



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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Ahmad Sarji

Tun Ahmad Sarji bin Abdul Hamid
President

A Step in the Right Direction



At the launching ceremony

As we reach the last quarter of 2017, it is a time for some quick reflection. This message is devoted to Datuk Dr Sambhi.

Datuk Dr Sambhi has recently released his autobiography chronicling his life and times. As a close friend and colleague, I had the honour and privilege to launch his book in a dignified ceremony that was made more meaningful as it coincided with his 50th wedding anniversary.

His life story is one that is filled with many interesting twists. In fact, his tale starts off fairly dramatically as he was born prematurely and weighed just over one kilogramme. In those days, incubators were not widely available thus premature babies had a very low survival rate. His parents were told that he was not expected to survive the night, much less grow up.

Against all odds, he not only survived but went on to make a difference in the lives of countless other people and is responsible for safely delivering 6,995 babies throughout his career as the first Sikh obstetrician and gynaecologist (O&G).

Although he was primarily an O&G specialist at heart, it was during the time he served as President of the Rotary Club of Kuala Lumpur that it became clear to him that heart disease was the leading cause of morbidity and mortality in Malaysia.

Although the initial basis for forming YJM was to help the poor and needy to get necessary treatment, the focus gradually evolved on prevention. While he notes in one of the later chapters of the book that there are now signs that YJM's awareness programmes are beginning to bear fruit, he also states emphatically that we cannot and must not stop now.

Toward the end of the book, Datuk Dr Sambhi shares some of life's lessons as well, including one which resonates with me:

"Misfortunes can turn into blessings if you continue in the right direction."

I hope you will get one for your book collection as it is a good read, and all proceeds from the sale of the book will be donated to YJM.



YAYASAN JANTUNG MALAYSIA

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Member of World Heart Federation

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Editor's Note

Don't Neglect Your Heart Health



Preventing heart disease is at the core of YJM's activities and this is accomplished by the various campaigns, activities and events that have been, and continue to be, held in efforts to increase public awareness on the importance of heart health. This is because heart disease continues to be the number one killer of Malaysians.

The Health Facts 2016 released by the Ministry of Health (MoH) shows that heart disease is still the main cause of death in both MoH Hospitals and private hospitals, with figures recorded at 22.77% and 27.70% respectively.

In an effort to address this dire situation, YJM is focusing on promoting awareness to the public and encouraging Malaysians to lead a heart-healthy lifestyle. To help achieve this, YJM has collaborated with Nestle Omega Plus by organising the 16th consecutive Walk-A-Mile event that was held in conjunction with the World Heart Day.

On another note, we discuss how Coronary Heart Disease (CHD) also affects women in this issue. Unfortunately, the general perception of CHD is that it is a man's illness, thus women fail to realise that they are just as susceptible to it. When comparing CHD between the sexes, things are further complicated by the fact that the presenting symptoms are less typical in women.

This issue of BYJM also highlights the interesting autobiography of Datuk Dr. Sambhi, chairman of the YJM, entitled 'Doctor on the Move – Life's Journey'. In the spirit of charity, all proceeds from its sale will go to YJM.

Remember that the start of your journey to a healthier heart begins with you. Start off with baby steps and gradually switch to a heart-healthy lifestyle in order to reduce your risk of heart disease. I believe that together we can make a difference in fighting this heart disease 'epidemic'.

Datin Dr Liew Yin Mei

List of Activities/Programmes:

Heart Week Programme



Future Picasso in the making



Health counselling session held at AEON, Seremban 2



Kids having fun & learning about heart-health

Community Programme



BMI, blood pressure checkup & health talk at Komuniti Desa Petaling



Health posters at Komuniti Seksyen 17 Shah Alam



Free blood glucose test at PPR Salak Selatan



Blood cholesterol test at Komuniti SJKC Wakaf Tapai Terengganu

School Programmes



Participant registration at Kolej MSU Terengganu



Busy as a bee – overwhelming health screening response at University College Bestari Terengganu



