giveaways.

This is the fifth consecutive year that Great Eastern Life has organised a Live Great Run, which is in line with efforts to inspire Malaysians to lead healthier lives.



And the winners are... getting a bubble bath!!



Free health screening includes a body mass index analysis.



We had a great time 'n hope to see you next year!



The winners receiving their prizes.





## Exclusive Interview with Dato' Dr Aljafri Abdul Majid

YJM Board of Director

science, technology, and medicine has made me very happy!" enthuses Dato' Aljafri.

Becoming a doctor was not high on the list of possible careers that interested Dato' Dr Aljafri Abdul Majid. In fact, he was actually enamoured by the men who built things, i.e. architects, engineers, and scientists. His father, Tan Sri Dr Abdul Majid, was a doctor and he very much wanted Dato' to follow in his footsteps. He took the time to sit down with Dato' and talked him into studying medicine.

Despite Dato' Aljafri's initial reluctance and misgivings about taking up medicine, he soon found that it proved to be a fascinating subject. His earlier fascination with engineering and the other sciences notwithstanding, he discovered that his thirst for an exciting career was gratified by various subjects available for study in medicine.

### A flash of insight

"As a young boy, I did not quite realise what medicine was all about. It was only later as I was starting off on my career that I had an epiphany and realised, 'Hey! This is it!' which was strange considering that I was different from most people who wanted to be a doctor since they were young. Although it was never the first choice of study or career for me, yet I found that medicine allowed me to be all the other things that I wanted to be," Dato' Aljafri confides.

"I was able to indulge in research which allowed me to play scientist. I also took up cardiac surgery, where using the bypass machinery required knowledge about fluid mechanics which allowed me to be a heart 'engineer'! This wonderful blend of

Among some of Dato' Aljafri's contributions to the medical field include not only research, but he also published some textbooks which are still in use in the UK today. In the 1990s, Dato' Aljafri began to see the debilitating results of heart disease. He gladly accepted Datuk Dr JS Sambhi's invitation to become actively involved with YJM and helped them with some of the exhibitions and awareness programmes, which helped raise public awareness of heart disease.

### Getting on Board

Dato' Aljafri was appointed as a member of YJM's Board of Directors and he is happy with the support and cooperation that he has received. He points out that over the years, the emphasis has shifted from raising public awareness of the importance of a healthy diet to encouraging the public to be more physically active.

The recently concluded Bubble Dash Run was a smashing success, with almost 3,000 participants in Penang and 15,000 participants in KL. The KL leg of the run was flagged off by KDYMM Tengku Permaisuri Selangor Tengku Norashikin Abdul Rahman, who later also joined in the run!

The success of the running events organised by YJM and Great Eastern Life has left Dato' Aljafri feeling that they are on the right track in promoting the image that physical activity is fun and not a chore.

### Busy as a bee

Although Dato' Aljafri leads a hectic lifestyle, he manages to maintain his calm and poise. His secret is

simple – time management! Dato' Aljafri reveals, "Basically, it is all about prioritising your tasks and managing your time effectively and wisely. Yes, things may get a little tricky at times and you may feel that you have to be in two places at once, but if you manage your time effectively, you will be able to work things out quite satisfactorily."

Dato' Aljafri also practises what he preaches, for in spite of his hectic schedule, he somehow manages to squeeze in time for badminton, squash, and even swimming. His latest accomplishment is learning how to do the butterfly stroke on his own after picking up some tips and pointers via YouTube!

### Words of wisdom

Before concluding our interview with him, Dato' Aljafri advised members of the public to eat healthily and exercise regularly. He divulges, "Rather than depending on an apple a day to keep the doctor away, eat well and healthily. Do some regular exercise, two may three times a week – this will work wonders! Exercise should never be a chore, if you try something and don't enjoy it, try something else. As long as the exercise you choose is something you find fun to do, you will find yourself looking forward to it instead of dreading your next exercise session."

Dato' Aljafri reveals that his philosophy in life is very simple, **"There's got to be a lot of give and take. Don't be too kiasu in life. Your life will be much less stressful, more pleasant, and you will be able to get through most things in life."**



# Joining the Fight against DIABETES

People with diabetes are **2 to 6 times** more likely to develop cardiovascular disease than people without diabetes.

