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Printed by: Times Offset (Malaysia) Sdn Bhd
(194695-W)

LETTER FROM THE EDITOR

This issue looks at some promising diagnostic approaches that could make cancer easier to detect and monitor.



Blood-based tests, for instance, are already providing doctors with useful information to help them select the therapy most likely to be effective and to predict relapse. The hope is that this technique will soon be used as a screening tool for healthy people in order to prognosticate cancer or diagnose it at an early stage when it's easier to treat. The jury is still out on whether it can be applied in the clinic, so stay tuned.

Breath testing is another non-invasive cancer detection method raising hopes of improved diagnosis in the early stages. Researchers have already proved that breath analysis can pinpoint patients with several malignancies, including oesophageal, gastric, and head and neck cancers. But larger studies are needed to reinforce the findings. If successful, the approach could streamline diagnosis by offering a complement to biopsies, a standard diagnostic procedure that tests bits of surgically extracted cells in the lab.

In the holistic health section, we cover people who have deep anxieties about climate change and the positive impacts that occur in their mental health when they join in collective action to improve the environment. According to the World Health Organization, this is a serious issue that poses risks to mental health and well-being.

We also offer some advice for women on sex after birth — how, when, and if new mothers should resume intimacy with their partners.

Gabriele Bettinazzi
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Global Health Asia-Pacific
is a publication of HealthFYX Pte Ltd.
15 Scotts Road, #04-08
Thong Teck Building (15 Scotts), Room No. 12,
Singapore 228218

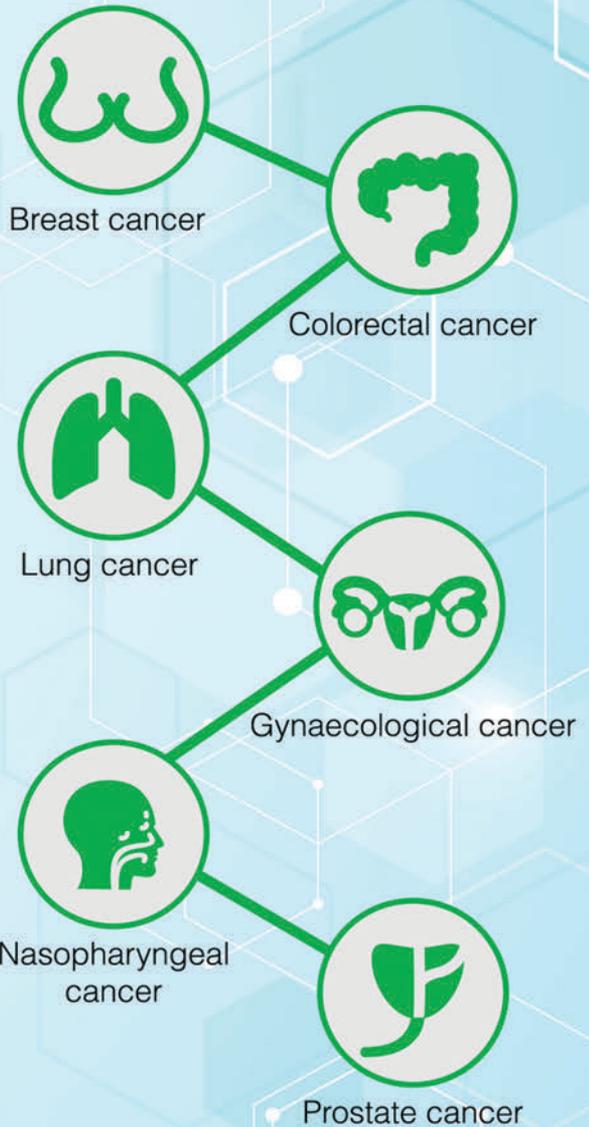
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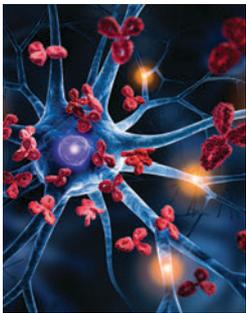


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Avisena Specialist Hospital is strategically located in Shah Alam's city centre and was initially known as DEMC Specialist Hospital. The new upgrade of Avisena Specialist Hospital better reflects our vision and mission to be a first-class personalized healthcare provider in Malaysia by delivering quality world-class healthcare and developing long-term relationship with our customers and partners.



Elegantly designed in the heart of Shah Alam city centre, it is a 9-storey hospital building with 120 beds, 36 consultation suites, 3 operating theatres (OT) and 1 interventional OT, 1 CT scan, 1 MRI, 1 rehabilitation & physiotherapy centre and 36 resident specialists & 34 visiting specialists who are specialised in the surgery field. The hospital provides multidisciplinary medical specialities such as Breast & Endocrine Surgery, Cardiology, Cardiothoracic, Endocrinology, Neurology, Neurosurgery, Nephrology, Urology, Colorectal Surgery, Bariatric Surgery, Ophthalmology, Oral & Maxillofacial Surgery, Dental Aesthetic, Dermatology, Orthopaedics & Plastic Surgery.

Furthermore, the spectrum of other services at Avisena Specialist Hospital encompasses accident & emergency, telehealth consultation, home care (TrueCare2U), diagnostic laboratory, diagnostic imaging, pharmaceutical services, physiotherapy & rehabilitation and personal dietetic consultation.

Avisena Specialist Hospital has established specific Centre of Excellence (CoE) to better serve every patient's healthcare needs. The following are:



Cardiology



Endocrinologist



Ear, Nose & Throat (ENT)



General Surgery & Subspecialty



Orthopaedic



Pain Intervention

To better cater to the growing local market, Avisena Specialist Hospital is expanding with an additional 150 beds, consultation clinics, 6 operating theatres inclusive of a state-of-the-art hybrid interventional OT and 15 day-care beds. There will also be new development in the oncology and rehabilitation services.

Moreover, there will be a dedicated drive-thru pharmacy which will allow our hospital to work efficiently to meet the increasing demand. Aimed at improving the capacity of car park, we will be building additional 600 parking lots for our patients and visitors.

With this expansion, it will establish Avisena Specialist Hospital as highly visible and iconic development in Shah Alam.

Avisena Specialist Hospital

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Nobel Heart Centre @ Gleneagles

URL: <https://nobelmedicalgroup.com/heart-specialist-singapore-nobel-heart-centre/>

Doctor: Dr Saurabh Rastogi

Email: nobelheart2@nobelspecialists.com

Tel: 6990 4570

Address: 6A Napier Road, Gleneagles Hospital, Annexe Block Unit #02-37, Singapore 258500

CONDITIONS TREATED

- Evaluation of chest pain/breathlessness/palpitations
- Heart Attack and Coronary artery disease
- Heart failure and Cardiomyopathy
- Heart Rhythm disorders
- Valvular heart disease
- Cardiac health screening and risk factor management

Services Provided

- Electrocardiogram
- Treadmill Stress Test
- Echocardiogram
- Treadmill Stress Echocardiogram
- Dobutamine Stress Echocardiogram
- Transesophageal Echocardiography
- Ambulatory Blood Pressure and Holter Monitoring
- Myocardial Perfusion Study
- CT Coronary Angiogram and Calcium Scoring
- Cardiac MRI
- Diagnostic Coronary Angiography
- Coronary Imaging & Physiological Assessment
- Coronary Balloon Angioplasty and stenting



Dr Saurabh Rastogi
Cardiologist

Dr Saurabh Rastogi is a Senior Consultant Interventional Cardiologist at Nobel Heart Centre @ Gleneagles Hospital with over 15 years of experience in the US and Singapore. In his prior practice with Ng Teng Fong General Hospital, Dr Rastogi was the Director for the Cardiac Catheterization laboratory and Associate Program Director for Cardiology Senior Residency Program. Dr Rastogi has special interest in Complex coronary Interventions, Advanced Heart Failure management, Echocardiography and Nuclear Cardiology.

Nobel Eye & Vision Centre @ Gleneagles

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CONDITIONS TREATED

- Cataract
- Pterygium
- Glaucoma
- Retina conditions e.g. diabetic retinopathy, age related macular degeneration
- Dry eyes
- Myopia in both adults and children
- Eyelid conditions e.g. chalazion, ptosis (droopy eyelids), eyebags, entropion, epiblepharon, eyelid tumors
- Orbital conditions e.g. thyroid eye disease, tumors of the orbit
- Lacrimal conditions e.g. nasolacrimal duct obstruction
- Eye screening

Services Provided

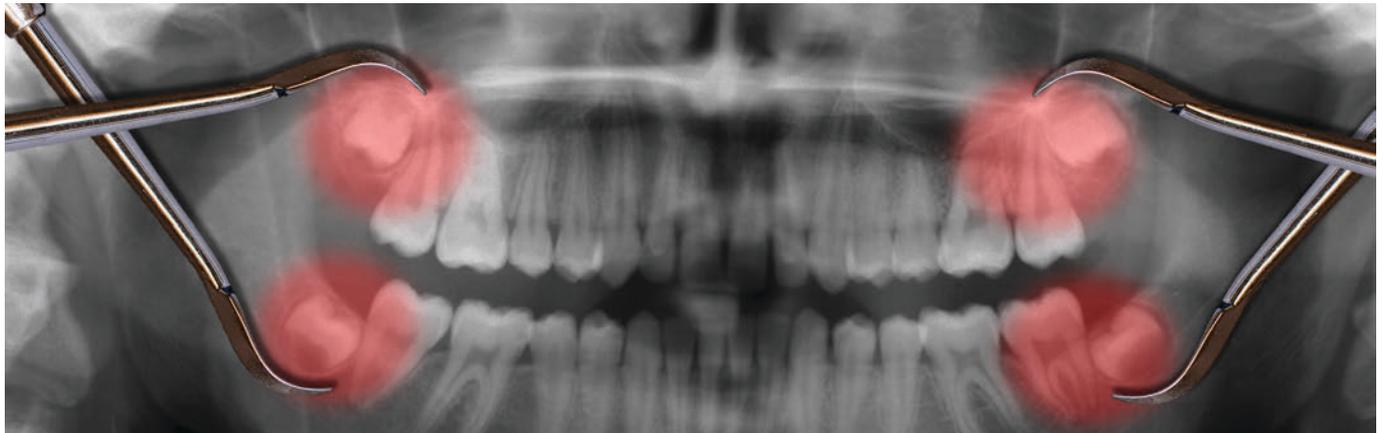
- Customised cataract surgery with standard and premium intraocular lenses
- Laser treatment of glaucoma and retinal conditions
- Intravitreal injection of anti vascular endothelial growth factor agents and sustained release steroids for retinal diseases
- Eyelid surgery e.g. ptosis surgery, entropion surgery, ectropion surgery, eyelid tumour removal
- Orbital surgery e.g. orbital fracture repair, orbital tumour removal
- Lacrimal surgery e.g. punctoplasty, dacryocystorhinostomy
- Suture less (no stitch) pterygium surgery
- Incision and drainage of styte/chalazion
- Schirmer's test (assessment for dry eyes); Temporary and permanent punctal plugs insertion
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- Tear duct syringing
- Removal of misdirected lashes
- Removal of sutures
- Removal of eyelid tumours
- Humphrey automated visual field assessment
- Optical Coherence Tomography of the optic nerve head or retina
- iTrace assessment for customised cataract surgery planning
- IOL master
- Ultrasound A and B scan
- Photography of front and back of the eye
- Colour vision testing
- Automated eye pressure test
- Automated and manifest refraction
- Spectacle power test (refraction)



Dr Livia Teo
Ophthalmologist

Dr Livia Teo is a Senior Consultant Ophthalmologist who practiced for more than 15 years at the Singapore National Eye Centre prior to joining Nobel Eye and Vision Centre at Gleneagles Hospital. She graduated from the National University of Singapore on the Dean's list and was awarded Book Prizes in Surgery and Dermatology. Dr Teo has expertise in managing a range of eye conditions, including cataract, glaucoma, age related macular degeneration, diabetic retinopathy, myopia and dry eyes. She has a special interest in paediatric and adult ptosis and related eyelid conditions, ophthalmic plastic and reconstructive surgery of the face and orbits, and lacrimal surgery.

You Ask, They Answer



Q : What are wisdom teeth?

A : Wisdom teeth are the third molars in your mouth and are the last, most posteriorly placed permanent teeth to erupt. They typically erupt between 17 and 25 years of age but can also appear many years later.

Space for wisdom teeth to erupt can be limited compared to other teeth. They therefore often fail to erupt or erupt only partially, often due to impaction or the front second molars blocking their path. An impacted wisdom tooth is called asymptomatic if the patient does not experience signs of pain or discomfort associated with this tooth.

Q : How could they create health problems?

A : Impacted wisdom teeth may be associated with pathological changes, such as swelling and ulceration of the gums around the wisdom teeth called pericoronitis. Chronic recurrent pericoronitis can cause mild episodes of recurrent infection and pain. If pericoronitis is left untreated, it can lead to damage to the roots of the second molars, dental decay or cavities, gum and bone disease around the second molars, or, in rare cases, cyst formation and tumours.

An impacted mandibular third molar is one of the most frequent causes of dental infection. Removal of the impacted tooth helps prevent facial space infection of the neck which can be potentially life-threatening.

Q : When should people have them removed?

A : The decision to have wisdom teeth removed mainly depends on whether there are symptoms of pain, pathological conditions, or the presence of disease related to the wisdom teeth.

A more challenging management decision is how to treat an asymptomatic, disease-free wisdom tooth.

Q : What does the procedure involve?

A : If your dentist recommends the removal of your wisdom teeth, an x-ray is first taken to determine its positioning and complexity. Before teeth removal, local anesthesia is applied to numb the surrounding areas. General anesthesia may also be an option for more complex procedures or increased comfort.

If the wisdom tooth is non-visible through the gum, a small incision is made into the gum. A small piece of the bone covering the tooth may also need to be removed. The tooth may possibly be cut into smaller parts to make it easier to remove through the opening.

Stitches may be used to seal the gum where incisions are made. Your dentist will inform you when to remove the stitches or how long it may take for dissolvable stitches to dissipate.

Q : What are the risks of wisdom teeth removal?

A : Many individuals experience swelling in their mouth or cheeks after an operation or may not be able to fully open their mouth for the first few hours to days. Most individuals feel temporary pain after the procedure.

It is possible that nerves and blood vessels can be impacted or damaged during the procedure. This can cause bleeding and usually temporary numbness in the tongue or face. The risk varies with the extensiveness of the procedure.

It can take up to two weeks to recover from wisdom teeth removal. During the healing period, you should report any excess bleeding, severe pain, or any other unusual symptoms to your dentist immediately.

Compiled by the Oral and Maxillofacial Department of the Bangkok International Dental Hospital (BIDH).

HoLEP: A New Solution for Benign Prostatic Hyperplasia (BPH)

By: *Advanced Urology (Singapore) Dr. Lie Kwok Ying*



The advantages of HoLEP are that you can treat any size prostate, with no incisions, less bleeding, a shorter hospital stay, abundant tissue for analysis and good long-term functional results.

When it comes to treatment of the prostate, most patients typically want to avoid invasive procedures. When Mr. H, a patient suffering from benign prostatic hyperplasia (BPH) was told that he will benefit from transurethral resection of the prostate (TURP), he did some research and decided to undergo HoLEP (Holmium Laser Enucleation of the Prostate), a newer established technique for treating BPH.

Typically, a normal prostate is about the size of a walnut, weighing about 20 grams. But with BPH, the prostate can get as big as a grapefruit and weigh as much as 100-200 grams, choking off the urethra, so the urine cannot flow normally. Despite its prevalence – BPH affects up to 50 percent of men between the age of 51 and 60 and up to 90 percent of men older than 80 – many of the current procedures available to treat the condition don't work well for men with very large prostates, including TURP. With TURP and other surgical procedures, you are limited as to how big a prostate you can operate on. The bottom line is that it is very difficult to cut away adequate tissue when you're dealing with a very large prostate.

The advantages of HoLEP are that you can treat any size prostate, with no incisions, less bleeding, a shorter hospital stay, abundant tissue for analysis and good long-term functional results. The excess tissue is also removed more completely than with TURP, which means there is less need for repeat treatment. Indeed, while the retreatment rate of TURP is over 5 percent, with HoLEP, it approaches zero. Furthermore, HoLEP can be safely performed on patients who are on blood thinners such as antiplatelet agents.

Dr. Lie Kwok Ying performed a HoLEP on Mr. H, who was discharged from the hospital the next day. Within two weeks or so, he was mostly back to normal and was able to fly back home. Best of all, after his surgery, he

does not need to take any BPH medications which he has been on for the past 8 years.

What are the advantages of HoLEP?

- Symptom improvement – severe urinary symptoms become mild or non-bothersome. As men pass urine more quickly, they spend less time in the toilet and empty their bladders more completely and pass urine less often
- The improvement lasts longer than any other BPH procedure
- No upper size limit of the prostate. The only endoscopic procedure is recommended for men with prostates more than 100cc. Any size or shape of the prostate can be treated unlike other procedures
- Often less bleeding than after a TURP
- Discharge is often quicker than TURP at 1-2 days
- Unlike greenlight laser operations, large quantities of prostate tissue sent for pathological analysis
- For men with urinary retention, HoLEP is a very effective form of treatment
- Can be performed on patients who are on blood thinners

Disadvantages of HoLEP

- Needs specialised equipment and training
- Possible temporary stress urinary incontinence

Advanced Urology is the largest group of urology specialists in private practice in Singapore. We are conveniently located in the 6 major private hospitals across Singapore. Founded in 2018, our team comprises of 6 highly experienced urologists who are all respected in their individual subspecialties. For any inquires, do reach out to us at enquiry@urology.com.sg or call +65 8866 1838.



Q : What is blepharitis and its tell-tale symptoms?

A : Blepharitis is the inflammation of the eyelid margin. A very common cause of eye discomfort and irritation, the condition does not generally threaten your eyesight, but, in severe cases, can lead to complications such as corneal ulcers and permanent corneal scarring. Blepharitis is generally subdivided into anterior and posterior blepharitis. However, there is considerable overlap between the two conditions as both are often present together. Staphylococcal blepharitis is associated with Staphylococcal bacterial infection on the ocular surface while Seborrheic blepharitis is associated with oily and greasy material over the eyelid margin. Both types cause infection and inflammation to the eyelid.

The most common telltale symptoms are burning and gritty sensations with crusting and redness of the eyelid margins. The symptoms often recur with characteristic episodes of remission and exacerbation which are usually worse in the morning. When the condition is associated with dry eye, there may be blurring of vision and mild sensitivity to light.

On examination, there are often hard scales and crusting located at the base of the lashes, and the area covering the surface of the eye (conjunctiva) may be chronically red or bloodshot (hyperaemic). In long standing cases, there may be scarring and notching of the eyelid margin.

Q : What are the risks associated with blepharitis?

A : Blepharitis can give rise to chronic dry eye due to an imbalance between different components of the tear film, thus allowing increased evaporation of tears. Blepharitis also increases the risk of chalazion or the formation of eyelid cysts. Chalazion may be multiple and recurrent in posterior blepharitis. In more severe cases, it may cause ocular surface

disease such as bacterial keratitis (corneal inflammation) and atopic keratoconjunctivitis. In chronic cases, it may cause significant long term eye irritation and contact lens intolerance.

Q : Can people treat it at home or should they always see a doctor?