Go Red For Women Programmes



Free health checkup at Jalan Kuari



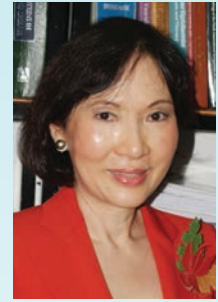
Attentive participants at Taman Melewar

YJM Talk



Participants listening at YJM Talk

Coronary Heart Disease (CHD) in Women



By **Datin Dr Liew Yin Mei**



CHD is generally perceived as a man's illness. When a man complains of chest pains, everyone thinks of heart attack and rushes him to hospital, but when a woman complains of chest pains, it is often thought to be due to indigestion, gastric pain, muscle pain, emotional upsets or even hysteria.

Unfortunately, even women themselves do not think they are having CHD, so symptoms are dismissed.



However, cardiovascular disease (CVD) which includes CHD and strokes is the chief cause of death in women. In Malaysia, CVD is 2 ½ times more common as a cause of death in women than all cancers

combined. The diagnosis is often missed in women due to various reasons:

The presenting symptoms are sometimes less typical in women. The usual chest pains (angina) which occur on exertion, relieved by rest may not occur. Instead, atypical presentations which are not chest related may occur. This can be manifest as epigastric discomfort, shoulder pains, back, neck and jaw pains, shortness of breath, fatigue, nausea, vomiting, indigestion, dizziness, palpitations etc.

Therefore it is not surprising that women often delay seeking urgent medical attention.

The CHD lesions in women may also be different. The underlying pathology of the coronary artery lesions are varied and may be multiple, namely:

- Usual atherosclerotic obstructive coronary artery disease (with > 50% narrowing of coronary vessels). *Figure 1*
- Normal coronary arteries (< 20% narrowing) with endothelial vasomotor dysfunction (coronary artery spasm). *Figure 2*
- Non obstructive coronary artery disease or microvascular disease. (20-50% narrowing)

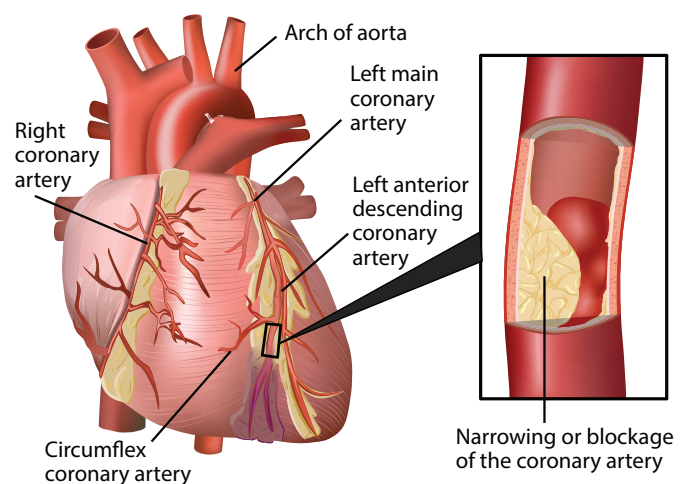


Figure 1: Atherosclerotic disease of coronary artery.

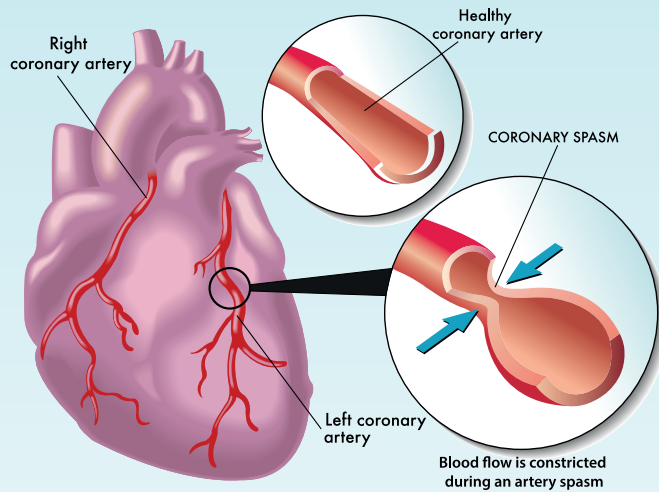


Figure 2: Coronary artery spasm.