*Association of Diabetes & Cardiovascular, 2013*



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Oat Beta™ oat bran powder & crispy cereal is the recommended daily serving, providing a big clinically-tested dose of oat beta-glucans (high molecular weight).

Oat beta-glucan acts by increasing the viscosity of the meal bolus in the gut area, which is vital for blood cholesterol & blood glucose reduction in the body.

### How Does it Work?



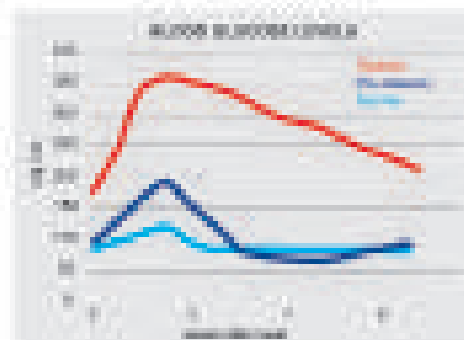
The Malaysian MDA and European Commission have approved oat beta-glucan and its role in controlling diabetes high blood sugar levels.

"Oat soluble fiber (beta-glucan) helps to lower the rise of blood glucose provided it is not consumed together with other food."

*Ministry of Health, Malaysia*

"Consumption of oat beta-glucans as part of a meal contributes to the reduction of the blood glucose rise after that meal."

*European Food Safety Authority*

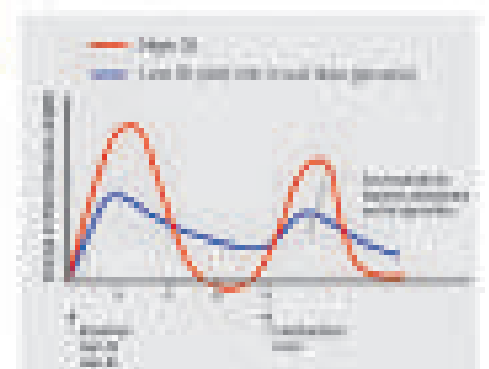


Oat Beta™ oat bran powder & crispy cereal have been approved by an EU-council as being a low GI (glycemic index) and low GI (glycemic load) food. Both studies are high in insoluble fiber and soluble fiber (oat dietary fiber).

Diets that are of low glycemic index / load and high in dietary fiber are protective.

*WHO/FAO/WHO*

Impact of breakfast switched with oat beta-glucan extends to lunch with lower blood glucose and insulin levels.



*Journal of the American Medical Association*

## The Benefits



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# Sabar, menjaga pesakit jantung



Ainon Hj Kuntom

Kita semua sering bersimpati dengan pesakit jantung kerana pesakit ini perlu rawatan yang rapi dan betul kalau di rumah manapun Hospital.

Jarang sekali kita memikirkan tentang orang yang menjaga pesakit jantung. Pada fikiran kita penjaga ini selalunya adalah orang yang sihat belaka, lebih-lebih lagi kalau penjaga pesakit yang telah diserang stroke atau angin akhmar, yang perlu dirawat dengan rapi kerana anggotanya telah cacat. Pesakit tersebut perlu dimandikan, disuap makanan, diberi rawatan fisioterapi bagi memulihkan anggota yang cacat selepas serangan jantung dan berbagai-bagai rawatan lain.

Baru-baru ini dalam lawatan saya ke rumah pesakit jantung anak-anaknya memberitahu saya bahawa emaknya lepas sembahyang seringkali membaca doa pencegah angin akhmar tapi masih juga diserang jantungnya.

Bagai saya membaca doa memanglah betul dan mengikut Sunnah Nabi. Kita perlu ingat membaca doa sahaja tidak mencukupi kerana kita perlu juga mencegahnya melalui cara kehidupan kita seharian.

Kalau kita berdoa sahaja tapi tidak beriyadah atau bersenam, berjalankaki, dan senantiasa



mengambil makanan yang tidak sehat, umpamanya:

makan daging merah, seperti nasi biryani, lemak cilipadi daging salai, steak, satay dsb makanan yang berminyak dan banyak kolestoral seperti *baby squid* atau anak-anak sotong, udang dan ketam (seperti *soft shell crab*), tentu sekali, banyak mana pun doa yang dibaca tidak boleh elakkan kita dari serangan jantung, lebih-lebih lagi kalau nasihat doktor suruh makan ubat diabaikan, tentu sekali kita akan dapat serangan jantung.