A : Standard therapy aims to control symptoms and inflammatory signs. Eyelid hygiene can be performed easily at home. In severe and/or non-resolving cases, however, a visit to the ophthalmology clinic becomes necessary.

Q : What are the available treatments?

A : Maintaining eyelid hygiene includes several minutes of warm compresses to the eyelid, followed by an eyelid massage and scrub. Warm compresses act to soften the hard scales and the Meibomian secretions from the oil glands along the edge of the eyelids. Eyelid scrubs can help to clear away scales and debris accumulated on the eyelid margin. Eyelid scrubs can be done using a cotton tip with mild detergent, such as baby shampoo or commercially available eyelid wipes.

In the clinic, topical antibiotic ointments may be applied daily for up to one month or until the symptoms resolve for bacterial infection associated blepharitis. Artificial tears may be used to relieve ocular discomfort. Doctors may also prescribe a short course of steroid ointment over the eyelid margin for symptomatic relief in cases with significant inflammation. The minimally effective dose with the shortest duration of use should be used to reduce the risk of increased intraocular pressure and cataracts. Intense Pulsed Light (IPL) Therapy over the eyelid may help to resolve Meibomian gland dysfunction. Increased intake of essential fatty acids, specifically omega-3, may be beneficial for anti-inflammatory processes and may help reduce dry eye symptoms associated with blepharitis.

Q : Can people prevent this condition?

A : People should keep their eyelids clean by maintaining proper lid hygiene. The symptoms can frequently be improved but are rarely eliminated. Patient education and timely medical intervention are key to managing this condition successfully.

Dr Adeline Sia Sien Bing

Dr Adeline Sia Sien Bing is a Consultant Ophthalmologist at Optimax in Malaysia.

Fertility Preservation Offers New Hope for Cancer Patients

The diagnosis of cancer is a shock in itself and then comes the risk of infertility after cancer treatment – this thought can indeed be devastating. However, with Oncofertility services, patients diagnosed with cancer can now have a ray of hope to have a family after completing cancer treatment.

Oncofertility services are not new. The concept was brought forward in the 1990s to provide potential reproductive treatment for cancer survivors as most cancer therapies may impair or permanently abolish a person's ability to conceive. Technology advancements have allowed early cancer diagnosis and improved a patient's survival. Unfortunately, the lack of consensus between oncologists and fertility experts in planning a comprehensive treatment plan following cancer diagnosis may have led to the loss of fertility potential amongst young cancer survivors.

A unit specializing in oncology and reproductive endocrinology is essential to address the needs for reproductive preservation of cancer patients. In addition, patients with non-malignant conditions such as rheumatoid arthritis and beta-thalassemia may also benefit from the service as the disease or treatment may negatively affect the reproductive axis.

With this in mind, **Sunfert International Fertility Centre** established an Oncofertility hub at their flagship fertility centre in Bangsar South, Kuala Lumpur in 2020. The Oncofertility Centre is headed by Associate Professor Dr Mohd Faizal Bin Ahmad who is a specialist in Reproductive Endocrinology and Oncofertility and he trained in In-Vitro Maturation and Ovarian Tissue Cryopreservation at the St Marianna School of Medicine in Japan. He is also the Vice President of the Malaysian Society of Fertility Preservation and represents Malaysia as a Board member of the Asian Society of Fertility Preservation. A team of highly trained scientists, nurses and counsellors form the support team at Sunfert's Oncofertility Centre to take the patient through this emotional journey.

First, patients will be screened to determine the risk of ovarian and testicular failure based on the chemotherapy regime. Then, the suitable fertility preservation treatment will be offered accordingly to determine fertility potential. If cryopreservation of gametes is chosen as the fertility preservation option, the clinical and scientific team will perform a procedure called cryopreservation (freezing) of sperms or eggs (oocytes) before the patient starts chemotherapy or radiotherapy. For female cancer patients who are married, the oocytes are fertilised with their husbands'sperm in the laboratory to create embryos. The embryos are then cryopreserved and later implanted through a procedure called frozen embryo transfer after cancer treatment is completed and the woman is in remission.

In addition to this, patients facing cancer treatment can also have the option of freezing their ovarian tissues (the organ that stores eggs) through a procedure called *Ovarian Tissue Cryopreservation* (OTC). OTC is especially important for fertility preservation of pre-puberty



cancer patients or patients who have very limited fertility preservation treatment timeframe such as patients with haematological cancer where toxic chemotherapeutic agents are necessary for treatment soonest possible.

Usually the impact of cancer treatment is irreversible and most patients perceive cancer treatment as terminal and subsequent life events to be worthless leading to poor treatment compliance and also dropouts. A typical scenario where Oncofertility services can give hope are patients with breast cancer. Upon the diagnosis of breast cancer and before starting chemotherapy or radiotherapy, a woman can opt to freeze her eggs or ovarian tissues for the purpose of future fertility treatment to have a baby. The knowledge of being able to conceive after treatment also motivates a woman to proceed with confidence for cancer treatment. There is a need for greater awareness for fertility preservation, especially when cancer treatment is now more successful and cancer survivors are still in the reproductive age group.

At Sunfert's Oncofertility Centre, we are equipped with the latest state of the art medical equipment and our team is ready to respond to urgent request for fertility preservation and OTC. During the OTC procedure, the ovarian tissues are harvested via laparoscopy and frozen using a special device and media. The procedure is done under general anaesthesia and is associated with minimal risks. The harvested ovarian tissues can be cryopreserved for future use for up to 15 years or more. After recovery from cancer, the ovarian tissues are transplanted into the woman to restore fertility for the purpose of achieving pregnancy either naturally or through in-vitro fertilisation (IVF).

In Malaysia, Sunfert is *the only* private fertility centre offering OTC services and we are poised to cater for the Oncofertility needs of the region. Sunfert also offers a full range of fertility treatments including in-vitro fertilisation (IVF) and Pre-implantation Genetic Testing. The advanced reproductive technology procedures coupled with excellent oncology management is paramount to achieving the best outcome for the patient.

Sunfert is committed to create greater awareness both among cancer patients as well as the doctors that manage them such as surgeons and oncologists. Cancer survivors can now look forward to achieving a better quality of life by completing their family.



Dr Mohd Faizal Bin Ahmad
 Reproductive Endocrinology
 and Oncofertility Specialist

**To find out more please call us at
 +603 7622 8688 or visit www.sunfert.com**



You Ask, They Answer



Q: Is acupuncture an effective treatment for chronic pain and which types of pain can be treated with it?

A: Acupuncture is a traditional Chinese medicine practice in which thin needles are placed at specific points in the body (acupoints) to treat various medical conditions.

Acupuncture has been shown to be effective in the management of chronic pain conditions. In Singapore, it is primarily used as an adjunctive therapy to support/augment the therapeutic effects of conventional medical therapy to relieve painful conditions.

The most common painful conditions treated using acupuncture are musculoskeletal pain, joint pain, headache, and nerve pain.

Q: How does acupuncture work and how long does it take for it to provide benefits?

A: Acupuncture involves stimulation of anatomical locations (acupoints) on the skin by a variety of techniques. These include acupuncture, electric acupuncture, and embed method (herb seeds, needles, etc.). The most studied stimulation mechanism employs penetration of the skin by thin needles, which are manipulated manually or by electrical stimulation.

Everyone experiences and responds to the effects of acupuncture differently, and it's quite difficult to predict the therapeutic response. In general, patients who respond positively to the treatment will often see improvement in their conditions after a few treatment sessions.

Q: How does it compare with other treatments for chronic pain such as drugs?

A: Acupuncture is often used as an adjunctive therapy to support/augment the therapeutic effects of conventional medical therapy, rather than being a first line therapy. Acupuncture has helped manage the symptoms of many patients who have suboptimal or no-response to medications. However, there is quite a vast difference in the response to acupuncture treatment in individual patients.

Some patients may notice an immediate improvement, while others start to feel a change a couple of days after treatment. Some patients, who initially thought that they had no response, have noticed a delayed improvement about a week after treatment. Unfortunately, there are also patients who do not benefit from acupuncture.

Q: Are there any risks associated with acupuncture?

A: The risks of acupuncture treatment are often related to the technique and site of administering acupuncture. Common side effects include soreness and minor bleeding or bruising where the needles were inserted. But skin infection is very uncommon as single-use, disposable needles are now the practice standard. Rare complications include injury to the tissues/internal organs (e.g., nerve irritation or puncturing of the lung or abdominal cavity).

Dr Wilson Tay

Dr Wilson Tay is a pain specialist at Farrer Park Hospital in Singapore and a registered acupuncturist with the Singapore Traditional Chinese Medicine Practitioners Board.

Child Development Centre

Child Development Centre (CDC) is a specialised one-stop centre within ParkCity Medical Centre (PMC) providing holistic services to accurately assess and intervene children with special needs. CDC's highly specialised medical and allied health professionals aim to provide a co-ordinated multidisciplinary team approach and family-centred. In addition, CDC is also to provide continuous psycho-emotional and psycho-educational support to parents/caregivers/family members of children with special needs.

Our primary multidisciplinary team consist of developmental paediatrician, clinical psychologist, speech-language pathologist, occupational therapist, audiologist, physiotherapist, dietician, and optometrist. We work cohesively to monitor children's progress with the dedicated medical and allied health professionals.

In order to enhance the public awareness, CDC conducts events to promote inclusivity of children with special needs in daily life activities and communities.

Main services provided by various allied health professionals in CDC:

Clinical Psychology

Clinical psychologist assesses, diagnoses, and intervenes to assist child to obtain their optimum abilities, as well as guiding parents to help the child. Clinical psychologist assesses a child's condition through few approaches such as diagnostic interviewing the parents / care-takers behavioural assessment and interpretation of psychological testing. Intervention plans carried out based on child's condition and needs.

Besides assessment, clinical psychologist does involve in training and supervision, as well as research-based practice related to mental and behavioural health care for individuals, couples, and families.

Occupational Therapy

Occupational therapist helps child to participate and perform their age-appropriate occupations that they



find challenging by addressing their sensory, social, behavioural, motor skills, or environmental issues in order to build their independence and increase their self-confidence.

The occupational therapy promotes independence and participation, through evaluating and addressing a child's development, abilities, skills and needs, followed by improving the child's ability to perform occupations.

Speech Language Therapy

Speech language therapy provides a diagnostic and comprehensive speech and language assessment and intervention for children with speech, language, social communication difficulties and based on the results to develop an individualised speech therapy program that meets the child's needs.

In summary, PMC CDC is a ONE-stop Centre providing comprehensive multidisciplinary assessment and intervention for children with special needs and provide effective support to their families.

The occupational therapy promotes independence and participation, through evaluating and addressing a child's development, abilities, skills and needs, followed by improving the child's ability to perform occupations.



Therapy Room



PMC CDC's Multidisciplinary Team

You Ask, They Answer



Q: Who should get tested for diabetes type 1 and 2?

A: Singapore has one of the highest rates of young people with Type 2 diabetes in Asia. If left untreated, it can lead to potentially devastating complications, such as blindness, kidney failure, heart disease, stroke, and even cancer. The main concern is that this condition does not cause any symptoms, especially in the early stages.

Individuals above the age of 18 in Singapore are eligible for screening. We recommend individuals between 18 and 39 years of age who have risk factors for diabetes to get screened every three years. Risk factors for diabetes include having a family member with diabetes, smoking, being overweight, high blood pressure, and high cholesterol. Individuals above the age of 40 should be screened every three years regardless of any risk factors.

Q: Which tests are available?

A: The most commonly performed screening test is a fasting blood sugar where the individual fasts for at least eight hours and then does a blood test at a clinic. A more detailed test is called an oral glucose tolerance test. Preparation for this test is similar to the fasting blood sugar, but following the test, the individual consumes a sugar drink with a repeat blood test in two hours. This test is more cumbersome but has a greater detection rate for people with borderline diabetes. Recently, a blood test called the HbA1c has been used. The advantage is that fasting is not required.

Q: What are the risks of a late diabetes diagnosis?

A: The main problem with diabetes in the early stages is that patients are asymptomatic. Unfortunately, if people

do not get screened regularly, they can develop complications of diabetes. Beyond a certain stage, these complications become irreversible and can lead to blindness, heart disease, stroke, and cancer. Diabetes is the most common cause of kidney failure, blindness, and amputation in the developed world.

Q: What are the main treatments to manage the condition?

A: Diet and lifestyle remain the pinnacle of treatment in the management of blood sugars and its complications. Increased physical activity and reduction in overall caloric intake along with refined sugar and saturated fat are recommended for patients who have diabetes.

Patients need to work closely with their doctors to ensure that blood sugars are under control. People with diabetes should visit their doctor at least once every 6-12 months to ensure that the treatment is adequate. Regular review of the patient's condition to screen for complications of diabetes, including eye disease, nerve disease, and kidney disease, is also recommended.

Despite following lifestyle advice, a proportion of patients will still be unable to control blood sugars and will likely require medication. Medications come in the form of oral tablets and injections. Given the wide variations in people's diet, activities, and attitudes towards health, the treatment for diabetes has to be individualised and tailored towards the individual concerned.

Dr Ben Ng

Dr Ben Ng is a consultant endocrinologist at the Mount Elizabeth Novena Hospital in Singapore.

Hand, foot and mouth disease, influenza and chicken pox

THE RETURN OF THE CHILDHOOD VIRUSES AND HOW TO PREVENT THEM

Dr Salehuddin Samsudin, Consultant Paediatrician and Neonatologist, ParkCity Medical Center.

For over two and a half year the eyes of the world have been fixated on the COVID19 pandemic and how to overcome this global health threat.

Not since the spanish influenza pandemic in 1918, has there been such a massive global health crisis.

By introducing health prevention strategies such as wearing face masks, social distancing, strict movement restrictions and quarantine, we reduced the spread of many other infections common childhood infections like influenza, hand foot and mouth disease and chicken pox.

However, as schools reopen and health prevention strategies are relaxed, Malaysia is now in the middle of a massive outbreak of hand foot and mouth disease.

Influenza cases are currently on the rise and could potentially be as bad as it was in 2019, before the COVID19 era.

Chicken pox is also on the rise especially amongst young children. Although most recover fully from it deaths from complications of chicken pox including secondary pneumonia and sepsis have been well documented especially in young children. As parents how can we protect our children from the return of these forgotten viral threats?

The answer lies in public education and widespread vaccination efforts.

Hand Foot and Mouth Disease:

Hand foot and mouth disease (HFMD) is caused by Enteroviruses such as Coxsackie A16 and Enterovirus 71 (EV71). 90 per cent of cases involve children under 5 years old but occasionally some cases can also be seen in adults.

It spreads through secretions such as saliva, faeces and nasal secretions that can be easily passed during play and social interaction especially at nursery and schools or at home.

It causes rashes on hands and feet as well as multiple painful oral ulcers. They may cause high fever,



dehydration, diarrhoea and vomiting which may need hospitalization for intravenous fluids.

Unfortunately, sometimes it can lead to brain swelling (meningoencephalitis) or death. There is no vaccine available yet for HFMD. The only way to prevent it is through personal hygiene such as regular hand washing and isolation of infected individuals.

Influenza virus:

Influenza is a very common but potentially severe and dangerous virus infection. It usually causes high fever (39-40 celsius) and may lead to pneumonia, sepsis and sometimes death.

Influenza spreads through the close contacts through coughing, sneezing and direct contact. The risk of severe complications can be reduced by taking the annual influenza vaccine which is updated every season.

Chicken pox or Varicella:

Chicken pox or Varicella can cause high fever, skin infections, scarring, and occasionally lead to death especially in young children and those who are immunocompromised. It spreads through droplets and direct contact.

Vaccination for the Chicken Pox virus is available for children from 12 months old. It is highly effective and a booster dose is recommended to increase the long term protection.

Please make an appointment to see your Paediatrician soon to give your loved ones the best protection possible.



Dr Salehuddin Samsudin

The risk of severe complications can be reduced by taking the annual influenza vaccine which is updated every season.



Neuro-Oncology & Radiosurgery Symposium: Paving the Way for Gamma Knife Radiosurgery in Malaysia



International and local experts shared their perspectives during the event

On 21st May 2022, Gleneagles Hospital Kuala Lumpur in collaboration with the Neurosurgical Association of Malaysia organized the Inaugural Neuro-Oncology & Radiosurgery Symposium. This symposium was held over three days in two venues; The AICB Centre of Excellence and the Gamma Knife Centre in Gleneagles Hospital Kuala Lumpur. A total of 350 participants ranging from neurosurgeons, oncologists, general practitioners, radiation physicists, and postgraduate residents attended the event.

The symposium was officiated by Dato' Dr Asmayani Binti Khalib, Deputy Director-General of Health of Malaysia. Ms Hoo Ling Lee, CEO of Gleneagles Hospital Kuala Lumpur, and Dato' Dr Kantha Rasalingam, President of the Neurosurgical Association of Malaysia also graced this event with their presence. The faculty consisted of many eminent international speakers including Prof Jean Regis, Prof Roberto Martinez Alvarez, Prof Bengt Karlsson, Prof Dheerendra Prasad, Prof Yeo Tseng Tsai, and Prof Zachary A Seymour. Local experts in Gamma Knife radiosurgery who also shared their perspectives include Dato' Dr Jagdeep Singh Nanra, Dr Regunath Kandasamy, and Prof Dato' Dr Fuad Ismail.

Gleneagles Hospital Kuala Lumpur organized this symposium to create awareness of the potential and benefits of Gamma Knife radiosurgery in treating brain cancers and a spectrum of other neurological conditions. This symposium also emphasizes the fundamentals of

radiosurgery for the benefit of young neurosurgeons and residents alike. Gleneagles Hospital Kuala Lumpur embracing its status as a pioneer private medical centre in neuro-oncology and radiosurgery has taken on the responsibility to educate the medical community by organizing this international symposium. This is the first event of its kind by a private medical centre in Malaysia.

The first two days focused on lectures by international and local experts in the field. On the third day, participants were invited to Gleneagles Hospital Kuala Lumpur where they observed three live Gamma Knife procedures performed by our resident neurosurgeons and oncologist. They were also able to experience the Gamma Knife preplanning demo system, which was provided by our sponsors Abex and Brainlab.

Based on the Malaysian National Cancer Registry Report (2007 – 2016), there are 4333 new cases of brain tumours and the numbers are on the rise. Gamma Knife can be used to treat multiple brain metastases safely and its potential for treating various neurological conditions including functional disorders constantly expanding. Gleneagles Hospital Kuala Lumpur paved the way in the field of neuro-oncology by being the first private hospital to own the revolutionary Stereotactic radiosurgery machine known as Gamma Knife and has up to date treated 602 brain cancer patients non-invasively: the youngest patient being 8 years old and the oldest being 90. This achievement would not have been possible without the highly qualified and dedicated team of neurosurgeons, oncologists, nurses, and radiation physicists working together to ensure accurate and optimal treatment is given to each patient.

If you are interested to know more about the Gamma Knife Surgery and promotion packages, please visit our corporate website at <https://gleneagles.com.my/kuala-lumpur/facilities-services/clinical-diagnostic-services-kuala-lumpur/gamma-knife-radiosurgery>



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Gleneagles Hospital

KUALA LUMPUR

On your side



Do Bacteria Cause Stomach Cancer?