What is coronary artery spasm?

Traditional CAD is due to obstructive plaque in the coronaries. Microvascular disease is diffuse dysfunction in the small branch vessels which cannot be visualized by coronary angiogram. Women are more likely to have these lesions. Angiography is less accurate in these cases as vessels appear 'normal'.

Therefore these women often go untreated for CHD, as symptoms are labeled as 'noncardiac'.

What are the risk factors for CHD in women?

Similar risk factors in men are found in women, namely smoking, diabetes, hypertension, hyperlipidaemia, central obesity, family history of CHD.

However there are some differences in women with the risk factors.

1. Elevated cholesterol levels. After menopause, the cholesterol levels increase, with a rise in the LDLC (bad cholesterol), increase in sd LDLC and Lp(a) which are highly atherogenic.
2. Increased triglyceride levels are more predictive of CHD in women compared to men especially TG > 4.5 mmol/l.
3. Diabetes increases the CHD risk 2 - 4 times in women. It eliminates all the cardio protective effects of oestrogen in women. Women with a history of Gestational Diabetes Mellitus, big babies (> 4kg) or Polycystic Ovarian Syndrome (PCOS) are at high risk of developing Type 2 diabetes and the metabolic syndrome.
4. Age > 45 years increases the risk for CHD in men, but in women, the onset of CHD is delayed by about 10 years.
5. Hypertension defined as BP > 140/90 mmHg, an important risk factor for CHD is more prevalent in women > 55 years.

6. Early menopause increases CHD risk. However there is no evidence of benefit with the use of Hormone Replacement Therapy (HRT)
7. Obesity especially central obesity and the metabolic syndrome increases risk. In the National Health and Morbidity Survey V (2015), the prevalence of obesity is higher in women (20.6%) compared to men (15%). Women also have more total body fat.
8. Smoking causes an unfavorable lipid profile, increases inflammation, oxidative stress and thrombosis. Young women who smoke and on oral contraceptives (OC) have high CHD risk, with > 5 times increased risk of heart attack, compared to OC users who do not smoke. Smoking also increases risk of diabetes by 30-40%.
9. Oral contraceptives. This increases the risk of CHD especially in women who are obese, smokers, have diabetes or hypertension.

All women > 40 years should know their CHD risks to enable early detection and prevention of CHD, the number 1 killer in women.

Assessment of CHD risk involves:

1. History of CHD, family history of CHD, smoking and exercise habits.
2. Physical examination checking the BMI, waist circumferences, BP.
3. Investigations: blood tests for diabetes, lipid profile. Further investigations like ECG, Treadmill Test, Stress Echocardiogram, Coronary Calcium Score, Coronary Angiogram are recommended where indicated.

The risk score can be calculated using various scores like the Framingham Risk Score, SCORE system or the AHA/ ACC Pooled Cohort Risk Equation.

Prognosis of CHD is worse in women. Mortality after heart attack is higher in women due to:

- i. Late diagnosis
- ii. Its occurrence in the more elderly population
- iii. Associated concomitant illnesses like diabetes, hypertension, lipid disorders which occur more frequently with increasing age
- iv. Anatomically smaller coronary vessels with complex diffuse lesions which make surgery more difficult.

Therefore PREVENTION with increased awareness and early detection of CHD risks and management are of utmost importance.



Feature Event

All set and raring to go!



Love & care for your heart – (L-R) Datuk Gurbakhash Singh (YJM Vice-Chairman), Datuk Dr JS Sambhi (YJM Chairman), Dato' Professor Sulaiman Osman & Tan Sri Kamaruzzaman Shariff (YJM Vice-Presidents), Mr Chew Soi Ping (Nestle Malaysia Sales Executive Director) & Ng Su Yen (Nestle Malaysia Dairy Milks Business Unit business Executive Officer)

Start Off On the



The crowd at the starting line



And... we're off!