Dengan demikian penjaga pesakit jantung perlulah ingat pekara di atas, selain mengelakkan pesakit membuat amalan yang tidak sihat, penjaga juga harus sama mengelakkan perbuatan tersebut.

Penjaga pesakit jantung perlu juga mengambil makanan sihat dan selalu bersenam, berjalankaki dan menjaga kesihatan dengan rapi, bagi mengelakkan mendapat penyakit yang sama dan *\*stress\** tekanan hidup. Pesakit jantung ini selalunya cerewet dan senantiasa minta dikasihani dan minta dibelai, dengan demikian penjaga terpaksa menjalani kehidupan yang agak tersekat dan pincang, iaitu berada

dalam keadaan yang tertekan dan sering berdepan

dengan sakit jiwa. Pesakit tetap dengan sakitnya, tetapi penjaga pula akan menghadapi penyakit jiwa yang tidak keruan.

Sebab-sebab di atas akan menimbulkan banyak salah faham di kalangan penjaga pesakit dan pesakit, hasilnya kedua-dua akan sakit.

Penjaga pesakit haruslah mempunyai taraf dan tahap kesabaran yang tinggi bagi mencegah timbulnya konflik. Penjaga juga mestilah mendapat tidur sekurang-kurangnya, 6 jam semalam. Perlu rehat, bersenam dan berjalankaki, dan mengamalkan memakan makanan yang sihat.

Penjaga pesakit perlu menjadi rakan setia dan berkongsi hidup dengan pesakit dengan menasihati pesakit, menunjuk ajar kepada pesakit, dan bersama-sama membuat fisioterapi, bersenam ringan, menghiburkan diri dengan bersama-sama menonton TV dan mendengar radio dengan muzik yang menyegarkan kalbu, menjalankan amalan-amalan seperti ini akan dapat memulihkan dan menenangkan jiwa dan raga kedua-dua pesakit dan penjaga, InsyAllah.



## PLANNER FOR 2017

MONTH	DATE	PROGRAMME	VENUE
<b>JANUARY</b>	11	College	SEGI College Subang Jaya
	16	College	Kolej PTPL Sg. Petani Kedah
	17	College	INTI Int. College Penang
	22	Community	Sg . Besi KL
<b>FEBRUARY</b>	6	School / College	Kolej Poly Tech MARA Batu Pahat
	7	School / College	Wesley Methodist School Melaka
	14	School /College	Wesley Methodist School Klang
	22-26	Heartweek	AEON Mall Kota Bharu
<b>MARCH</b>	8	School	SMK Seremban 2
	11	Go Red	Johor Bahru
	14-16	Workplace	MNRB Holding Bhd
	18	Community	Maran, Pahang
	19	Community	Sg. Jerik, Jengka Pahang
	22-13	Workplace	Takaful Ikhlas
	29-3 April	Heartweek	Kuantan Parade
<b>APRIL</b>	11	School / College	Wesley Methodist School KL
	15	Community	Seremban NS
	16	Community	Lukut NS
	19-20	Workplace	MQA Petaling Jaya
	25	School / College	Kolej PTPL K. Terengganu
	26	School / College	Kolej PT MARA Kota Bharu
<b>MAY</b>	3-7	Heartweek	AEON Mall Taiping
	14	Community	Kajang, Selangor
	16	School / College	Kolej PT MARA Cheras
	23	Workplace	Alloy Mtd Batu Caves, Sel.
<b>JUNE</b>	10	Community	Desa Petaling, KL
<b>JULY</b>	9	Community	Cheras, KL
	12	School / College	INTI Int. College KL
	19-23	Heartweek	Kota Kinabalu, Sabah
	26	School / college	Kolej PT MARA Bangi

**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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☐ 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)





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Halal  
Oat Bran Powder  
400g

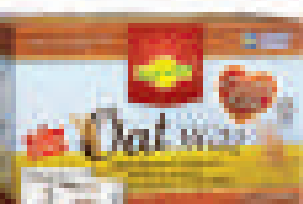


2 scoops (i.e. 10 g)  
= 100% Beta-Glucan

• Other Biogrow™ Oat BG22™ family members •



Crispy Cereal  
(200 g x 2) or 200 g  
(20 g x 10) or 4 g



Oat Bran Powder  
Instant Pack  
(10 g x 10)

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



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

Available at all leading pharmacies nationwide.  
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