Written by

Dr. Yeap Chee Loong

Consultant General, Upper Gastro Intestinal (GI)
and Bariatric Surgeon
Gleneagles Hospital Kuala Lumpur

Stomach cancer, also known as gastric cancer, is a build-up of abnormal cells that form a mass in part of the stomach.

According to the World Health Organization (WHO), 723 000 cancer-related deaths are caused by stomach cancer each year worldwide. It is the fifth most common cancer worldwide, but the third leading cause of cancer-related deaths.

The highest stomach cancer rates in 2018 were seen in South Korea, Mongolia, Japan, and China. But the incidence is increasing in South East Asia, including Malaysia and Indonesia.

Researchers have identified the bacterial strain that may contribute to the development of stomach cancer.

Stomach Cancer Risk Factors:



Long term inflammation of the stomach



Smoking



Family history



Helicobacter Pylori Infection



Poor Diet or Obesity

Symptoms:

- Pain in the stomach area
- Difficulty swallowing
- Weightloss
- Bloating after small meal
- Nausea and vomiting
- Vomiting blood or having blood in the stool

One risk factor for stomach cancer is infection with a type of bacteria called *Helicobacter pylori*, but the specifics of its impact on the development of tumours has been unclear.

Now, however, scientists have pinpointed which specific *H. pylori* strain may be responsible for increased stomach cancer risk.

The new researchers' findings may change how specialists screen for and treat this type of cancer.

"*H. pylori* is a very common infection: At least half the people in the world get it at some point, usually in childhood. We, doctors, aren't sure why it affects some people differently than others", said Dr. Yeap Chee Loong, Consultant Surgeon at the Gleneagles Hospital Kuala Lumpur.

"*H. pylori* can inflame the lining of your stomach. That's why you may feel stomach pain or get nauseous. If it's not treated, it can sometimes cause painful ulcers and open sores in your stomach lining that bleed.

Studies show that people who are infected with *H. pylori* are also up to 8 times more likely to get a certain kind of stomach, or gastric, cancer.

But this bacterium is only one possible cause of stomach cancer. Smoking, a diet low in fruits and veggies, and a history of stomach surgeries can raise your risk", Dr. Yeap added.

H. pylori infections don't always cause symptoms. You may not feel sick at all. In some people, though, the infection may cause:



Pain or burning in your gut



Stomach pain that's worse if you haven't eaten



No appetite



Nausea



Burping a lot



Bloating or gas



Unusual weight loss

It is advisable to see your doctor right away if you notice the following in yourself. They could be signs of an ulcer:

- Severe stomach pain that doesn't go away
- Inability to swallow
- Bloody, tar-like stool
- Vomit that's bloody or looks like dark coffee grounds

If your doctor thinks you may have an *H. pylori* infection, some tests can tell you for sure:

- **Endoscopy:** The best way to test for *H. pylori* infection is to check your stomach lining. Your doctor will give you medicine to relax you. Then she'll send a long, thin tube with a camera on the end down your throat and into your stomach. She'll look for signs of infection and take a small sample of tissue from the lining. The sample will be tested in a lab to see if there's an infection.
- **Blood tests:** A simple blood test can show signs of *H. pylori*. But that doesn't mean the infection is active and causing problems or symptoms.
- **Urea breath test:** Your doctor can test your breath if that is a sign of *H. pylori*.

If you're worried that you might have an *H. pylori* infection, do speak to your doctor. It is not difficult to treat the *Helicobacter pylori* infection once identified. A course of antibiotics will be given to you for at least 2 weeks.

About a month after you finish your antibiotics, your doctor can test for *H. pylori* to make sure it's gone. If there are still signs of the infection, you may need more antibiotics.

"By successfully eradicating the infection, it can minimize the risk of stomach cancer as much as possible", stressed Dr. Yeap.

Book an appointment today.

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Collective action can alleviate climate change anxiety

The power of social bonds can ease the psychological fallout from the global crisis

A sense of foreboding over the future characterises our times, especially among the younger generation who understandably fears that environmental catastrophe is inevitable unless countries take decisive steps against it.

One important way to deal with these negative feelings is to join others in taking action against the root causes that are wreaking havoc on the environment, according to a recent study from the Yale School of Public Health (YSPH).

“There is definitely more research to be done, and we can’t make any claims about causality or the direction of the relationships,” said YSPH Assistant Professor of Public Health Sarah Lowe, senior author of the study, in a press release. “But [our findings] suggest that engaging in collective action can buffer the effects of climate change anxiety and prevent it from leading to feelings of sadness and hopelessness that would be consistent with major depression.”



Based on a survey of around 300 university students, researchers found that anxiety produced by concerns over climate change was associated with signs of depression only in those who didn’t participate in group activities to tackle the problem, while students who engaged in community outreach, peer education, advocacy groups, and similar activities fared much better.

Similar benefits didn’t materialise when students took individual actions, like recycling or saving energy, probably because students saw those actions as ineffective.

Collective action, instead, can offer a sense of hope and social support that can be beneficial in beating back feelings of doom. “We’re really thinking about the sense of social support and solidarity that students who engage in collective action have,” said Professor Lowe. “They’re with a group of like-minded people with whom they can discuss and process their feelings of climate change anxiety and not have that sense of sadness, hopelessness, or isolation from other people. That can be really powerful.”

Despite the positive message about group action, the survey is also another grim reminder of the psychological toll the environmental crisis is taking on young people who now expect “widespread famine” and an “unlivable” planet in the future.

Last June, a World Health Organization (WHO) policy brief highlighted that climate change posed significant risks to mental health and well-being while urging countries to consider mental health support as an important part of their action against the climate crisis.

“The impacts of climate change are increasingly part of our daily lives, and there is very little dedicated mental health support available for people and communities dealing with climate-related hazards and long-term risk,” said Dr Maria Neira, Director of the Department of Environment, Climate Change and Health at the WHO, in a press release.

The WHO policy brief has recommended several approaches to deal with environmental anxiety such as investing more funds into mental health and psychological support while integrating climate considerations within mental health programmes.

Collective action, instead, can offer a sense of hope and social support that can be beneficial in beating back feelings of doom.

Mushrooms can be an essential part of clean eating

They can make us healthier in several ways



“If your immune system is lowered, mushrooms can help improve the count and function of white blood cells and have a protective effect against cancer.”

Veggies and fruits are the darling of any healthy diet, but there’s another food with significant health benefits that often takes a back seat — mushrooms. Often mistaken for plants, mushrooms are actually a fungus, a different type of organism that absorbs nutrients from its surroundings instead of producing its own food with sunlight like plants do.

To begin with, they’re packed with nutritious components that can boost your immune system. “Mushrooms have a constituent called beta-glucans which help increase the production of white blood cells. If your immune system is lowered, mushrooms can help improve the count and function of white blood cells and have a protective effect against cancer,” Lawrence Tredrea, a nutritionist at the Integrated Medicine Institute in Hong Kong, told the *South China Morning Post*.

Mushrooms are rich in fibres and potassium. The former can contribute to good gut health and could help manage or even lower the risk for type 2 diabetes, while the latter is known for regulating blood pressure, which in turn may decrease the risk for heart problems.

They can use sunlight to produce vitamin D, an essential nutrient that can further strengthen the immune system while protecting the bones. Vitamin D is also an antioxidant, as are many other key components in mushrooms like the anti-inflammatories selenium and ergothioneine, or ergo. These substances counteract oxidative stress, a process that is believed to play a role in chronic conditions, including cancer, heart disease, and dementia.

“Mushrooms are a great food to consume when

you have minor inflammation, such as an injury, or if you have any autoimmune disorders such as multiple sclerosis, rheumatoid arthritis, or lupus,” Angela Lemond, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, told *Time*.

A study of six different types of mushrooms showed that all were associated with reduced levels of mild cognitive impairment (MCI), with seniors who had two portions of mushrooms weekly experiencing a 50 percent reduction in MCI.

The researchers who conducted the study believe ergo is what offers protection against the cognitive condition. “We’re very interested in a compound called ergothioneine (ET),” said Dr Irwin Cheah, Senior Research Fellow from NUS Biochemistry, in a press release. “ET is a unique antioxidant and anti-inflammatory which humans are unable to synthesise on their own. But it can be obtained from dietary sources, one of the main ones being mushrooms.”

Mushrooms can also provide folic acid, which is often taken by pregnant women in the form of supplements because it can boost fetal health.

Though different types of mushrooms may have varying amounts of nutrients, with white mushrooms stacked with the most potassium and portobello with the greatest quantity of ergo, they’re all good choices especially when eaten regularly.

“The best mushrooms are the ones you enjoy and will eat most consistently,” Brian St. Pierre, a registered dietitian and director of performance nutrition at Precision Nutrition, told *Time*. “They all provide an array of benefits.”

Should I be worried about passing wind?

It could be a sign of good health unless you feel pain or discomfort

If you're one of those who would fiercely deny ever letting one out because of embarrassment, you should know that having gas is a normal byproduct of food digestion, and most people do it several times a day.

But "if you have an amount of gas that makes you uncomfortable, you should consult your local GI [gastrointestinal] physician for evaluation and recommendations," said Dr Christine Lee, a gastroenterologist at the Cleveland Clinic, on its website.

Gas builds up in the digestive system because we swallow air while eating, drinking, or laughing. Certain foods can also contribute to gas accumulation, including high-fibre foods, like whole-wheat pasta, barley, chickpeas, edamame, lentils, and almonds. Finally, slow digestive movements lead excess gas to collect, explaining why older people, whose metabolism slows down, produce more gas than when they were younger.

In some cases, gas collection in the digestive system can cause abdominal discomfort. But there are ways to mitigate the problem of excessive gas.

Exercise is one good option as it helps get rid of

gas from the intestinal tract. In particular, abdominal-strengthening gets the digestive tract moving, and you should aim for at least a 30 minute session three to four times a week, advised Dr Lee.

Reducing the intake of vegetables like cabbage, cauliflower, broccoli, Brussels sprouts, and asparagus can also provide relief, but that's a double-edged sword as these foods are generally healthy and shouldn't be avoided completely.

If you're lactose intolerant you should avoid dairy products as they can disrupt digestion, or you could take a supplement to help you digest foods containing lactose.

Methods to fix constipation, including exercise and good hydration, are also helpful since having bowel movements reduces the amount of bacteria that produces gas.

People who take medications including narcotics, decongestants, allergy medications, and blood pressure drugs should check with their doctors whether these might be responsible for excess gas as they could slow bowel processes.

Carbonated drinks and fermented foods should also be avoided because they either increase the amount of gas in the intestine or feed the bacteria that produce it.

In some cases, excess gas build-up could be made worse by a condition called sleep apnoea, in which breathing stops and starts repeatedly during the night. "People with sleep apnoea are mostly mouth-breathers, and they swallow a lot of air when they're snoring during their sleep," explained Dr Lee. "So, they wake up with gas pain because they've been swallowing air all night."

If you feel this is your case, you should talk to a doctor.

Barring any health problems or discomfort related to excess gas, repeated farting may actually be a sign of good health.

One study found that men who eat plant-based diets fart more often than people who consume fewer fruits and vegetables as these foods promote healthy gut bacteria that in turn produce gas by fermenting plant fibres.

"Our Western idea that farting is a sign of something being wrong is totally false," Rosemary Stanton, a Visiting Fellow at the School of Medical Sciences of UNSW in Australia, told *NewScientist*. In most cases, "farting is a sign of a healthy diet and a healthy colon."

Methods to fix constipation, including exercise and good hydration, are also helpful since having bowel movements reduces the amount of bacteria that produces gas.



The low-down on sex after pregnancy

There are no strict rules, but women are advised to take time to recover

Giving birth puts women under a lot of physical and emotional stress, so it's natural that some may worry about how having intercourse afterwards could affect them.

How soon after giving birth is it safe to have sex is perhaps the first question that may cross the minds of many new parents. Though there's no strict timeframe, many doctors advise women to wait four to six weeks after pregnancy, according to the Mayo Clinic. This is because the risk of experiencing a complication after delivery is highest during the first two weeks, while waiting will also provide time for your body to heal. After giving birth, women can have vaginal tears and dryness, feel fatigued, and experience pain and low sexual desire. Those who underwent surgery to repair a tear might need to wait even longer.

Dr Sherry Ross, an obstetrician and gynaecologist in California, told *Health* she advises women to have a "pelvic rest," meaning that nothing should be inserted into the vagina and women should avoid douching, using tampons, and engaging in penetrative sex.

"Usually at the six-week postpartum visit with your health care provider, you will be examined, started on birth control, and given the green light to have sex again regardless of the type of delivery you had," she said.

But this is just a general timeframe, and some women may understandably want to wait longer as there are other challenges post-pregnancy that go beyond the healing of the womb.

"Many women who are breastfeeding have painful, bleeding nipples, mastitis, or uncomfortable breast tissue," said Amy Hill Fife, a pelvic health physical therapist in the US, to *Health*. "None of this improves the desire for sex."

She added that the decision to have sex again might also depend on how much support women get to take care of the newborn as well as their level of fatigue. "The new mom should ultimately be the one deciding when she is ready to have sex," she stressed.

When that moment arrives, some women may experience pain during intercourse, so over-the-counter pain relievers could be a good option to ease the discomfort, according to the Mayo Clinic, while the use of lubricants can help with vaginal dryness.

Another option is to skip vaginal penetration and experiment with other forms of intimacy, including massage, oral sex, and mutual masturbation. Talking with your partner about what you both like is perhaps the best way to go about it.

Women who have vaginal sex should also remember that birth control is often recommended to avoid another pregnancy. Bear in mind that those who are breast-feeding while still missing their menstrual periods may already have a high protection against pregnancy, but this natural form of breast-feeding contraception can vary. Women are advised to talk to a gynaecologist to discuss the most appropriate options for them.

Many women who are breastfeeding have painful, bleeding nipples, mastitis, or uncomfortable breast tissue.





Acute Coronary Syndrome (ACS)



Dr Goh Chong Aik
Cardiologist
KPJ Penang Specialist Hospital

H **Heart Disease** remain as the no 1 killer. Almost 1 in every 4 deaths is caused by heart disease. According to Malaysia's Health Minister Khairy Jamaluddin, Malaysia tops as one of the unhealthy countries in the world, seeing that the number of Malaysians suffering from heart disease is on the rise.

Acute Coronary Syndrome (ACS), commonly known as a "heart attack", is one of the leading causes of morbidity and mortality worldwide. It occurs when the blood supply to the heart is unable to meet the demand of heart muscles and leads to severe injury or permanent damage to the heart. It is caused by total occlusion or severe narrowing of one or more blood vessels (coronary arteries) in the heart.

Dr Goh Chong Aik, a Cardiologist at KPJ Penang Specialist Hospital, shared that patients suffering

from ACS will experience chest pain, shortness of breath, cold sweat, vomiting, giddiness and even loss of consciousness. Besides that, a group of patients may present with belching, fullness, and upper stomach-ache, which may be mistreated as indigestion.

"ACS is not caused by one single factor. When combined, there are many risk factors that could result in a heart attack or heart disease. The more risk factors you have, the higher the chances of a heart attack. A family with a history of heart attack is one of the factors too, but most risk factors are modifiable such as cholesterol level, blood pressure, diabetes, obesity, smoking, sedentary lifestyle, and stress," added Dr Goh Chong Aik.

A common misconception is that routine heart check-up is only something persons with heart

problems should undergo. Even if you are healthy, it is advisable for you to undergo heart screening tests as a precautionary measure.

Electrocardiogram (ECG) is a powerful tool to detect ACS. Electrodes are attached to your skin to measure the electrical activity in your heart. Abnormal or irregular impulses can mean your heart is not working correctly due to lack of oxygen. Certain patterns in electrical signals may show the general location of a blockage.

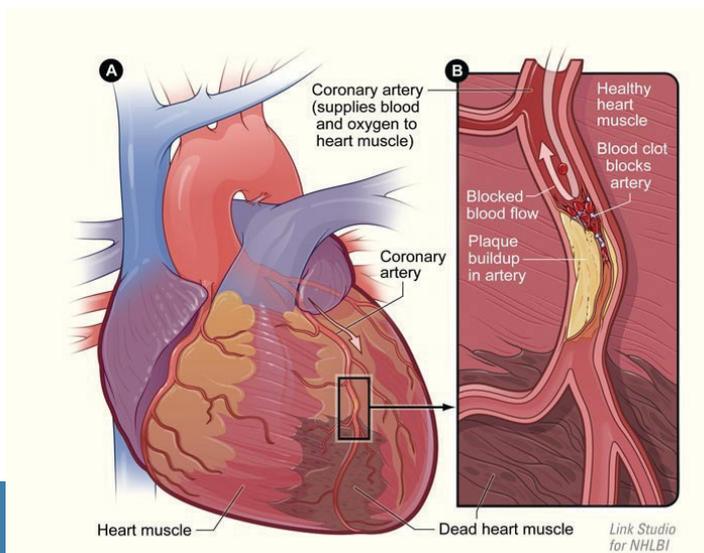
Blood tests, namely cardiac enzymes such as Troponin T or I, are useful for detecting ACS. Besides that, the doctor will also take the opportunity to screen for Diabetes Mellitus, blood cholesterol levels and kidney disease.

Treatment of ACS consists of two major parts, which include medical therapy and invasive treatment. Medical therapy generally includes blood-thinning agents (antiplatelet and anticoagulation), anti-angina therapy, and statin (cholesterol medicine). In comparison, invasive treatment involves the introduction of catheter into the body to study coronary blood vessels and treat the blockage accordingly.

1. **Coronary Angiogram** is a study of coronary arteries by injecting contrast dye via a catheter. It is performed under radiation guidance.
2. **Percutaneous Coronary Intervention (PCI)** is a treatment to relieve coronary blockage by a series of balloon dilatations and, finally, stent implantation to restore blood flow to the heart. It can be performed in the same setting as a coronary angiogram.
3. **Coronary Artery Bypass Graft Surgery (CABG)** is an open heart surgery performed by a cardiac surgeon under general anaesthesia. Basically, the surgeon will harvest the graft from patient's body to restore the blood supply to the heart.

As prevention is better than cure, at the end of the conversation with Dr Goh, he suggested that those with family history, aged 30 years and above are encouraged to undergo medical check-up annually to help patients identify the status of their health condition.

KPJ Penang Specialist Hospital has 4 cardiologists, 2 cardiothoracic surgeons, and a paediatric cardiologist with experienced nurses and medical personnel to serve our local and international heart patients. The hospital is the nineteenth hospital



under the flagship of KPJ Healthcare Berhad, the most prominent and largest healthcare provider in Malaysia, with more than 40 years of experience in the industry.

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Accorded as Malaysia's Best Hospital 2021, our dedicated International Patient Centres are ready to serve all our international patients, including information on our facilities and specialists, estimated treatment cost, medical advice, logistic arrangement, insurance cost assistance and many more.



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A relative's death could increase the risk of heart failure

Data show risk changes depending on which family member passes away

Bereaved people with heart failure who have just lost a close family member may be at an increased risk of death, especially in the first week after the traumatic event.

Researchers scoured data from 58,948 study participants who went through bereavement and found that the highest risk of death from heart failure was among individuals who lost a spouse or partner (about a 20 percent increased risk), while those who lost a sibling saw a 13 percent surge and losing a child led to a 10 percent increase. By contrast, the death of a parent wasn't associated with higher mortality risk.