For 16 consecutive years, Nestle Omega Plus and Yayasan Jantung Malaysia (YJM) have worked closely to put together the "Walk-A-Mile" event. The purpose behind the annual walkathon is to inspire Malaysians to take positive steps for better heart health.

It was a step in the right direction for creating greater awareness of heart disease and its prevention. This is becoming more important as statistics show that 47.7% of the general public are in the high cholesterol group with cholesterol levels in excess of the norm. Of greater concern is the fact that 42% are under 40 years old.

The early bird...

This year's walkathon was held on 23 September 2017 at Taman Tasik Titiwangsa, Kuala Lumpur and attracted around 4000 people. From as early as 6 in the morning, participants across various age groups began trickling in to Taman Tasik Titiwangsa.

Families, friends, big groups or even the occasional loner, and even babies still sleeping snugly in their strollers were visible as the day dawned. The walkathon included many engaging and exciting activities that were aimed at providing the participants with plenty of opportunities to learn about heart health and its importance.

Making it fun

The day's activities started off with Zumba sessions to get the crowd warmed-up, while the mile-long walk featured various quizzes and obstacles on cholesterol facts and myths about cholesterol.



Let's walk the talk



The elderly and young participated, including mothers with babies in strollers



All smiles – Dr Robin Sambhi



Early morning stroll with Pn Hajjah Ainon Haji Kuntom, Tan Sri Dato' Kamaruzzaman Bin Shariff, Datin Margaret Sambhi & Datuk Dr J.S. Sambhi



Nestle Omega Plus presenting a mock cheque for RM30,000 to YJM



Datuk Dr Sambhi (left) presenting a souvenir to Mr Chew Soi Ping (right)

Right Foot

Stations were also setup to provide free health and cholesterol checks for participants, and there were plenty of game stations to inject an element of fun as well. Many participants were also seen queuing up to pledge toward leading a heart-healthy lifestyle at the relevant booth.

Giving back to society

Nestle (Malaysia) Berhad Dairy Milks Business Unit business executive officer Ng Su Yen said "Nestle is committed to empower Malaysians to lead longer, healthier lives through lifestyle changes, proper diets and regular physical activity. Through its partnership with YJM, we are steadfast in fulfilling Nestle's purpose of enhancing the quality of life and contributing to a healthier future for all."

To show their commitment, Nestle presented a RM30,000 cheque to YJM. The company is also proud to offer Malaysians Nestle Omega Plus milk, which contains plant sterols and omega 3 and 6, scientifically proven to lower cholesterol levels that help reduce the risk of heart disease.

Take your first step

If you have yet to start taking ownership of your own health, it is time to seriously think about making some positive changes. Say 'No!' to hesitation and start taking the necessary steps to improve your health now.

Various booths were available for the public to take full advantage of the many different activities



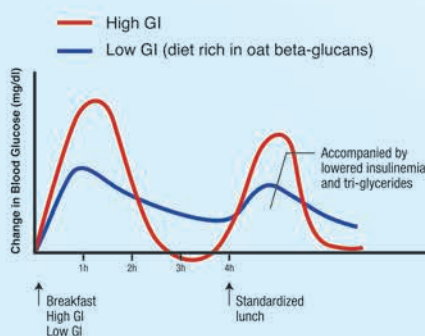


Healthy Cholesterol & Blood Glucose Levels with Oat Beta-Glucans

Today's Malaysian diet is highly packed with carbohydrates from starchy staples, trans fats and added sugars from overly-processed foods — all making it difficult for an average person to get enough fiber and nutrition through diet. Poor diet quality and sedentary lifestyles might have been contributed to the high prevalence of metabolic disorders such as obesity, high blood cholesterol and hyperglycemia in the country.