"Our finding that bereavement was associated with mortality in HF patients contributes to and extends the existing literature regarding role of stress in prognosis of HF and is consistent with studies reporting associations between bereavement and increased risk of incident cardiovascular conditions," Hua Chen, lead author of the study and a doctoral student at Karolinska Institutet in Sweden, said in a press release.

The researchers believe that the death of a family member may act on the system that regulates stress and emotional response and on the physiological processes that occur in heart failure.

Such findings suggest that patients with heart failure who are in bereavement should be kept under watch by friends and family members, especially in the aftermath of their loss.

Future research should further untangle the link between stressful events and heart failure risk. "Further studies are needed to investigate whether less severe sources of stress can also contribute to poor prognosis in HF and to explore the mechanisms underlying this association," the authors concluded.



Soil pollution could contribute to heart disease

The link looks worrying, but more research is needed

Pesticides and heavy metals in soil can affect the cardiovascular system, according to a review published in a journal of the European Society of Cardiology.

Pollutants like plastic and fertilisers can be inhaled, while heavy metals like cadmium and lead as well as pesticides can enter the body through contaminated food. Polluted water is also a major carrier of these toxic substances.

"Evidence is mounting that pollutants in soil may damage cardiovascular health through a number of mechanisms including inflammation and disrupting the body's natural clock," said study author Professor Thomas Münzel of the University Medical Centre Mainz in a press release.

At least nine million people die every year because of air, water, and soil pollution. Most soil-related deaths are caused by cardiovascular disease such as ischaemic heart disease, heart attack, stroke, and heart rhythm disorders.

In particular, studies have found associations between high lead presence in the blood and cardiovascular disease, which includes coronary heart disease, heart attacks, and strokes in women, as well as in people with diabetes.

"More studies are needed on the combined effect of multiple soil pollutants on cardiovascular disease since we are rarely exposed to one toxic agent alone. Research is urgently required on how nano- and microplastic might initiate and exacerbate cardiovascular disease. Until we know more, it seems sensible to wear a face mask to limit exposure to windblown dust, filter water to remove contaminants, and buy food grown in healthy soil," said Professor Münzel.

Miscarriage and infertility linked to stroke risk

Women should inform their doctors especially if they have lost more than one baby

Women who have experienced a miscarriage and stillbirth have a higher risk of stroke later in life, according to a study at the University of Queensland.

The research, which involved more than 610,000 women from multiple countries including Australia, China, Japan, Netherlands, Sweden, the UK and the US, saw that the risk went up with several pregnancy losses. Women who had just one miscarriage saw their stroke risk increase by seven percent compared to those who didn't lose a baby. The percentage further increased with more miscarriages, with three events leading to an 82 percent increased risk for fatal stroke. A similar trend was observed in stillbirths.

"This is the first study big enough to demonstrate a robust link between stroke and recurrent miscarriage and very rare events like recurrent stillbirths," said senior author Professor Gita Mishra from the University of Queensland School of Public Health in a press release, adding that many women are unaware of the risk but should inform their doctors about multiple miscarriage and stillbirth events.

Despite the risks, there's still a lot that women can do to prevent a stroke. The US CDC recommends making healthy choices like eating good food, doing exercise, limiting alcohol intake, and avoiding smoking as well as controlling health conditions, including heart disease and diabetes.



Working long hours means more deaths from heart disease and stroke

Countries are urged to limit working hours

Long working hours caused 745,000 deaths from stroke and ischaemic heart disease in 2016, a 29 percent surge from 2000, the World Health Organization (WHO) and the International Labour Organization said, providing another good reason for shorter work weeks.

Their study found that working 55 hours or more per week was associated with a 35 percent increased risk of stroke and a 17 percent higher risk of ischaemic heart disease compared to working 35-40 hours weekly.

Males, people living in the Western Pacific and Southeast Asia, and middle-aged or older workers were mostly affected, with most of the deaths occurring in people between the ages of 60 and 79.

A greater number of people are being exposed to such risks, the WHO said, as more workers are now toiling for longer hours, particularly as a result of COVID-19.

"The COVID-19 pandemic has significantly changed the way many people work," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General in a press release. "Teleworking has become the norm in many industries, often blurring the boundaries between home and work. In addition, many businesses have been forced to scale back or shut down operations to save money, and people who are still on the payroll end up working longer hours. No job is worth the risk of stroke or heart disease. Governments, employers and workers need to work together to agree on limits to protect the health of workers."

Test
Treat **Cure**

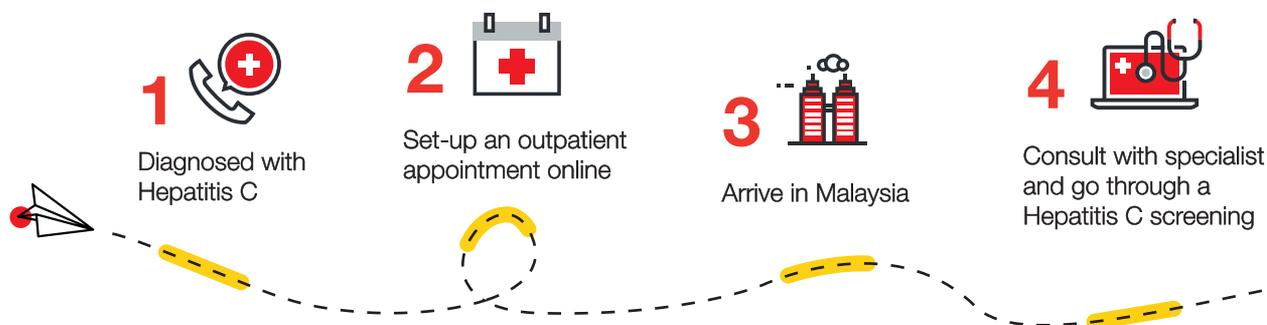
“Malaysia, the Hepatitis C Treatment Hub of Asia”

Globally, an estimated 58 million people are infected with Hepatitis C; 10 million of them are in Southeast Asia. Many more remain undiagnosed.

The good news is that when detected early and treated properly, the disease is highly curable. As the **Hepatitis C Treatment Hub of Asia**, Malaysia has more than 20 healthcare establishments that can offer easy access to efficacious treatments at a fraction of the cost.

In conjunction with **World Hepatitis Day**, Malaysia Healthcare welcomes you to take advantage of our first-in-the-world capabilities for the treatment of Hepatitis C. Experience the latest treatment options along seamless end-to-end services throughout your entire healthcare journey in Malaysia.

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97%
Cure Rate



Up To
93%
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compared to current
treatments available



More Than
20 Hospitals
with the capabilities
to treat Hepatitis C



**Seamless
Journey**
with Malaysia Healthcare
by your side from
start to end



**Well-regulated
By Government**
ensuring safe, trusted
and quality treatment

Getting treatment for Hepatitis C has never been more smooth sailing. If detected early enough, treatment can be an outpatient process where you only need to take the necessary medication for an approximate duration of 12-24 weeks.

With no hospitalisation required, you are free to move around and explore the many sights and sounds that Malaysia has to offer. Each of us only have one liver. So, come over and let us help to **Test, Treat, and Cure** you today!

Malaysia Healthcare

5



Enjoy Malaysia's
sights while awaiting
test results
(7 days)

6



Receive full 12 or 24 weeks
treatment*, and make appointment
for next visit

*Treatment is in the form of tablets to be taken daily for 12 - 24 weeks, depending on the specialist's consultation. No hospitalisation is required during treatment.



**Tested
Negative**

Congratulations,
you're cleared of
Hepatitis C!



**Tested
Positive**

Consultation and
re-treatment with
other Hepatitis C
medication by
specialist

7



12 or 24 weeks
treatment

8



Final consultation



Common bacteria may be responsible for some colorectal cancers

The discovery could improve screening and prevention of the disease

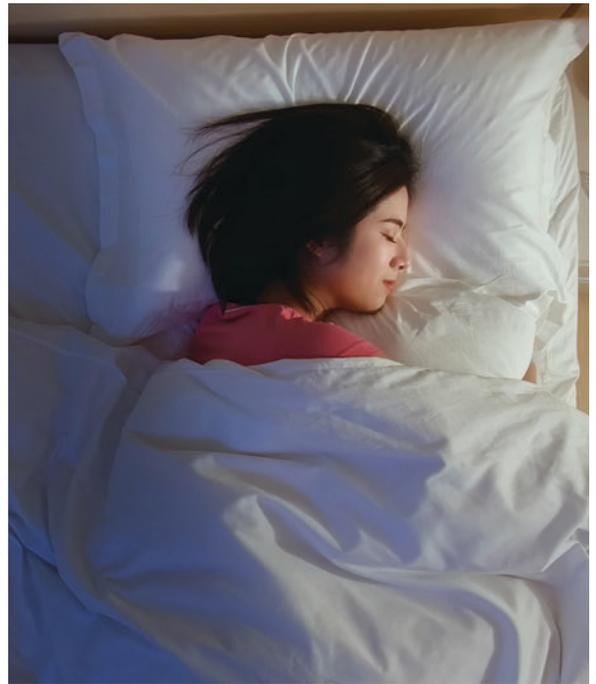
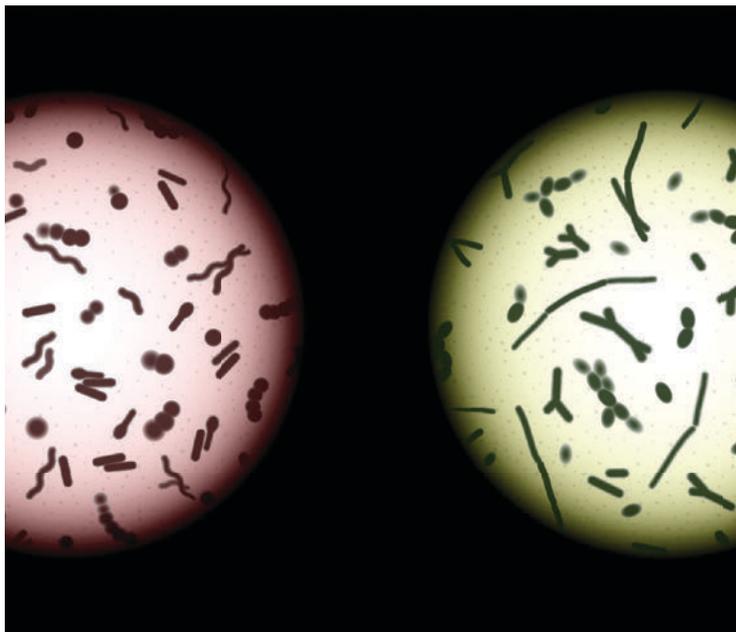
A well-known pathogen that causes serious diarrhoeal infections, *Clostridioides difficile* (*C. difficile*), could also drive colorectal cancer in young populations, according to a new US study, raising hopes for improving our ability to prevent the malignancy.

“The uptick of individuals under the age of 50 being diagnosed with colorectal cancer in recent years has been shocking. We found that this bacterium appears to be a very unexpected contributor to colon malignancy, the process by which normal cells become cancer,” said Dr Cynthia Sears of the Bloomberg Kimmel Institute for Cancer Immunotherapy in a press release.

After observing that many patients with colorectal cancer had collections of bacteria in the colon, the researchers infected mice with several types of these pathogens to see whether they could cause cancer. Several experiments showed that *C. difficile* alone was able to drive disease growth in lab animals by turning on genes that promote proliferation of malignant cells while turning off others that protect against them.

If the causal link holds up, the discovery might help identify people at risk of colorectal cancer by screening them for *C. difficile* infection, a common condition with about 500,000 annual cases in the US, and potentially prevent the malignancy by treating the infection.

“While this link between *C. difficile* and colorectal cancer needs to be confirmed in prospective, longitudinal cohorts, developing better strategies and therapeutics to reduce the risk of *C. difficile* primary infection and recurrence could both spare patients the immediate consequences of severe diarrhoea and potentially limit colorectal cancer risk later on,” co-author Dr Julia Drewes, assistant professor of medicine at Johns Hopkins, said in a press release.



Breast cancer spreads faster at night

This could indicate specific timeframes for improved diagnosis and treatment

It's well-known that some cancer cells tend to travel around the body to stimulate the growth of additional tumours, but now new research suggests this process develops mostly at night in breast malignancies, offering an important clue to potentially improve their management.

“When the affected person is asleep, the tumour awakens,” said study leader Dr Nicola Aceto, professor of molecular oncology at ETH Zurich, in a press release.

Primary cancers shed some of their cells into the bloodstream, which allows them to reach far-away organs to form new malignant tumours called metastases. By analysing 30 female patients and mouse models, the researchers observed that tumours released a greater number of such cells during the night while also having the ability to divide more quickly when patients were asleep, thus increasing the risk of metastases.

“Our research shows that the escape of circulating cancer cells from the original tumour is controlled by hormones such as melatonin, which determine our rhythms of day and night,” said Dr Zoi Diamantopoulou, the study's lead author and a postdoctoral researcher at ETH Zurich, in a press release.

The discovery signals that the time of day when a cancer or blood sample is taken for diagnosis could be important to get actionable results. The next step of the research is to figure out if therapies can be improved when patients are treated at different times.

Treatment could prevent anal cancer in people with HIV

New research could change standard of care for at-risk populations

Removing anal precancerous tumours in people living with HIV reduced the risk of developing anal cancer by half, according to a large US study.

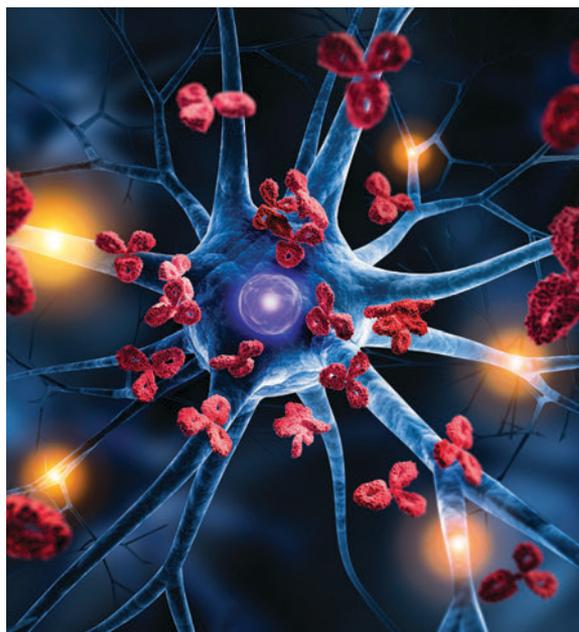
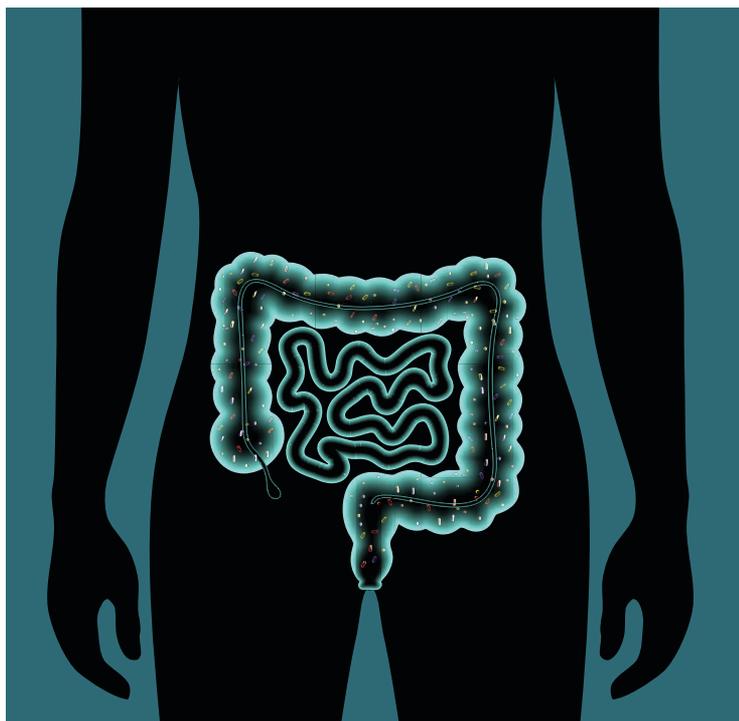
Almost all anal cancers are caused by human papillomavirus infections that create so-called high-grade squamous intraepithelial lesions (HSIL), which in some cases can turn malignant.

“We’ve now shown for the first time that treating anal HSIL is effective at reducing the incidence of anal cancer in a very high-risk group of people — people living with HIV,” lead author Dr Joel Palefsky of the University of California said in a press release.

The study involved 4,459 individuals living with HIV, aged 35 or older, who either received treatment for HSIL or active monitoring, which currently is the standard approach in the clinic. The group who had their HSIL destroyed with a heat-based treatment saw a 57 percent reduction in the number of people who developed cancer in the following two years compared to those who didn’t receive the therapy.

“The data support treating anal HSIL as the standard of care for people living with HIV who are 35 years of age or older,” said Dr Palefsky, adding that the treatment could also be considered for other groups without HIV but at increased risk for anal cancer, including people who are immunocompromised or HIV-negative men who have sex with men.

Though anal cancer is rare in the general population, the malignancy is the fourth most common cancer among people living with HIV, who can see an increased incidence of up to 50 fold.



Light-activated immunotherapy might advance brain cancer treatment

The approach promises to improve surgery and reduce risks of relapse

A double therapy that makes tiny cancer cells more visible during surgery while boosting the immune system to attack them could help doctors effectively remove glioblastoma, a common and aggressive form of brain cancer.

Developed at The Institute of Cancer Research (ICR) in London, the new approach was tested during surgery on mice and involves a fluorescent dye along with an anti-tumour compound that can be activated by shining light on it. This makes cancer tissues glow, allowing surgeons to better pinpoint and remove them while also triggering the compound to kill cancerous cells.

Glioblastoma develops in sensitive areas of the brain that are hard to operate on due to the risk of damaging them. As a result, residual bits of cancer cells can be left behind after surgery, leading to possible relapse in the future. The new therapeutic approach promises to reduce such risk by improving surgery and stimulating the immune system to target cancer cells.

“Brain cancers like glioblastoma can be hard to treat and sadly, there are too few treatment options for patients. Surgery is challenging due to the location of the tumours, and so new ways to see tumour cells to be removed during surgery, and to treat residual cancer cells that remain afterwards, could be of great benefit,” Dr Gabriela Kramer-Marek, study leader at the ICR, said in a press release.



Recognizing Heart Emergencies (Heart Attack)

The heart is a vital organ in our body as it is the engine of our circulatory system. It continuously pumps blood to circulate throughout the body from the time we were a fetus, until the last day of our lives. Any disruption to the heart may affect other vital organs in our body. Although the heart's function is to pump blood, it also requires blood supply to operate properly. Heart attacks happens when the blood supply to the heart is compromised. It is important to recognize and detect the signs and symptoms of a heart attack, so prompt treatment can be given as soon as possible.

Signs & symptoms To Look Out For

Patients may present with typical or atypical signs and symptoms of heart attack. Those with typical signs are easier to detect and diagnose. They may present with chest pain or chest discomfort, commonly described as heaviness or tightness in the chest area. The symptom of chest pain is usually triggered by physical exertion, but it may occur even when the patient is resting. The pain may radiate to the neck, back, shoulders or arms. The chest pain may also subside with rest or medication, but in some patients, the pain may be more prolonged. Other typical signs of a heart attack may include shortness of breath, palpitation, sweating, nausea, dizziness or fainting spells.

A group of patients, especially females and the elderly, may present with atypical symptoms of a heart attack. These signs are not specific for a heart attack and may be missed by the patient, or by doctor attending to the patient's complaint. They may experience pain at the epigastric area, which is the area between the lower chest and upper abdomen. This epigastric pain may be attributed to 'gastritis' or better known as 'gastric', and the diagnosis of a heart attack may be missed.

Time is vital in the treatment of a heart attack as 'Time = Muscle'. The longer the patient is having an undiagnosed and un-treated heart attack, the more heart muscle will be damaged.

Patients with a severe heart attack may just collapse and lose consciousness as a large part of the heart malfunctions or stops functioning completely.

Thus, it is crucial to be aware of these symptoms

and signs, and to seek medical attention promptly. The doctor assessing the patient must be vigilant in diagnosing a heart attack, especially when the patient presents with atypical symptoms. An Electrocardiograph (ECG) is key in the diagnosis of a heart attack, and must be done immediately in patients complaining of chest discomfort or chest pain.

What are the steps that you can do to help someone having a possible heart attack?

Make sure that the person is in a safe environment. Get the patient to be in a seated, or lying position, whichever position they feel comfortable. Make sure that the person is not in danger of injuring himself if he falls or loses consciousness.

If the person is alone, assist in notifying their family members or friends. If the person is a known heart disease patient, they may have their own medication with them. Assist them in taking their medicine to ease the chest discomfort (Glyceryl Trinitrate or GTN is a tablet to be put under the tongue when patients experience chest pain).

Call an ambulance and describe as accurate as you can the location of the person you are attending to so the ambulance crew can arrive promptly. Communicate what you know and have done, and assist the ambulance personnel once they have arrived.

If the person suddenly loses consciousness, they may have had a cardiac arrest. This is when the heart stops pumping effectively, and no blood supply is delivered to the vital organs, especially the brain. Without sufficient blood supply, the brain will be injured within minutes. Patients in cardiac arrest require prompt and immediate Cardiopulmonary Resuscitation (CPR). If you are trained in CPR, start chest compressions as soon as possible. Their chances of survival is increased if they receive good quality by-stander CPR. Without CPR, the chances of survival decreases 10% with every minute, and approaches zero within 10 minutes.

How to Perform A CPR

The 'chest compression only' CPR is the most basic CPR method, yet is effective. This does not require mouth-to-mouth rescue breathing, which many of

Time is vital in the treatment of a heart attack as 'Time = Muscle'. The longer the patient is having an undiagnosed and un-treated heart attack, the more heart muscle will be damaged.

us are not comfortable performing especially to a stranger. Good quality CPR involves pushing the chest hard, and pushing the chest fast. The depth and speed of the chest compressions are vital to give the patient the best chance of survival. It is important to allow proper chest recoil after each chest compression. This allows blood to fill the heart, and helps to increase the outflow of blood to the organs when the heart is compressed again.

Learning proper CPR technique is crucial in saving lives. Everyone should be trained to do Basic Life Support (BLS), and at least one member of each household should be proficient in performing CPR, especially if there are family members who are at risk of a heart attack.

The CPR Faculty in IJN organizes courses throughout the year for laypersons and medical staff. For the public, there are the Basic Life Support (BLS) and HeartSaver CPR courses available. The American Heart Association (AHA) Advance Cardiac Life Support (ACLS) Course is available for medical personnel.

Treatment of Heart Attacks in IJN

Heart attacks occur when at least one of the major blood vessels to the heart become acutely blocked, usually by a blood clot in an already narrowed blood vessel due to diseases such as high blood pressure, diabetes and smoking. Any patient with chest pain will immediately have an ECG performed within 10 minutes of arrival. Once the diagnosis of a major heart attack is made (ST-Elevation Myocardial Infarction or STEMI), the patient will be prepared for a treatment called Primary Percutaneous Coronary Intervention (PPCI). PPCI, which is also known as balloon and stenting, is the best treatment available for an acute heart attack. This treatment modality is available in IJN 24 hours in a day, 365 days in a year. Prior to PPCI, the patient will be stabilized and optimized in the Emergency Department (ED). The patient will be given medication to thin the blood (antiplatelets and anti-thrombotic medication). He or she will then be brought to the Interventional Cardiac Laboratory (cath lab) for the PPCI procedure to be performed. This is done very fast as Time = Muscle. Our aim is to bring the patient to the cath lab and perform PPCI within 90 minutes of arrival to the ED. With many years of experience, IJN have streamlined and perfected the flow of heart attack patients. In 2021, our average time to perform PPCI from patient's arrival to ED was 54 minutes. A small proportion of patients may not be suitable for PPCI. There are other treatment modalities available using medication called Fibrinolytics which can dilute the blood clot that was causing the blockage in the major blood vessel of the heart. Heart attack patients will be admitted to a Coronary Care Unit for further management and close monitoring.

24 Hour Heart Attack Centre

To improve our services as a Heart Attack Center, IJN has established a partnership with First Ambulance Service (FAS) in April 2019. The public has an option to utilize the FAS team, especially if they suspect of having a heart attack. A toll-free number can be contacted and the FAS ambulance crew will attend to the caller immediately. The paramedics will perform

an ECG, which is shared immediately via email to the doctors in the Emergency Department, before the patient is brought to the hospital. If the diagnosis of a heart attack is made (STEMI), the IJN ED will activate the Cardiology team to prepare for PPCI. By the time the patient arrives to the ED, the Cardiology Lab team is ready and the process is expedited with minimal time spent in ED prior to going to the lab. This is one of the reasons why the IJN Door-to-Balloon (DTB) time of 54 minutes in 2021 was within the international standards for DTB time.

IJN has also collaborated with Hospital Kuala Lumpur (HKL) since 2015, and established a network for heart attack patients presenting to HKL. This network collaboration has reduced the waiting time for HKL patients with an acute heart attack to receive PPCI treatment in IJN.

With all these initiatives and improvements, IJN has successfully recorded a decrease of mortality rate for heart attack cases from 15.8% in 2009 to just 3% in 2019. This compares well with overall Malaysian data for in-hospitality mortality rate for heart attacks, which sits at 10.6%.

Risk Factors

The risk factors for heart attacks are many, and can be classified into ones that can be modified and those which cannot. Non-modifiable risk factors includes a strong family history of heart disease, increasing age and male sex. Risk factors that can be modified include smoking, obesity, diabetes, high cholesterol, hypertension and stress.

It is best to avoid a heart attack from happening. Thus, it is important for us to seek medical advice especially if there are symptoms suggestive of a heart attack, no matter how mild the symptoms are. IJN has an extensive team of experts in Cardiology, Cardiothoracic and Vascular Surgery, with many years of experience. Our Interventional Cardiologists are capable of performing high-risk difficult angioplasty, with the support of the Cardiothoracic team. We also have experts in Endocrinology, Respiratory Medicine and Nephrology to support the Cardiology Services. IJN is also equipped with state-of the art CT scans, Cardiac Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) scans and even Nuclear scans.

For those without symptoms, having a regular medical checkup is also prudent, as many of us may have the risk factors of a heart attack without even being aware of it. It is important for everyone to monitor his or her weight, blood pressure, cholesterol level and blood sugar level. A baseline ECG and echocardiogram (ultrasound of the heart) should be done periodically. For those planning to take on more challenging activities, a more thorough check up should be done. An exercise stress test or a stress echocardiogram will be perfect to ensure that the heart is ready for activities that are more strenuous. The Wellness Centre in IJN offers affordable, comprehensive medical check-up packages that are designed to the patients' needs and condition.

It is never too late to take charge of our health and of our heart. Start by doing a medical check-up. Identify the risk factors, and slowly work to solve them one by one. Remember that 'Prevention is better than cure'. Health is wealth.



Dr. Ahmad Suhailan Mohamad,
Emergency Physician, Institut Jantung Negara (IJN)

For those without symptoms, having a regular medical checkup is also prudent, as many of us may have the risk factors of a heart attack without even being aware of it.

New phone device can diagnose ear disorders

It could cut costs for diagnosis of potentially serious problems but faces hurdles

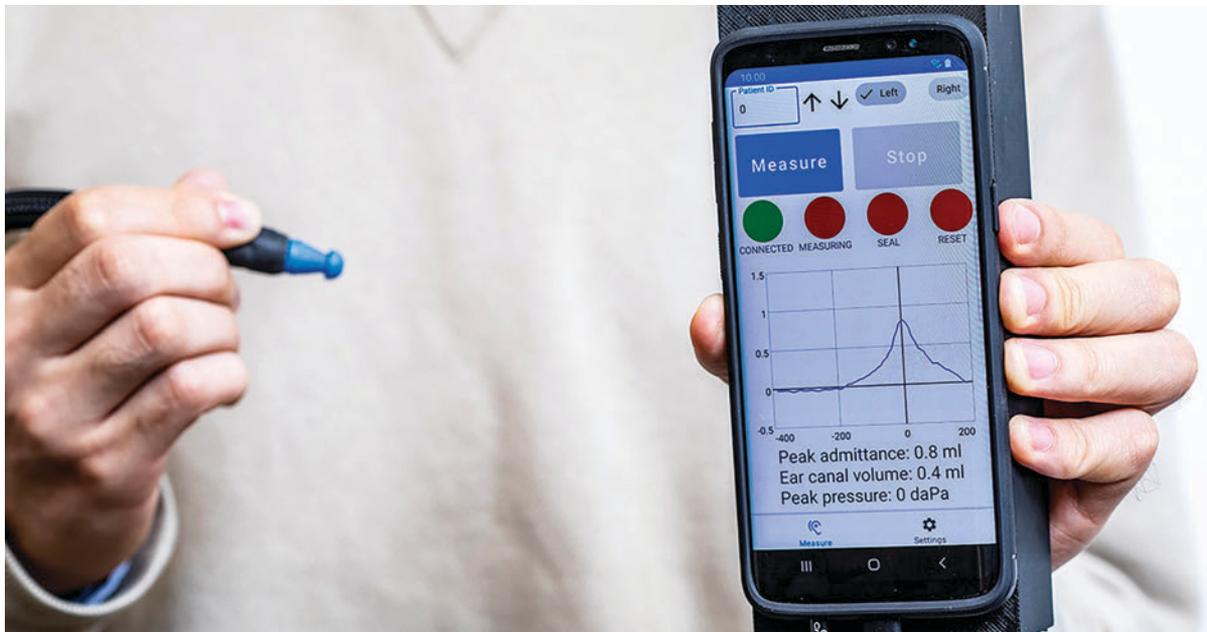


PHOTO: DENNIS WISE/UNIVERSITY OF WASHINGTON

“There was significant agreement — roughly 86% — between the results of the two screening methods.”

Scientists in the US have developed an affordable system attached to smartphones that can replace costly equipment used to detect ear problems.

The pricey item is called a tympanometer, a common tool found in the offices of most ear specialists. It’s used to examine middle ear functions and help diagnose other potential problems that can lead to hearing loss if left untreated. Its cost, however, ranges between US\$2,000 to US\$5,000, making it prohibitively expensive in many areas with limited healthcare funds.

Enter the new technology, which makes the same diagnostic approach feasible with just a US\$28 system that simply requires a budget smartphone, the researchers wrote in *Nature*.

“Conventional desktop tympanometry is expensive, bulky, and requires a source of wall power, which makes it less than ideal for use in mobile clinics and rural communities. Consequently, in some areas, people may have to travel long distances to obtain a test — if they are able to travel, that is,” said lead author Justin Chan, a PhD student at the Paul G. Allen School of Computer Science & Engineering at the University of Washington (UW), in a press release. “Our open-source system is inexpensive, portable, easy to use, and works with any Android smartphone.”

The researchers tested the new device on 50 patients between one and 20 years of age who also underwent a standard tympanometry to compare their experimental approach with the established diagnostic method.

“There was significant agreement — roughly

86% — between the results of the two screening methods. Most importantly, when there was an abnormal finding such as a Type B tympanogram, there was 100% agreement. Our goal was to develop an accessible device that can accurately assess the middle ear, providing clinicians critical diagnostic information. These results show promise towards achieving this goal,” co-senior author Dr Randall Bly, an assistant professor at UW Medicine’s Department of Otolaryngology, said in a press release.

But one potential drawback, the experts told STAT, is that the technology could only go into widespread use if there were enough specialists trained to use it and treat any ear problem detected with it, adding that the device would not be able to close the gaps in care by itself as other expensive diagnostic tools, like audiometers and electroencephalograms, were also needed for comprehensive ear screening.

“But the equipment is not there, so that becomes the limitation,” said Titus Ibekwe, head of the Department of Otorhinolaryngology at the University of Abuja in Nigeria.

The World Health Organization estimates that about 1.5 billion people, or roughly 20 percent of the world’s population, live with hearing loss and 430 million have disabling hearing loss. About 34 million children have deafness or hearing loss, which can be prevented in 60 percent of cases by screening and early management of otitis media, an inflammatory disease of the middle ear. Improving immunisations for rubella and meningitis, along with better maternal and neonatal care, can also go a long way in helping prevent hearing loss.

Common injections for knee pain don't work

Reams of evidence suggest hyaluronic injections offer no benefits

A treatment widely used in some countries to ease pain from osteoarthritis of the knee has shown to be ineffective while potentially leading to an increased risk of serious adverse events, such as infections, compared to placebo or dummy therapy, according to an analysis of 50 years of trials.

Despite its long history of controversy, hyaluronic acid is often injected into the knees of patients with osteoarthritis to treat symptoms, with one in seven US patients with the condition receiving the injections, wrote the authors in the *BMJ*. An age-related disease that affects about 560 million people worldwide, osteoarthritis causes joint pain and limits mobility.

Proponents of the treatment say that the injections can reduce inflammation and friction in the knee, while also slowing degeneration of cartilage and bone.

But the review, which looked at data from over 21,000 patients with osteoarthritis, showed that the injections, also called viscosupplementation, offered only small pain reduction that wasn't clinically relevant as it made no difference for patients.

More concerning was that the injections could expose patients to higher chances of events requiring hospital admission, prolongation of hospital stays, and persistent or major disability, though a clear link between the treatment and those risk wasn't established.

"We don't need new trials," Bruno da Costa, Professor at the University of Toronto and one of the

study authors, told the AFP, adding that the results were conclusive.

More worryingly, Professor da Costa and his team conducted a similar analysis leading to the same results in 2012, and several subsequent studies confirmed the findings but were never published, he said. "This is concerning and perhaps mainly driven by commercial interests."

In the US, for instance, expenditures related to the treatment were estimated to be US\$325 million in 2018, the authors wrote, with about 28 percent of that being used to treat joint infections after hyaluronic injections.

In 2016, the American Academy of Orthopedic Surgeons released a statement advising against the use of hyaluronic acid injections for knee osteoarthritis because they "did not demonstrate a clinically important benefit over placebo."

The same recommendation was provided in England by the National Institute for Health and Care Excellence, and the treatment is only considered in exceptional circumstances, the authors wrote.

"This isn't the first attempt to look at the value of viscosupplementation. And there are other organisations and groups that have performed very thorough reviews of the literature and essentially arrived at very similar conclusions," said Professor Cara Cipriano, chief of orthopaedic oncology at Penn Medicine, to STAT.





Can't sleep well? Climate change may be to blame

Poor sleep patterns can contribute to serious health problems

The destructive effects of global warming on human health are notorious — heat waves, severe droughts, and lost crops are just a few.

You can now add to this grim list insufficient sleep. According to a recent study, many people struggle to get enough sleep due to warmer climates around the world, increasing the risk of developing physical and mental problems.

People tend to fall asleep later, rise earlier, and sleep less during hot nights, making it more likely they sleep fewer than seven hours a day, the sufficient-sleep benchmark for most adults, the researchers wrote in the journal *One Earth*. This disruption is higher for the elderly, females, and those living in low-income countries, further widening existing inequities.

“In this study, we provide the first planetary-scale evidence that warmer than average temperatures erode human sleep,” said Kelton Minor, a PhD student at the Copenhagen Center for Social Data Science and leader

author, according to the *Guardian*. “It might actually be the tip of the iceberg, because it’s very likely our estimates are conservative.”

Lack of adequate sleep has been associated with reduced cognitive performance, compromised immune function, and negative cardiovascular outcomes, as well as depression, anger, and suicidal behaviour.

The analysis is based on a large dataset of a billion sleep observations recorded through sleep-tracking wristbands linked to a smartphone application and collected from 68 countries between 2015 and 2017. To unearth the relationship between sleep time and temperatures, the researchers paired the data with climate information and concluded that warmer temperatures were cutting down sleep time by an average of 44 hours per person every year. And with the planet expected to get even warmer, the researchers estimate that sleep loss could increase up to 50-58 hours per year by 2099.

Body temperature normally drops when we fall asleep, so an excessively hot environment can disrupt this process. Researchers at Flinders University, for instance, found that different types of insomnia were associated with elevated body temperatures.

Minor told the *Guardian* the negative effects of global warming on sleep patterns were poised to affect large chunks of the global population. “And if you look at the heatwave that’s transpiring right now in India and Pakistan, we’re talking about billions of individuals exposed to conditions expected to result in considerable sleep loss,” he said.

To tackle the challenge, the authors recommend heat-resilient planning, environmental design, and social interventions that equitably protect vulnerable populations, especially in urban centres that tend to record higher temperatures than rural areas.

“Our decisions, collectively as societies, will have costs in terms of sleep,” Minor told the *Guardian*.

Global hunger and malnourishment are skyrocketing

The health consequences will be devastating

The number of people who don't have enough food for a healthy diet has increased dramatically over the last two years, moving the world away from the goal of ending hunger and malnutrition by 2030, according to the UN report *The State of Food Security and Nutrition in the World*.

In 2021, 828 million people were affected by hunger, a surge of 46 million from the previous year and 150 million from 2019. The figure has been relatively stable since 2015 but skyrocketed in 2020, reflecting the major role COVID-19 played in driving up hunger.

If we consider people who were moderately or severely food insecure, the number stood at 2.3 billion in 2021, with another 350 million people filling its ranks after the pandemic broke out in 2020.

This is having a particularly detrimental effect on children, with 45 million under the age of five suffering from wasting, a severe form of malnutrition that weakens the immune system and increases the risk of death by up to 12 times if not treated properly. Another 149 million children have stunted growth and development due to a lack of essential nutrients.

"The unprecedented scale of the malnutrition crisis demands an unprecedented response. We must double our efforts to ensure that the most vulnerable children have access to nutritious, safe, and affordable diets -- and services for the early prevention, detection and treatment of malnutrition. With so many children's lives and futures at stake, this is the time to step up our ambition for child nutrition -- and we have no time to waste," said UNICEF Executive Director Catherine Russell, in a press release.

The latest available data also showed that the number of women aged 15 to 49 with anaemia rose from 493 million in 2000 to almost 571 million in 2019. Characterised by a low concentration of red blood cells or the protein haemoglobin, the condition can cause weakness, dizziness, and shortness of breath and can lead to adverse pregnancy and newborn outcomes.

The pandemic has also had a negative effect on the ability of people to buy healthy food, the report says, with 3.1 billion unable to afford it in 2020 probably due to the effects of inflation on consumer food prices.