According to **European Society of Cardiology (ESC)**, carbohydrate digestion and absorption could be delayed by choosing foods with a low glycemic index. The Glycemic Index (GI) allows identification of those with "fast" and "slow" absorption among carbohydrate-rich foods¹. Most cereals or beverages available in the supermarkets are loaded with added sugars, low in fiber and are excessively processed which destroy partially or completely the structure of the whole grains. This will substantially increase digestibility of starch and its rate of absorption in the digestive system, thus increasing its GI value^{2,3}. Therefore, daily intake of foods high in GI should be limited through **portion size control**.

The impact of oat beta-glucan enriched breakfast extends to lunch with lower blood glucose and insulin levels.



*Graph provided by Prof. Jennie Brand-Miller, University of Sydney.

Oats, oat bran and oat cereals are rich sources of the heart-healthy soluble fiber – oat beta-glucans. The cholesterol-lowering and blood glucose-regulating effects of oat beta-glucan depend highly on its molecular weight, which often destroyed by poor processing control^{3,4}. Not only now we need to consume the experts' recommended 3 g oat beta-glucan per day, but also the **high molecular weight, intact oat beta-glucans** in order to achieve the desired health benefits.

Compared to breakfast cereals and instant oatmeal, Biogrow Oat BG22 oat bran powder or Oat BG22 Crispy Cereal provides more advantages:

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- ✓ Smaller, easy-to-serve daily portion size with only 2 scoops (≈ 18 g) oat bran powder or 1 packet (30 g) crispy oat cereals for the required 3 g oat beta-glucan for cholesterol-lowering effect.
- ✓ Lower calories and higher total fiber per serving.
- ✓ Laboratory-tested low in GI, suitable for both diabetic and pre-diabetic individuals.
- ✓ Oat beta-glucans help to lower the rise of blood glucose provided it is not consumed with other food.*

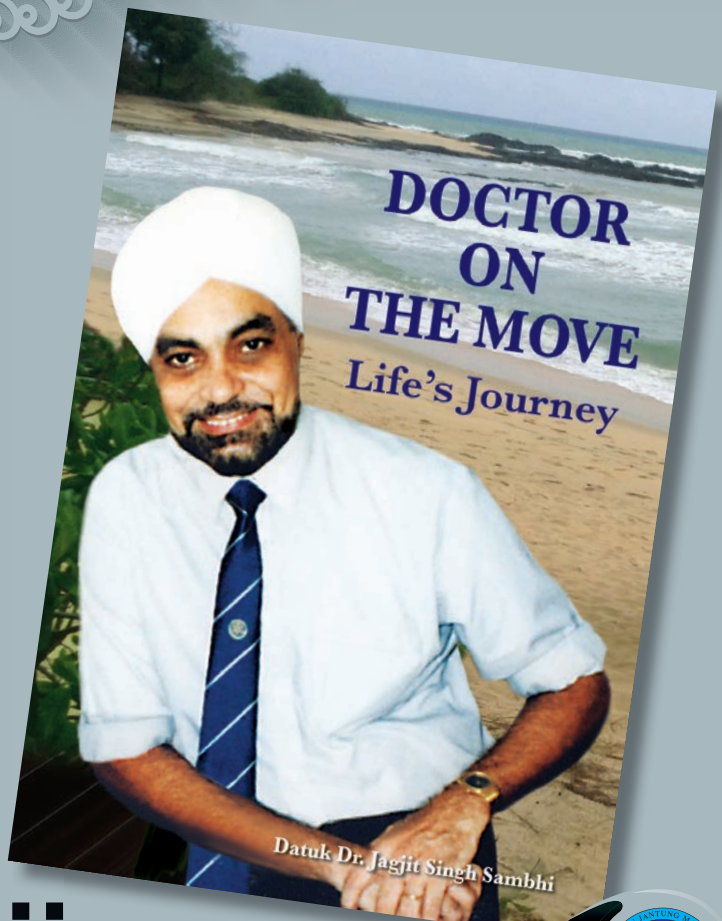
Make low-GI, high-fiber oat beta-glucan
Biogrow Oat BG22 as part of our daily diet today.