To fix the problem, the authors stress that repurposing agricultural policies to support the production of nutritious foods can make healthy diets more affordable and accessible to more people. This would require countries to reverse their current policies of investing most agricultural subsidies in incentivising meat, rice, and sugar production while

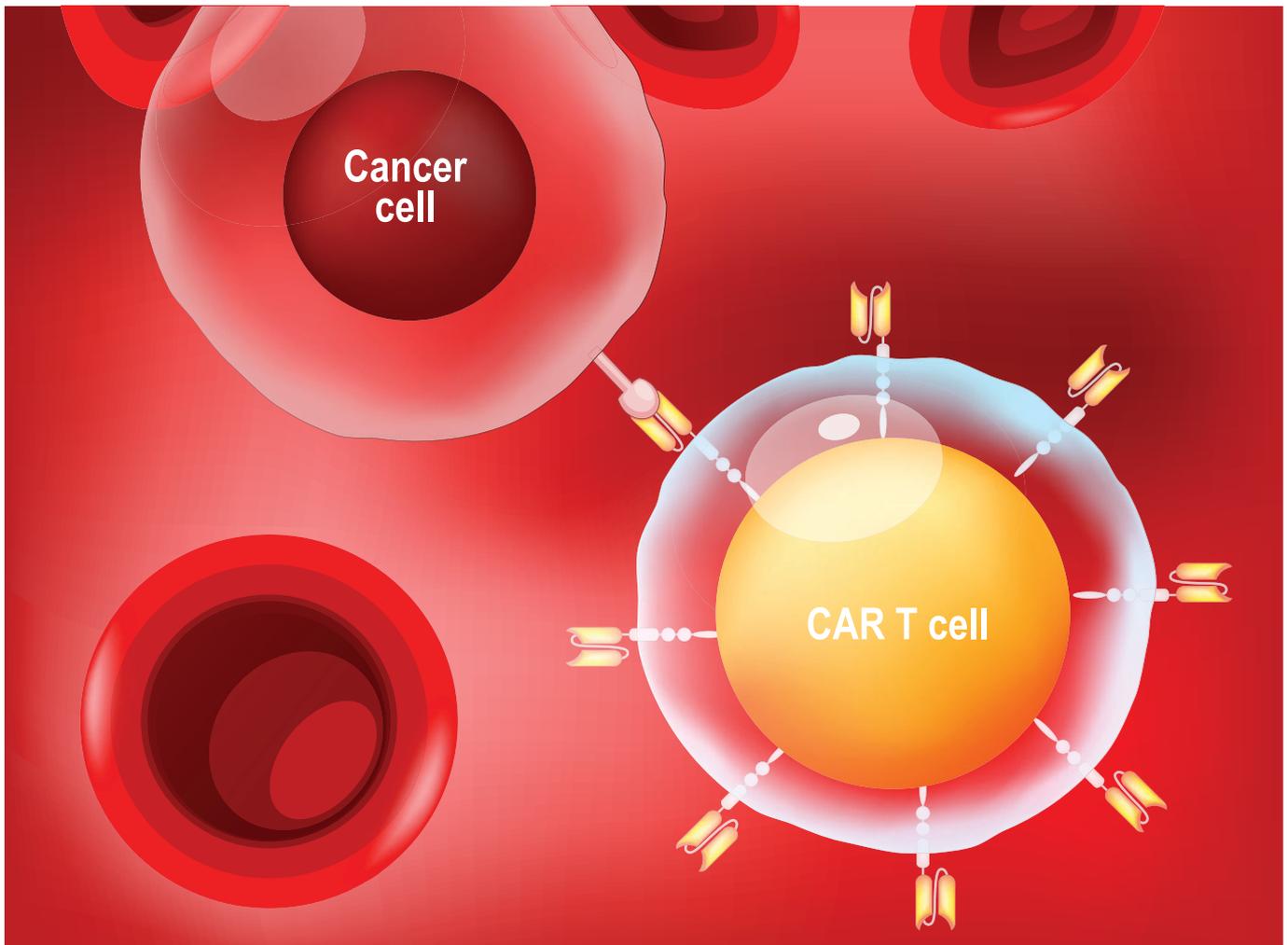
using fewer resources for foods that are healthier, including vegetables and fruits.

The Russian invasion of Ukraine has also worsened the ongoing food crisis since both countries are major exporters of wheat and barley, leading to reduced availability of staples and higher costs.

"Every year, 11 million people die due to unhealthy diets. Rising food prices mean this will only get worse. WHO supports countries' efforts to improve food systems through taxing unhealthy foods and subsidising healthy options, protecting children from harmful marketing, and ensuring clear nutrition labels. We must work together to achieve the 2030 global nutrition targets, to fight hunger and malnutrition, and to ensure that food is a source of health for all," World Health Organization Director-General Tedros Adhanom Ghebreyesus said in a press release.



A Patient's Guide to CAR T-cell Therapy



A cancer treatment that has often made the headlines, Chimeric Antigen Receptor (CAR) T-cell Therapy can give some patients with blood cancer a new lease of life by training immune cells to pinpoint and kill cancerous tissue.

One example is acute lymphoblastic leukaemia (ALL), a common paediatric cancer that is hard to treat when it relapses but can be eradicated by CAR T-cell Therapy. In a clinical trial, researchers at the US National Cancer Institute found that more than half the children treated with the therapy received a potentially curative stem-cell transplant and were alive five years later without suffering any relapse or disease-related problems.

Similarly, chronic lymphocytic leukaemia (CLL) was incurable before CAR T-cell Therapy was developed, but some patients can now be cured in a short period of time. In a remarkable sign that the therapy can provide long-term remission, a study showed that two of the first patients who underwent the therapy in 2010 were still free of the disease and had detectable cancer-killing cells 10 years on.

Despite its huge life-saving potential, CAR T-cell therapy is a highly specialised treatment for selected patients, and doctors at Parkway Cancer Centre in Singapore have compiled a useful guide to better understand who's a good candidate, what the therapy involves as well as its pros and cons.

What is CAR T-cell Therapy?

T-cells or T-lymphocytes are a type of white blood cells in our immune system. T-cells have the capacity to recognise abnormal cells or any cells infected by viruses in the body, and then destroy these abnormal cells. However, T-cells may sometimes fail to recognise or eliminate these threats in the body, such as in the case of cancer.

CAR T-cell Therapy is a form of immunotherapy where T-cells are taken from the patient's blood and modified in a laboratory setting to enable the T-cells to identify and destroy specific cancer cells. The modified T-cells are then reinfused into the patient's body to detect cancer cells and destroy the cancer by harnessing the body's own immune response.

How does it work?

Step 1

Screening and collection of T-cells

The patient will first undergo screening and a series of tests to determine if CAR T-cell Therapy is an appropriate treatment option for their disease, and to ensure that the patient is fit to undergo treatment.

White blood cells, which include T-cells, will be extracted from the patient's blood using a procedure called leukapheresis. During this procedure, two intravenous infusion (IV) lines will be inserted into the patient: blood is extracted through one line, to allow the white blood cells to be separated out and extracted, while the rest of the blood is returned to the patient's body through the second line.

Bridging treatment may also be required after the procedure to control the disease while waiting for the CAR T-cells to be infused (in Step 4).

Step 2

Making the CAR T-cells

When the white blood cells have been extracted, the T-cells will be separated out and sent to the laboratory to be altered. This alteration is carried out by adding the specific CAR gene to the T-cells, hence modifying them into CAR T-cells. These cells will then be grown and multiplied in the laboratory. Under normal circumstances, it can take 2–3 weeks to produce the adequate number of CAR T-cells required for CAR T-cell Therapy.

Step 3

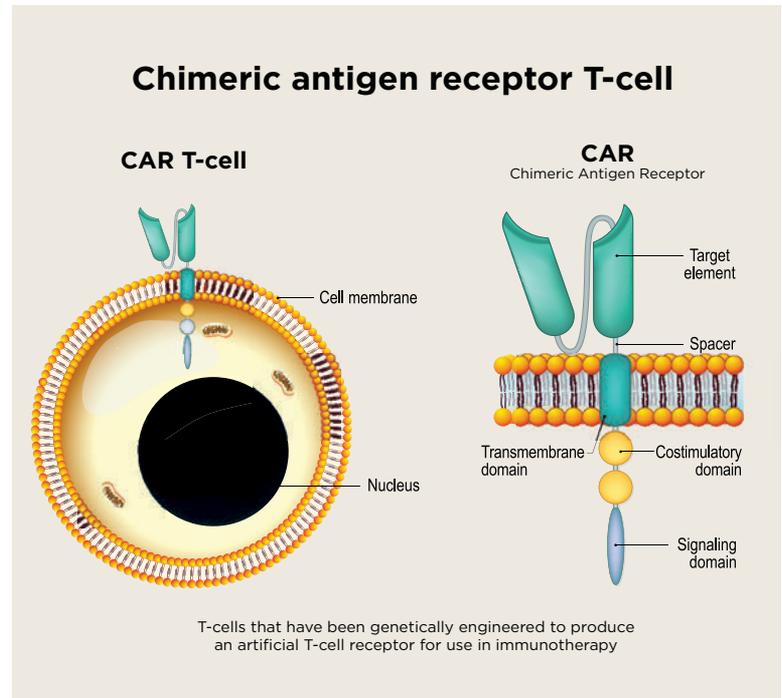
Preparing the body for infusion

A short chemotherapy cycle, called lymphodepletion, will be administered a few days before the infusion of CAR T-cells. This is done to lower the number of other immune cells in the body and prepare the body to receive the CAR T-cells.

Step 4

Infusion of CAR T-cells

When enough CAR T-cells have been produced, the



product will be shipped back to the hospital to be infused into the patient. Once the CAR T-cells begin binding with cancer cells in the body, they will begin to increase in number and destroy even more cancer cells.

Step 5

Recovery and follow-up

Patients receiving CAR T-cell Therapy will have an early recovery period of approximately 6–8 weeks. During this period, patients will be monitored for any side effects and assessed on treatment response. Foreign patients will be required to be in Singapore throughout the entire process, which usually takes about 3–4 months from screening to recovery, depending on their individual condition.

Will I need to be hospitalised for undergoing the procedure?

Hospitalisation of 1–2 days is required at the start of the CAR T-cell Therapy. This hospital admission is for leukapheresis, a procedure where white blood cells, which include T-cells, are extracted from the patient's blood.

Bridging treatment may also be required after leukapheresis to control the disease while waiting for the CAR T-cells to be infused.

A short chemotherapy cycle, called lymphodepletion, will be administered a few days before infusion to prepare the body to accept the CAR T-cells. During this period, readmission to hospital is required.

CAR T-cell Therapy is a form of immunotherapy where T-cells are taken from the patient's blood and modified in a laboratory setting to enable the T-cells to identify and destroy specific cancer cells.



CAR T-cell infusion patients will be admitted during the first 2-3 weeks to recover from any side effects of chemotherapy before they can be discharged.

CAR T-cell Therapy offers patients with blood cancers a potential life saving treatment option in the event that their disease is not controlled by standard chemotherapy, targeted therapy or bone marrow transplantation.

What are the dos and don'ts after leukapheresis?

Generally, leukapheresis is a safe procedure and will not affect the patient's health. However, patients are advised to get adequate rest with only gentle exercises for two to three days after leukapheresis.

What conditions can it treat?

CAR T-cell Therapy is particularly effective for patients diagnosed with relapsed aggressive forms of Acute Lymphoblastic Leukemia (ALL) and relapse of Non-Hodgkin Lymphoma such as Diffuse Large B-cell Lymphoma (DLBCL), especially when at least two prior treatment regimens have failed to produce the desired outcomes.

Who is eligible?

Selected groups of patients are eligible for CAR T-cell Therapy. They include:

- Children and young adult patients from 2–25 years old with B-cell Acute Lymphoblastic Leukemia (ALL) that is resistant, and where a relapse has occurred subsequently or post-transplant.

- Adults with Diffuse Large B-cell Lymphoma (DLBCL) who have not benefited from at least two types of standard treatment.

The following groups of patients may not be eligible for CAR T-Cell Therapy:

- Patients with intracranial hypertension or unconsciousness
- Patients with respiratory failure
- Patients with disseminated intravascular coagulation
- Patients with hematosepsis or uncontrolled active infection

What are the benefits and challenges?

CAR T-cell Therapy offers patients with blood cancers a potential life saving treatment option in the event that their disease is not controlled by standard chemotherapy, targeted therapy or bone marrow transplantation.

However, as it is a relatively new area of cell therapy, there are some challenges to consider such as the selection of patients who will benefit from this treatment,

their level of medical fitness, the timing of cell collection, logistical concerns, and the risk–benefit ratio of treatment for the individual patient.

What are the side effects?

One common side effect of CAR T-cell Therapy is Cytokine Release Syndrome (CRS), which is a multisystemic disease resulting from the effects of CAR T-cells at work and elimination of cancer cells.

Side effects of CRS include:

- High fever and chills
- Difficulty breathing
- Nausea, vomiting and/or diarrhoea
- Feeling dizzy and lightheaded
- Headaches
- Fast heartbeat
- Fatigue
- Muscle and/or joint pain

CRS can develop many weeks after infusion, but most commonly develop within two weeks after infusion. The severity of CRS is not correlated with the response to CAR T-cell Therapy.

Another common side effect is immune effector cell-associated neurotoxicity syndrome (ICANS), which affects the central nervous system of the patient.

CRS and ICANS are well recognised side effects that are highly treatable and can be managed by a trained clinical care team.

What does the recovery process look like?

Recovery typically takes 2–3 months from the CAR T-cell infusion. Patients will be admitted during the first 2–3 weeks to recover from any side effects of chemotherapy before they can be discharged.

Following discharge, patients will have to go for regular outpatient appointments to monitor side effects and clinical responses to treatment.

Is it effective?

CAR T-cell Therapy has shown promising outcomes for the treatment of lymphoma and other blood cancers.

The overall success rate in achieving remission with CAR T-cell Therapy is 60–80 percent for lymphomas and 70–80 percent for leukaemias*.

CAR T-cells can bring hope to patients whose diseases have previously failed to respond to traditional cancer treatments like chemotherapy. Indeed, many patients with previously relapsed blood tumours have also shown promising results with no evidence of cancer after receiving treatment.

Is it better than chemotherapy?

Yes, the survival advantage of CAR T-cell Therapy is better than conventional chemotherapy. CAR T-cell Therapy offers improved life expectancy compared to



Singapore is the first country in Southeast Asia to offer this treatment.

conventional chemotherapy, especially in relapsed/refractory blood cancers.

Is it available in Singapore?

CAR T-cell Therapy is available in Singapore, the first country in Southeast Asia to offer this treatment[^]. Its use was approved by the country's Health Sciences Authority (HSA) under a new Cell, Tissue and Gene Therapy Products (CTGTP) regulatory framework that came into effect on March 2021.

If I don't live in Singapore, how long will I need to stay in the city for the procedure to be over?

You will need to be in Singapore throughout the duration of treatment, monitoring, and assessment of treatment response, which usually takes about three to four months, depending on your condition.

Can I opt for teleconsultations for my follow-ups?

Teleconsultations are not offered for patients who have undergone CAR T-cell Therapy.

Will it be approved for use on more cancers?

CAR T-cell Therapy is a revolutionary therapy with high success rates, and may be an option for non-haematological cancer treatments in the near future.

*Source: <https://ashpublications.org/bloodadvances/article/4/21/5414/469825/Real-world-evidence-of-tisagenlecleucel-for>

[^]Source: <https://www.channelnewsasia.com/singapore/new-therapy-for-leukaemia-among-children-kymriah-blood-cancer-217446>

Teleconsultations are not offered for patients who have undergone CAR T-cell Therapy.



Malaysia joins forces with Turkish company to streamline health travel

Collaboration will facilitate the referral of Turkish patients to Malaysian private providers

The Malaysia Healthcare Travel Council (MHTC) has signed a memorandum of understanding (MOU) with Turkish Aktuel Expo Healthcare International Fair Company that will boost the global healthcare travel industry and bolster Malaysia's credentials as a safe medical travel destination.

Malaysia's Prime Minister YAB Dato' Sri Ismail Sabri Yaakob, who joined the signing event, said the MOU would benefit both nations by leveraging their healthcare expertise while giving Malaysia the opportunity to complement medical care offerings in Turkey.

The key goal is to strengthen collaboration in several areas, including continuous medical exchanges (CME), medical research, and training programmes. It will also facilitate access to Malaysian private hospitals for Turkish patients through referrals.

"MHTC's collaboration with Aktuel in Turkiye is a dynamic opportunity for both parties to share and develop industry thought leadership initiatives that can enhance international healthcare offerings for the global community. The blending of our specialties, representing the best of the east and west via CMEs and patient referral programmes to name a few, will allow us to provide a true care experience in the form of Malaysian hospitality, cementing our commitment in providing quality healthcare in a safe and trusted environment," said Mohd Daud Mohd Arif, Chief Executive Officer of MHTC, in a press release.

Mehmet Okan Kaya, Chief Executive Officer of Aktuel, added that the company's expertise in healthcare travel would help the MHTC in network building and brand awareness in a partnership that will reinforce the industry.

Thailand drops pass and insurance requirements for travellers

The move will ease travel restrictions but a vaccine or test requirement is still in place

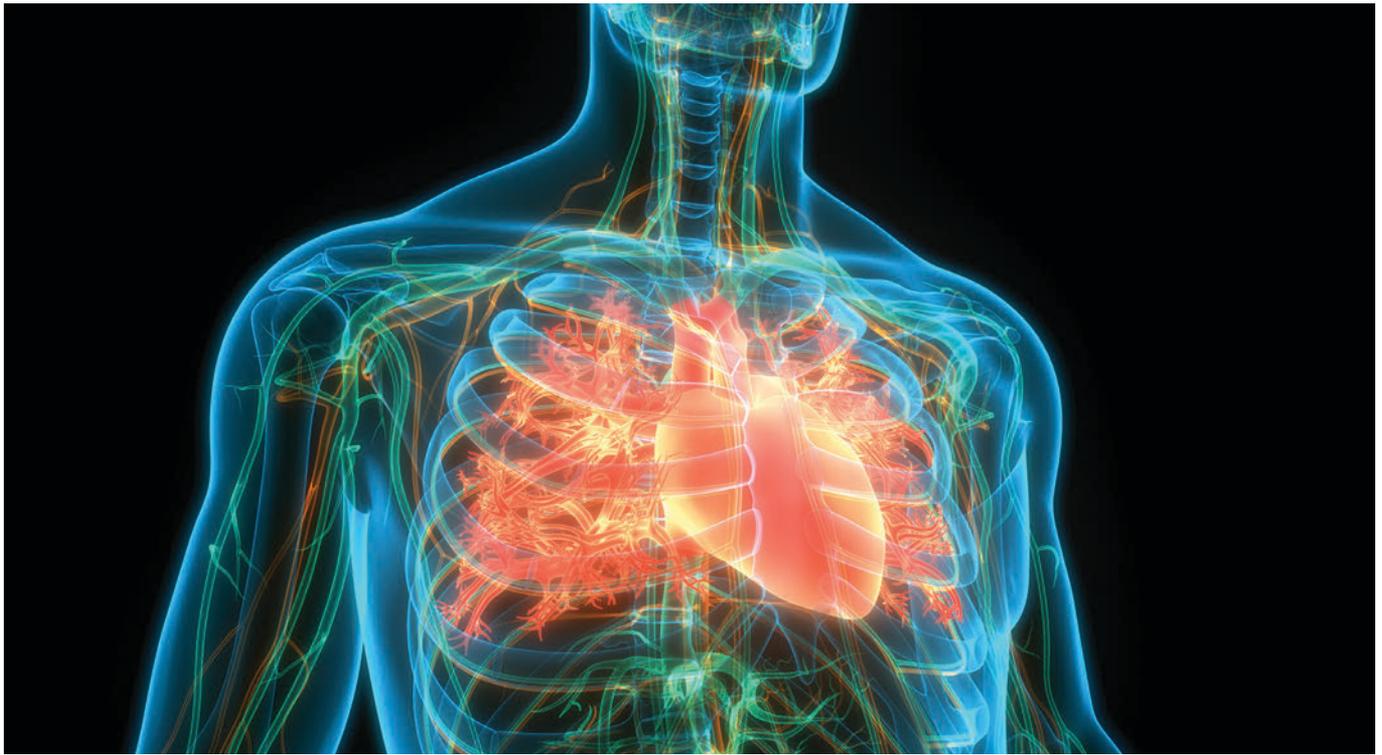
The Southeast Asian nation has stopped requiring pre-travel registration and US\$10,000 in health insurance for visitors effective July 1 in an attempt to boost its tourism sector.

But travellers will still have to show proof of vaccination while those who are unvaccinated need to show a negative result from either a PCR COVID-19 test or a professional antigen test kit taken within 72 hours of travel.

"It's a key step to unlock restrictions for major restoration of our tourism," Tourism Minister Phiphat Ratchakitprakarn told reporters, according to Bloomberg, adding that the government estimates about 1.5 million international tourists will visit the country each month over the remainder of the year.

Tourism is a major source of income for Thailand, and the industry has reacted in a positive way to the news. "It's a much-needed good news for Thai tourism, which has been on life-support for so long," said Wuthichai Luangamornlert, the managing director of Siam Park City Co., operator of an amusement park in Bangkok, to Bloomberg. "Still, the tourism recovery may take much longer with the absence of visitors from China and Russia, two of Thailand's main tourist sources."





Atrial fibrillation

What's atrial fibrillation and how are patients usually treated?

Atrial fibrillation (AF) is a condition where the upper chambers of the heart, the atria, lose their normal regular electrical rhythm and beat irregularly. This is an endemic cardiac condition, affecting the elderly more than the young.

The aim of treatment consists of strategies to manage AF and prevent a stroke, a consequence of AF. These include medications or procedures to try to restore normal rhythm.

Strategies to prevent stroke consist of treatments in the form of medications or procedures to prevent the formation of blood clots in the atria that may lead to stroke in certain subgroups of patients with AF.

In which cases is cryoablation recommended and is it more effective or safer than heat-based ablation?

Cryoablation is a procedure-based strategy for certain types of patients with AF that tries to maintain a normal heart rhythm. It uses energy to disrupt certain areas in the atria that act as the focus for AF. The two types of energy that can be used are a heat-based energy known as radiofrequency energy or a cold-based energy known as cryo energy.

Cryo-based energy is usually used in patients with intermittent AF. An operationally simpler procedure, it is as effective and safe as radiofrequency energy.

How does the POLARx Cryoablation System work and what are its advantages compared to previous cryoablation systems?

The Polarx Cryoablation System works by delivering cold energy via a deflatable balloon to certain areas in the left atria that are involved in causing AF. Therefore, Polarx is a cryo energy-based system.

The major difference between Polarx and other balloon-based cold energy systems is in the characteristics of the balloon. The balloon in Polarx is softer and more compliant compared to other balloon-based cold energy systems. The other difference is in the delivery system used to deliver the balloon into the atria. The delivery system in Polarx is more compliant to the operator's movements compared to other balloon-based cold energy systems.

How successful is the procedure in treating atrial fibrillation and what are the risks?

The procedure is successful in maintaining normal rhythm in approximately 75-80 percent of patients with intermittent AF.

One risk is that of recurrent AF after the procedure, which happens in approximately 20-25 percent of patients. Other major risks include strokes, bleeding, and injuries to surrounding anatomical structures around the left atria, such as the esophagus and the veins that carry blood from the lungs to the heart. The cumulative assessment for major risks during the procedure is approximately one percent.

Strategies to prevent stroke consist of treatments in the form of medications or procedures to prevent the formation of blood clots in the atria that may lead to stroke in certain subgroups of patients with AF.



Aviation group calls for swifter travel resumption in the Asia-Pacific

The region is lagging other areas in terms of air travel demand

The International Air Transport Association (IATA) has strongly advised countries in the Asia-Pacific to ease travel restrictions to boost the travel industry's recovery in the region.

In March, air travel demand reached 17 percent of pre-COVID levels in the Asia-Pacific, while the number had remained under 10 percent for most of the last two years. Despite the uptick, the growth is much slower than that of other regions.

"This is far below the global trend where markets have recovered to 60% of pre-crisis levels. The lag is because of government restrictions. The sooner they are lifted, the sooner we will see a recovery in the region's travel and tourism sector, and all the economic benefits that will bring," said Willie Walsh, IATA's Director General at the Changi Aviation Summit.

He added that many people were willing to resume travelling as soon as restrictions were lifted and that jobs in the industry were at stake, so governments should get ready for the restart.

In particular, Walsh urged countries to remove all restrictions for vaccinated travellers, including quarantine and COVID-19 testing requirements for unvaccinated travellers in areas with high levels of population immunity.

Two main roadblocks to the region's recovery in air travel are the restrictions still in place in China and Japan.

"So long as the Chinese government continues to maintain their zero-COVID approach, it is hard to see the country's borders reopening. This will hold back the region's full recovery.

While Japan has taken steps to allow travel, there is no clear plan for the reopening of Japan for all inbound visitors or tourists," he said.

Patients travelling to Korea increased in 2021

It's a positive sign suggesting the industry is recovering after the pandemic

The Korean Ministry of Health and Welfare (MOHW) has reported a 24.6 percent increase in the number of international patients who travelled to Korea for medical treatment in 2021, signalling the industry is on a path to recovery after the flow of patients plummeted in 2020 due to the impact of COVID-19 on cross-border trips.

Visitors hailed from 191 countries, but American and Chinese patients accounted for 39 percent of the total, followed by those from Vietnam (7.4 percent) and Mongolia (6.3 percent).

Dental hospitals and clinics saw the highest increase of 55.1 percent, while general hospitals recorded a 50.3 percent surge.

In order to reverse the drop in overseas patient numbers due to the pandemic, in July 2020 MOHW implemented a fast-track procedure for international patients with severe illnesses as a way to facilitate their travel to Korea, with visa processing shortened from five weeks to one week.

In another sign of support for the industry, the government launched the "Second Comprehensive Plan to Support Overseas Expansion of Medical Services and Attraction of International Patients" in March to assist health travel agencies while also cracking down on illegal brokers.

"The business of attracting international patients has a positive impact on tourism as well as on medical treatment revenue. The high value-added sector can also lead to more jobs," Yoon Chansik, MOHW Director-General for International Cooperation, said in a press release.

"As more international patients are expected to come to Korea thanks to the increasingly stable COVID-19 situation at home and abroad, we will work closely with relevant ministries to promote the excellence of Korean medicine in a bid to help the nation consolidate its position as a powerhouse in the global healthcare market."



A Healthy Stomach is a Home for a Healthy Soul

Cengild G.I. Medical Centre, located at Nexus @ Bangsar South, Kuala Lumpur, is the first private healthcare medical centre that provides tertiary care for a diverse range of diagnosis and treatment related to gastrointestinal and liver diseases and obesity.

Services include outpatient clinic, pharmacy, radiology, a comprehensive on-site laboratory, 24-hour accident and emergency, physiotherapy, dietetics, inpatient services, fully equipped operating theatres to perform advance and complex procedures. Our own in-house central sterile supply department which enables our surgery cases to have faster turnaround time. Our endoscopy department has 3 scope rooms, 11 daycare beds, a spacious patient preparation area and a large waiting room to manage the day-to-day activities.

While our medical centre primarily specialises in gastrointestinal and liver diseases, and obesity, we have consultants specialising in other disciplines, such as urology, oncology, cardiology and gynaecology that support our core specialisation and are able to provide comprehensive treatments to our patients.

Our partnership with various insurance companies and third-party administrators enables insurance-covered patients to receive treatment via cashless



facility in the form of guarantee letters. This allows Cengild to expand our services beyond individual patients to employees of corporations who have corporate healthcare insurance. We also work with a third-party administrator which serves the Indonesian market, offering patients from Indonesia to seek medical treatment in Malaysia.

Our unique value proposition lies in our position as the only independent full-fledged medical centre in Malaysia providing tertiary care for a diverse range of gastrointestinal and liver diseases comparable to major hospitals in Malaysia.

Our subspecialty allows Cengild to provide in-dept and more targeted diagnostic services and treatment, and to undertake complex procedures and surgeries related to gastroenterology and liver diseases, and obesity. Cengild has performed more than 24,700 endoscopic procedures and more than 4,200 surgeries since its inception. The large volume of procedures performed allows us to achieve better efficiencies and economies of scale. Our patients in turn enjoy better facilities and treatment at a reasonable price.



A real-time blood test that can detect cancer

Blood analysis is already providing key information to treat several malignancies, but its potential as a screening tool is still uncertain

Beyond helping identify those who could benefit from early treatment, repeated blood testing could also inform us if the disease has been cured, which could help women to avoid agonising over whether their malignancy is going to come back.

A fundamental goal in cancer research is to be able to detect the disease early when it's easier to treat and hasn't spread to multiple tissues. It's this lack of early detection that characterises many cancers and is ultimately responsible for many cancer deaths.

But there may be hope on the horizon. One of the most promising new technologies for identifying cancer is called liquid biopsy, a fancy term for detecting and monitoring cancer with blood-based tests.

"I am really interested in the power of liquid biopsy for smarter and more personalised cancer treatment," said Dr Jacqui Shaw, Professor of Translational Cancer Genetics at the University of Leicester, who has been researching liquid biopsy for two decades in the hopes of improving early cancer detection.

Cancer cells as well as DNA fragments can escape the tumour in the bloodstream, and these circulating tumour cells and circulating tumour (ct) DNA can both be picked up by different blood tests to determine

the best treatment options or monitor how patients have responded to therapies. The hope is that this approach could one day offer a reliable method to improve cancer screening and detect early-stage cancers.

In one of the most significant achievements of her work on breast cancer, Professor Shaw and her team conducted a clinical study that showed that ct DNA-based blood tests can help identify women at risk of relapse up to three years earlier than conventional methods like scans.

These findings have supported work by the diagnostics company Natera to develop a liquid biopsy test called Signatera, which was designed as a breakthrough device by the US Food and Drug Administration (FDA), a move aimed to speed up approval of medical devices that provide more effective treatment or diagnosis of life-threatening or irreversibly debilitating conditions.

This type of tests may lead to "more personalised and earlier treatment" post-operation, for example for patients with triple negative breast cancer, a subtype that is challenging to treat because it can progress rapidly after successful surgery, explained Professor Shaw. Many patients with breast cancer who undergo surgery to remove their tumour are subsequently treated with chemotherapy, radiotherapy, hormone or targeted therapies for varying periods of time depending on the type of breast cancer. The tricky part is to understand who's going to benefit from post-operation treatment and how long to treat patients to avoid relapse or overtreatment.

Beyond helping identify those who could benefit from early treatment, repeated blood testing could also inform us if the disease has been cured, which could help women to avoid agonising over whether their malignancy is going to come back. "Breast cancer has a long period of up to 25 years after surgery during which the cancer can recur, so a regular negative blood test could provide women with an incredibly useful reassurance," she said.

This monitoring is also beneficial for patients with other malignancies as it can predict relapses in lung, colon, and bladder cancers.

Several other blood-based tests have already



Several blood-based tests have received the green light by health authorities



One significant drawback of liquid biopsy, however, is that cancer DNA in the blood is often present in only small amounts, especially in early malignancies.

received the green light from health authorities and will enable doctors to select the most effective treatment option. One example is the Guardant360 test, which can detect the genetic profile of several solid tumours (including in the lungs, colorectum, breast, and prostate), thereby helping doctors understand which therapy is more likely to benefit each individual patient.

In the case of breast cancer, for instance, this guidance can be extremely important for patients who initially test negative for the gene called human epidermal growth factor receptor 2 (HER2), which promotes cancer growth. This is because, even though some patients' cancer may be negative, this can evolve and become HER2-positive over time, especially when they spread to other tissues. Hence, liquid biopsy can come in handy to check the HER2 status, giving patients with a HER2-positive cancer the chances of receiving specific medications that target the uncontrolled growth caused by HER2 such as monoclonal antibodies and kinase inhibitors.

"That's a powerful argument that these tests are useful to help monitor cancer," stressed Professor Shaw.

Despite their huge potential to detect cancer early, however, more research is needed to determine whether blood-based tests can benefit patients in the clinic, meaning that those who undergo them live longer compared to patients with cancer who don't.

"We need evidence from more trials with longer follow-ups to see if there's an impact on overall survival. We don't really know that yet," acknowledged Professor Shaw, adding that preliminary results look promising.

For instance, one study presented last year at the San Antonio Breast Cancer Symposium showed that selecting treatment based on liquid biopsy genetic analysis could double progression-free survival.

Tissue versus blood biopsies

Though the same information is now typically obtained through a standard tissue biopsy where bits of cancer cells are surgically extracted and then analysed in the lab, opting for a liquid biopsy has some distinct advantages.

First, it's less invasive and done through a conventional blood draw, avoiding the discomfort that patients face when tissue is taken out through a needle or surgery. "Patients with metastatic cancer may not want to or be able to have a tissue biopsy," said Professor Shaw.

Unlike a standard biopsy, a blood test can also be repeated many times, allowing doctors to keep track of any genetic changes in cancer cells in real time in a way that could help improve disease management.

In addition, any tissue biopsy is potentially subjected to sampling bias because different bits of cancerous tissue might have different genetic profiles,

while liquid biopsy offers a more insightful overview of the disease because it collects DNA from multiple cancer cells in the body.

Finally, not all cancers can be biopsied in a conventional way, either because it's too risky or the tumour is difficult to access.

One significant drawback of liquid biopsy, however, is that cancer DNA in the blood is often present in only small amounts, especially in early malignancies. This makes it an approach that is usually employed in patients with advanced cancer — a stage where bits of cancer cells are more likely to be flowing in the bloodstream — to determine if they're good candidates for targeted treatments or understand their prognosis, Dr Bert Vogelstein, a cancer geneticist at the Johns Hopkins Kimmel Cancer Center, told *Cancer Today*.

"In general, if there is tissue available, it's preferable to look at tissue to identify genetic alterations rather than looking in the plasma," he said.

Is a liquid biopsy screening test on the horizon?

Liquid biopsy has also made headlines for its promise to screen asymptomatic individuals for several types of cancer — a breakthrough that would provide a practical screening method for a variety of cancers, potentially improving early detection across the board.

One example is the Galleri test developed by Grail, which can be prescribed by doctors in the US under an FDA waiver for people at risk of cancer, like those aged 50 or older. The test helps detect more than 50 types of cancer in combination with other screening methods, since positive test results don't necessarily mean patients have cancer.



Galleri blood test



Blood tests could help improve cancer screening.

Such an approach might be game-changing especially for cancers that don't have reliable screening programmes, like those that arise in the pancreas, which are often deadly because they're diagnosed at a late stage.

"This quick and simple blood test could mark the beginning of a revolution in cancer detection and treatment here and around the world," said NHS England's Chief Executive Amanda Pritchard, according to the BBC.

The bad news, however, is that Galleri had a low detection rate of 16.8 percent with stage I cancers, which are usually localised in one tissue and therefore easy to treat, while its accuracy rates only increased with tumour staging, reaching about 90 percent in stage IV, according to the Circulating Cell-Free Genome Atlas study. This casts doubts over how useful it would be since the target population of a screening test is more likely to have early-stage cancers than advanced ones.

It's also uncertain to what extent such a test would benefit patients as not all cancers picked up by liquid biopsy will necessarily require treatment.

"Galleri is not covered by insurance or endorsed by national guidelines because clinical utility has yet

to be demonstrated. We have to study the frequency of testing and establish plans for follow-up if the blood test detects a cancer signal, but no cancer is identified. There are still a lot of questions to answer," Dr Minetta C. Liu, Co-Director of the Genomics in Action Strategic Priority at the Mayo Clinic, told *The ASCO Post*.

Professor Shaw agrees that more studies are needed to back up the use of blood tests as a screening tool and believes the ongoing NHS-Galleri trial in the National Health Services in the UK will offer some good answers.

The study aims to recruit 140,000 healthy people to collect their blood samples and is looking into the use of this new blood test to see if it can help NHS doctors to detect cancer early when used alongside existing cancer screening in a way that provides patients with better survival chances.

"We need to see what these studies deliver," she emphasised, noting that blood tests may be more likely to be useful screening tools in specific areas where they can be added to established screening programmes, like those for breast and colorectal cancers, instead of providing a single and effective method for multiple cancers. ■

"This quick and simple blood test could mark the beginning of a revolution in cancer detection and treatment here and around the world."

Your breath may be key to speeding up cancer detection

The hope is that easier screening methods will improve early detection and survival

An ion flow-tube mass spectrometer and managed to predict who had the disease eight times out of ten.

The many chemicals transported by the air inside our bodies contain essential information that could help doctors diagnose multiple diseases. Cancer patients, in particular, could benefit the most as improved and early diagnosis often translates into longer survival.

“I’m very optimistic that we’ll see a cancer breath test in the clinic” in the next 15 years or so, Dr Roger Yazbek, a breath testing researcher at Flinders University in Australia, told *Global Health Asia-Pacific*.

The key to unlocking this information is found in something called volatile organic compounds, chemicals released by both normal and pathological processes, like metabolism or tumour growth, that end up in the air and can be collected once breathed out. Researchers want to see whether a specific profile associated with cancer can be identified with sufficient accuracy to distinguish those with the disease from healthy individuals.

In their study, Dr Yazbek and his team examined the breath of 50 patients with head and neck cancer along with that of 50 healthy people using a machine called an ion flow-tube mass spectrometer and managed to predict who had the disease eight times out of ten.

The hope is that the breath test will provide a non-invasive and easy-to-administer approach to head and neck cancer screening, currently a long process that often leads to delayed diagnosis as it’s done through a biopsy that collects cells from potential tumour sites to test them in the lab.

“People who are at risk of head and neck cancers could have their breath analysed and, if a cancer signal appears, they would go on for further testing”, like a biopsy, so that only those who absolutely need such an invasive procedure would undergo it, explained Dr Yazbek.

Having a non-invasive screening tool that more people feel comfortable with would likely increase the ability to pick up head and neck cancers early, thus boosting a person’s chances of living longer. “We know that with head and neck cancers, early diagnosis means improved outcomes for the patients and increased five-year survival rates,” he said.

While many head and neck cancers can be effectively treated in the early stages, the prognosis looks grimmer for patients diagnosed with late-stage malignancies. For instance, the five-year survival rate of laryngeal cancer patients stands at 78 percent if it’s found before it spreads outside the larynx, while it drops to 34 percent when it’s reached distant parts of the body, according to Cancer.Net.