References:

- ¹European Heart Journal (2011); ²Jenkins et al., Eur. J. Clin. Nutr. (2002);
³Holm J et al., J Cereal Sci. (1985); ⁴EFSA Journal 2010;8:1885(15 pp.).
*FSQD, MOH. Guide to Nutrition Labelling & Claims (as at Dec 2010).

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A Life Well Lived...



'Doctor On the Move' records almost every aspect of Datuk Dr Sambhi's life, ranging from his profession, love, marriage and voluntary services. His is the story of how one man discovered his purpose in life and lived it to the fullest. He was born prematurely and, given the state of medical care in the 1930s, was not expected to survive beyond a few hours. However, he proved the sceptics wrong by not only surviving but going on to taste life unconditionally and fulfil his destiny.

As a 'Doctor on the Move', he places great emphasis on service to mankind by giving generously of his time, talents and expertise to all his patients, even when the first patient at the Sambhi Clinic for Women was a Man! His is the life of a global citizen as he travels often in order to experience and assimilate different cultures whilst maintaining strong family bonds and cultivating life-long friendships. Life's lessons have taught him how to celebrate life and face adversity. It has also been a harsh taskmaster that has shown him when to mount a challenge, stand up for his principles, or how to let go.

Datuk Dr Sambhi's book chronicles the era of Malaya in the '30s, the Second World War, the Communist insurrection, the birth of a Nation, life in the '60s in UK and Europe, and modern times. It also covers Specialist and Hospital medicine in both the Public and Private Sectors, pioneering Medical Service in England, Brunei, Sarawak and the Peninsula, charitable endeavours, fine dining and holidaying around the world.

'Doctor on the Move – Life's Journey' also records a collection of remarkably extensive anecdotes including the surgical removal of the largest tumour in Malaysia, the delivery rituals of the indigenous tribes of Sarawak, the 'pantangs' or traditions at birth of Malaysia's different races, how it feels to travel 1,200 feet into the Earth, and even the discovery of the secret machinations of this country's first Tripartisan leaders, with a perhaps previously untold tale of their clandestine meetings!

'Doctor on the Move' represents a tribute to a celebration of Datuk Dr Jagjit Singh Sambhi's life and it openly reveres the fulfilment of his life's purpose. It is a homage to a life well lived, to existence on this Earth.

The launch of his autobiography also coincided with Datuk and Datin's 50th wedding anniversary, a double celebration held at the Kuala Lumpur Convention Centre. The book is available at MPH book shops and Wisma Yayasan Jantung (Wisma Heart Foundation). All proceeds from its sale will go to the Heart Foundation of Malaysia (YJM).

All proceeds from the sale of this book will be donated to The Heart Foundation of Malaysia





Hajjah Ainon Hj Kuntom

Cara Makan Makanan Supaya Khasiatnya Terjamin dan Efektif Menghindar Penyakit Jantung

Baru-baru ini saya telah memberi ceramah mengenai tajuk makanan yang boleh membendung penyakit jantung. Sebelum menerangkan mengenai makanan kampung yang mempunyai banyak khasiat, perlu saya terangkan bagaimana penyakit jantung boleh menular ke dalam badan manusia. Terdapat dua sebab penting yang menyebabkan penyakit jantung, bermula dengan keturunan. Jika ibu bapa dan nenek moyang kita mempunyai penyakit ini kita hendaklah berjaga-jaga kerana kita akan mendapat penyakit ini dengan mudah.

Kedua adalah cara hidup atau gaya hidup yang kita amalkan setiap hari. Pertama, bahan-bahan atau jenis makanan yang kita makan sejak kecil sehingga dewasa. Jika kita menjaga makanan anak-anak kita dari mereka kecil dengan hanya mengambil makanan yang sihat sahaja, sudah tentu kita akan terhindar daripada penyakit jantung. Adalah digalakkan untuk memakan makanan seperti sayur-sayuran, buah-buahan, dan protein seperti ayam dan ikan, kacang seperti dhal, kacang hijau dan merah dan sebagainya. Elakkan selalu memakan daging merah seperti lembu atau kambing.

Ketika memasak makanan, kita hendaklah memilih cara penyediaan makanan yang sihat, sebagai contoh, kurangkan menggoreng dengan menggunakan minyak dan memilih minyak zaiton atau kelapa sawit asli berbanding minyak biasa. Namun, menggunakan minyak tersebut adalah tidak digalakkan kerana kosnya yang tinggi. Sayuran atau protein hendaklah direbus, dicelur, dikukus atau dibakar dan disalai. Memasak dengan cara ini akan mengekalkan zat-zat makanan di dalam sayuran atau daging putih yang dimasak.

Waktu pengambilan makanan juga hendaklah diawasi. Sebagai contoh, pada waktu pagi, buah-buahan seperti epal boleh dimakan sebagai sarapan kerana ia mengandungi pectin yang boleh mengurangkan kolestrol dan gula di dalam darah.

Kentang pula mengandungi banyak mineral dan dapat mengurangkan kolestrol apabila dimakan, tetapi disebabkan oleh kandungan kalorinya yang tinggi, ianya boleh menggemukkan badan.

Badam pula jika dimakan untuk mengurangkan kolestrol dan risiko darah tinggi dan penyakit jantung, tetapi akan menggemukkan badan.

Susu jika diminum pada waktu malam akan membolehkan seseorang untuk tidur nyenyak.

Buah limau adalah baik sebagai makanan santai atau snaks bagi meningkatkan tahap metabolisme badan kerana ia mengandungi vitamin C, tetapi sekiranya ia diambil secara banyak pada waktu pagi atau malam, ia boleh mengakibatkan gastrik.

Tomato meningkatkan metabolisme badan apabila dimakan tetapi ia boleh menyebabkan perut kembung.

Figs dan apricot memanaskan badan, meningkatkan metabolisme dan sistem penghadaman tetapi tidak boleh diambil pada waktu malam kerana ia mengeluarkan angin seperti sendawa dan kentut.

Coklat boleh dimakan untuk melambatkan proses penuaan, kedutan di kulit dan mengurangkan risiko jantung kerana ia mengandungi antioksidan yang tinggi, tetapi jangan selalu

mengamalkan coklat sebagai snek atau makanan ringan kerana ia akan menggemukkan.

Akhir sekali, jangan terlalu memakan nasi kerana ia mungkin akan menjadikan badan obes atau gemuk.

Demikianlah sedikit sebanyak tips mengenai waktu yang sesuai untuk makan dan cuba amalkan cara hidup sihat, jangan hanya mengurangkan kuantiti makanan, tetapi tidak melakukan riadah bagi menggerakkan otot dan mengepam darah supaya darah yang beroksigen boleh mengalir di dalam badan dengan lancar dan sihat.

Berjalan kaki setiap pagi, Mandi bersolek tiap hari, Makan nasi berulam selasih, Kurangkan makan,... terima kasih.



PLANNER FOR 2017

MONTH	DATE	PROGRAMME	VENUE
OCTOBER	4-8	Heartweek	AEON Mall Kulai Jaya Johor
	15	Go Red	Sabah
	21	Go Red	Terengganu
	28	Community	Alor Gajah, Melaka
NOVEMBER	1-5	Heartweek	AEON Mall Rawang
	11	Community	Bukit Mertajam, Penang
	13	School/College	Kolej PTPL Penang
	18	Community	Sabak Bernam, Selangor
	19	Community	Kuala Selangor, Selangor
	26	Community	Kluang, Johor
	28	School / College	Sunway College, JB
DECEMBER	6	School / College	Kolej PTPL Shah Alam
	10	Community	Tampin, Negeri Sembilan
	13	School / College	Sunway College Subang

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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* Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect - EFSA Journal.

** Diets that are of low glycemic index and high in dietary fiber are protective - WHO Europe Diabetes.



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Crispy Cereal
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Oat Bran Powder Travel Pack
(9 g x 30's)



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

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3. Brummer et. al. Cereal Chem 2012, 89(5):255 – 261.

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