Though the study findings are good news for patients with head and neck cancers, they still need to be validated by larger trials to confirm that specific compounds in the breath can be read as a marker of the disease, acknowledged Dr Yazbek.

Dr Yazbek and his team are not alone, however, in promoting this testing approach. In a sign of its great potential, other researchers have reached similar conclusions with different malignancies.



An ion flow-tube mass spectrometer

Revolutionary Screening That Helps Doctors Develop Personalized Treatment Plans To Treat Infertility & Screen For Genetic Diseases

*TMC Fertility and Women's Specialist Centre has taken healthcare screening to a whole new level with the announcement today of their new ground-breaking screening technology
- Fertility GeneCode and My GeneCode.*

"Fertility GeneCode" is a comprehensive screening procedure that is particularly beneficial for couples who are considering IVF procedures and want to give it their best shot at the lowest possible cost. This breakthrough screening procedure will scan your DNA for over 10,000 genetic disorders and hereditary cancer syndromes and will tell you how effective your fertility treatment is going to be, eliminating the need for trial-and-error.

This technology aids in the diagnosis of infertility-causing genetic diseases such as PCOS in women and Azoospermia in men, as well as other genetic conditions that cause frequent miscarriages and alter reproductive organs and hormones. Additionally, the screenings will look for conditions that prevent eggs from maturing properly. If you've attempted IVF treatments multiple times and have been unsuccessful, Fertility GeneCode will shed some light on the reasons behind those failed attempts.



If you're not intending to become a parent but desire to improve your overall health, this screening procedure is also for you! TMC's "My GeneCode", is an extension of "Fertility GeneCode" that identifies an additional 195 genes responsible for transferring genetic health risks. It examines diseases, diet and nutrition, skin, dementia and brain health, among other things, to help you identify problem areas in your life and make the necessary changes to live a better, healthier life.

Ms. Irene Kwan, CEO of TMC Fertility & Women's Specialist Centre said, "We believe in treating infertility holistically because no two patients are alike and many factors influence an individual's decision regarding treatment." She added, "At the end of the day, our centre aims to deliver the best possible outcome for our patients on their fertility journey."

Dr. Navdeep Singh Pannu, Medical Director at TMC Fertility & Women's Specialist Centre who was also present at the press conference said, "Knowing the reasons behind your infertility will help you get the right kind of help you need, whether it's emotional support or a medical intervention." He added, "When you are able to identify the obstacles that keep you from achieving your dreams, you are able to easily overcome these obstacles."

TMC Fertility hopes that their breakthrough in healthcare screening will eventually change the future of fertility treatments and ultimately increase the overall pregnancy success rates in Malaysia. These procedures are now available at all six TMC Fertility & Women's Specialist Centres throughout the country.

**For enquiries about Fertility
GeneCode & My GeneCode**



Please contact us at
+6018 211 1088
+6016 211 1357



or visit our website at
www.tmcfertility.com



Ms. Irene Kwan
CEO of TMC Fertility &
Women's Specialist Centre



Breath tests maybe key to cancer detection

For instance, a team in the UK has developed a breath test that has detected oesophageal and gastric cancer in a clinical trial of 335 patients with 85 percent accuracy. Under current practice, such malignancies are usually diagnosed through an endoscopy, a procedure where a probe with a camera is inserted into the body via the mouth to examine tissues. But this is not suitable for screening large numbers of people due to its invasiveness and cost. As a result, many oesophageal and gastric cancers are diagnosed late.

“We have been able to validate our cancer breath test for oesophageal and gastric cancer on a larger group of patients from multiple centres for the first time,” said Professor George Hanna, lead author of the study at Imperial College London, in a press release. “Gastric and oesophageal cancers are mostly diagnosed at a late stage when curative treatment might not be possible. There is a real need for early detection of cancer when symptoms are non-specific and shared by benign diseases. Our breath test could be used as a first-line test before invasive investigations. Early detection of cancer gives patients more treatment options and saves more lives.”

Similarly promising results have been observed by Dr Yazbek’s team in a pilot study on oesophageal cancer, while other ongoing research is also looking at lung, breast, and pancreatic malignancies.

Another reason to be optimistic about breath analysis as a cancer diagnostic tool is that the technology has already proved useful in diagnosing other conditions.

The hydrogen breath test, for example, is now regularly used to diagnose gastrointestinal problems like lactose intolerance, irritable bowel syndrome, and small intestine bacterial overgrowth by measuring hydrogen gas levels in the breath. Similarly, the urea breath test can detect the presence of *helicobacter pylori*, a bacterium that infects the stomach or the intestine and can increase the risk of gastritis, ulcers, and stomach cancer.

The technology is already able to examine breath samples in all its components, stressed Dr Yazbek. The next step is to identify reliable cancer biomarkers in enough people so that it can be used in the oncology clinic in a meaningful way. “We just need to convince the people with money to direct the funding that way,” he quipped. ■



International Patient Centre @ PHKL

PHKL has established a reputation as one of the trusted names in premier healthcare, specialising in the areas of Cancer, Cardiology, Neurology & Neurosurgery, Orthopaedics, Gastroenterology, and Women & Children.

As the pioneer private tertiary hospital in Kuala Lumpur, Malaysia, Pantai Hospital Kuala Lumpur (PHKL) is located at the heart of the bustling metropolitan city with a 10 mins drive to KL Sentral, the transportation hub of Kuala Lumpur, and 30 mins drive from the airports. We are also located nearby hotels and the third largest mall in Asia.

PHKL has established a reputation as one of the trusted names in premier healthcare, specialising in the areas of Cancer, Cardiology, Neurology & Neurosurgery, Orthopaedics, Gastroenterology, and Women & Children.

With the establishment of the International Patient Centre (IPC), a concierge service located at Block C,



Ground Floor, the centre provides personalised care through facilities and services catered for the patients' needs - before, during and after treatment. Whether you are travelling near or far to visit our hospital, we want to ensure your journey is as pleasant and smooth as possible.

At PHKL, we warmly welcome patients from all over the world. We provide comprehensive services to guarantee that our international patients receive continued care and quality by providing an experience that serves access to treatment conveniently and comfortably. Here are some of the services that our IPC offers:

Services

- General Enquiries
- Medical Referral and Appointment
- Patient Concierge Service
- Language Interpretation Assistance
- International Patients / Expatriates
- Accommodation Booking
- Airport Transfer Services (subject to availability)
- Medical Evacuation and Repatriation (worldwide)
- International Billing and Financial Enquiries
- Visa Application and Extension

You may contact our International Patient Centre via email at my.phkl.ipc@pantai.com.my or call us at +603-2296 0773 or +603-2296 0516.

We are always ready to serve you with a smile!



CAMBODIA AWARDS



List of Winners

MEDICAL AWARDS

Air Ambulance Services of the Year in Cambodia
ASH-CHARTER

Cardiology Centre of the Year in Cambodia
CENTRAL HOSPITAL

Dental Centre of the Year in Cambodia
MASTER CARE DENTAL CLINIC

Diagnostic Imaging Centre of the Year in Cambodia
LEANG HENG CLINIC

Dialysis Centre of the Year in Cambodia
ÉLYSÉE KOHPICH POLYCLINIC

ENT Clinic of the Year in Cambodia
K.S CLINIC

Health Screening and Wellness Medical Centre of the Year in Cambodia
SINGMED MEDICAL CENTER

Gastroenterology Service Provider of the Year in Cambodia
THE PRESTIGE HOSPITAL

Maternity Service Provider of the Year in Cambodia
SORPHEAR MATERNITY HOSPITAL

Oncology Service Provider of the Year in Cambodia
ORANGE CANCER CLINIC

Ophthalmology Service Provider of the Year in Cambodia
MENG-RUTNIN EYE SPECIALISTS

Paediatric Service Provider of the Year in Cambodia
CHHOUR Y SENG CLINIC

Paediatric Ophthalmology Service Provider of the Year in Cambodia
MENG-RUTNIN EYE SPECIALISTS

Rising Star of the Year in Cambodia - Hospital
THE PRESTIGE HOSPITAL

Trauma Centre of the Year in Cambodia
ROYAL PHNOM PENH HOSPITAL

Women's Health Centre of the Year in Cambodia
ORIENDA POLYCLINIC AND MATERNITY

Medical Product Service Provider of the Year in Cambodia
FUTURE FOCUS SOLUTIONS & PHARMA CO., LTD

Medical Supply Service Provider of the Year in Cambodia
DYNAMIC PHARMA

Health Insurance Provider of the Year in Cambodia
FORTE INSURANCE

Best Public Hospital of the Year in Cambodia
CALMETTE HOSPITAL

Healthcare Visionary of the Year in Cambodia
PROFESSOR CHHEANG RA

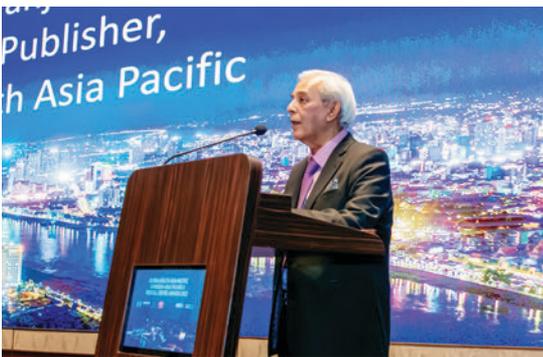
Entrepreneur of the Year in Cambodia
PIN NETRA

AESTHETIC AWARDS

Plastic Surgery Service Provider of the Year in Cambodia
EXCELLENCE MASTER BEAUTY CENTER

Laser Treatment Provider of the Year in Cambodia
BC SKIN CLINIC

Medical Aesthetic Clinic of the Year in Cambodia
MEGABELLE BEAUTY CLINIC









Cambodia's healthcare: A Malaysian perspective

We can see that Cambodia is working hard to improve the standard of healthcare by establishing public health cooperation between Cambodia and other countries and international organisations.

We sat down with Malaysia's Ambassador to Cambodia Eldeen Husaini to discuss the current situation in the country's healthcare industry, what the Cambodian government is doing to raise standards, and how Malaysia can help plug the gaps.

1) What are your views on the state of healthcare in the country?

Cambodia has undergone a significant transformation in terms of healthcare as a result of its rapid economic growth, which led to certain, albeit gradual, changes in expectations from the public.

The public is increasingly demanding better healthcare. Cambodians are aware of the importance of strengthening their health system, and the experience of mobilising additional resources for healthcare and social protection, especially in the wake of COVID-19, has opened the eyes of Cambodians to the importance of proper and proactive healthcare practices.

In view of this, and with farsightedness and strong political will, the Government of Cambodia is improving various aspects of its health industry, such as increasing the Kingdom's healthcare budget to improve the policies and service delivery of Cambodia's healthcare system.

Other efforts at improvement include the Government striving to raise awareness about healthcare practices among ordinary Cambodians. This is because traditionally, Cambodians, especially those in the rural areas, prefer to seek healthcare by taking medicine from a village pharmacy, while sometimes seeking the advice of traditional medicine practitioners. The government is hard at work on this by improving the education and training system in the field of healthcare.

2) How do you view the ability of hospitals and medical centres to handle the demands of the Cambodian population?

Cambodian hospitals and medical centres, while obviously not as well-resourced as those of other countries in the region, are exponentially increasing their facilities and abilities towards being able to fully handle the demands of the Cambodian population. For instance, the Government of Cambodia has increased its medical workforce and health equipment/facilities to accommodate its 16 million people.

An excellent testimony to the abilities of the Cambodian healthcare system is how the Kingdom has successfully managed its vaccination programme efficiently, not only for its citizens but also for foreigners living in Cambodia. The speed and



Malaysia's Ambassador to Cambodia Eldeen Husaini

effectiveness of Cambodia's inoculation programme is simply quite astounding, proving that its medical institutions, in collaboration with the Ministry of Health, can adequately address the demands of its citizens. Everyone is aware of how Cambodia is one of the beacons of hope in the fight against the pandemic, not only regionally, but throughout the globe.

Nevertheless, being a developing nation, we could all use a helping hand. So I believe that is why Cambodians are open to the idea of collaborating with foreign partners in the healthcare industry, whose experiences and resources may be of help to them.

3) How do you see healthcare policies and support from the Government to the medical institutions in Cambodia?

Cambodia has continuously been reforming its healthcare policies and administration, according to current needs. This proactiveness is expected to enhance healthcare capacity and access to healthcare and improve existing facilities, especially in the provinces.

Along with this, the Government also maintains

good networking with foreign donors who provide valuable assistance. Cambodia receives valuable funding/donations from other countries, the World Bank, and NGOs to improve access to its quality healthcare that will benefit especially the poor and vulnerable, as well as support its medical institutions.

4) Do you see this changing in the future and how serious is the government about raising the standards of healthcare in Cambodia?

Clearly, the Cambodian Government plays an important role in protecting the well-being of its people by raising awareness, reducing barriers (for the poor), and enhancing the healthcare information system. Various projects have also been carried out, such as creating a universal health insurance structure to support the rollout of national accreditation standards.

We can see that Cambodia is working hard to improve the standard of healthcare by establishing public health cooperation between Cambodia and other countries and international organisations.

The Government of Cambodia is also actively training its medical workforce to become specialists in various fields of disease on par with other countries.

Apart from that, the Cambodian Government is also working to strengthen the efficiency of its medical technology application in national and provincial hospitals.

To put it in simple terms, the Government of Cambodia is aware of what the country's healthcare systems need to achieve, as well as the expectations of the public. All relevant stakeholders in the country are working assiduously to achieve this.

5) Given that Cambodians travel abroad for major medical needs, how does the Malaysian Embassy support Malaysian hospitals and medical centres to get a share of these medical tourism dollars? Can the Malaysian Embassy invite major hospitals for an event or to give a talk to Cambodians to promote and bring its expertise to the country?

The Embassy always strives in whatever way we can to support Malaysian medical institutions. Therefore, to promote Malaysia's health tourism in Cambodia, we have worked with the Malaysia Healthcare Travel Council (MHTC) in this effort. Among the activities carried out are:

- i. Virtual discussion with H.E. Oknha Datuk Dr. Othman Hassan, Senior Minister in charge of Special Mission and the MHTC team on 27 November 2021;
- ii. Engagement with Malaysian hospitals on 27 September 2021 via video conference – a total of 18 representatives from various Malaysian hospitals attended; and
- iii. A webinar involving Malaysian hospitals, travel agents from Cambodia, and the Ministry of Tourism of Cambodia in June 2021

We plan to establish cooperation in health tourism with the aim of facilitating and easing border restriction measures to promote even deeper cooperation in health tourism.



We also plan to hold a meeting with the Cambodian Ministry of Health to discuss potential collaboration opportunities between Malaysia and Cambodia in this sector.

In addition, we plan to organise exhibitions to promote awareness about the development and quality of Malaysia's healthcare products and services, share Malaysia's experience in the development of its healthcare sector, and showcase Malaysia-made healthcare technology in Cambodia. I foresee participation from hospitals, diagnostic laboratories, and manufacturers of medical devices to exhibit their myriad products and services. In addition, there will also be a series of healthcare presentations by qualified medical practitioners in conjunction with the exhibition. Guests, including renowned Malaysian medical practitioners, will be invited to share advances in their medical fields.

6) Global Health Asia-Pacific is working hard on raising the standards of healthcare in Cambodia through its competitive Awards programme and also by helping some Malaysian hospitals conclude joint ventures with Cambodian agents and medical centres. Do you think we are working in the right direction?

The approaches you are currently undertaking will definitely assist the country's health industry. As I mentioned, the government of Cambodia is very proactive in improving the standards of Cambodia's health system, and the positive results of what they have done are there for all to see, but obviously everyone needs a helping hand, and the Kingdom is by no means an exception. That is where Malaysia, with our vast experience and what we have achieved in terms of healthcare, can assist our ASEAN brothers towards their target of being fully self-sufficient and independent. Along with government-to-government cooperation that the Embassy is working hard on, collaborations between our private medical centres is another way to mutually benefit the healthcare industries of both countries. ■

LASER TREATMENT PROVIDER OF THE YEAR IN CAMBODIA

BC SKIN CLINIC

Healthy skin is a mirror that reflects a person's overall wellness. As our largest organ and the first to be noticed by others, it's essential that skin be well taken care of.

Founded in 2000, BC Skin Clinic's main goal is to ensure that everyone who comes to our clinic leaves with skin that's not just beautiful, but also healthy. Every little detail or problem that appears on your skin is our concern.

With our specialised doctors, decades of experiences, and the latest and the best lasers from Europe, we guarantee the best and safest treatments for our clients. During the past 22 years of being the best and biggest skin clinic in Cambodia, we have served over 100,000 clients.

BC Skin Clinic uses a variety of lasers that can treat a range of skin problems, such as the Diode laser, CO₂ laser, Erbium Yag, Q-Switched Nd:Yag, Fractional, IPL and Calibrated Pulsed Light laser (CPL laser), all imported from Europe. The most popular laser procedures we offer include permanent hair removal or epilation, scar removal (acne, surgical, injury), mole removal, skin rejuvenation, carbon peels, tattoo removal, and many more.

On top of laser treatments, BC Skin Clinic provides other services, including skin disease treatments (allergy, eczema, psoriasis), hair and head problems (hair loss, baldness, dandruff) anti-ageing, botox, filler,



threadlift, High-Intensity Focused Ultrasound (HIFU), plastic surgery, mesotherapy, vitamin drips, body contouring, weight control, semi-permanent makeup, facial massage, and skin care.

Over the past two decades, BC Skin Clinic has won various awards, but we are now truly honoured to be awarded as the Best Laser Treatment Provider of the Year in Cambodia by Global Health Asia-Pacific. This recognition complements the many other certifications and qualifications given to us by others, such as the Ministry of Health of Cambodia and other national and international platforms. We are also regularly invited to be a special speaker at many international conferences and symposium around the world. And we were honoured to be invited by the U.S. Embassy as a

trusted skin clinic at its Annual Health Fair. Our clinics have always striven to improve and modernise our services to deliver the best skin treatments and aesthetic services using the highest standards backed by scientific evidence.

Started as family-run business of two generations turned into a standard business, working together with more than 10 other experienced doctors, we always follow our slogan, "Quality, Safety and Beauty," to ensure that each procedure or service we provide is completely safe with the most effective client outcomes. As a trustworthy, passionate, caring, and professional clinic, we ensure our patients are pleased with our treatments and go home with a smile, more confidence, and their worries wiped away.

PLASTIC SURGERY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

EM BEAUTY CLINIC

I- GOALS

EM Beauty Clinic supports anyone having problems with Beauty and Health in order to create jobs for mothers and women so they are able to earn a living working from home.

II- VISION, MISSION AND CORE VALUES

Vision

We want to change the appearance of all citizens by offering:

- Natural beauty
- Beauty and safety for life
- A range of specialist doctors

Mission

- Gathering the best and most experienced doctors ready to solve beauty issues of every citizen without the need to go abroad.
- Sharing cosmetic knowledge to protect people from unsafe and high-risk cosmetic surgery.
- Offering opportunities to people who want beauty and want to do business as salespeople or distribution partners.
- Encouraging/improving/leading in business and generating revenue.

Core Values

E: Excellence in all services & beauty

M: Master of Plastic Surgery & Aesthetics

Natural beauty

- Beauty and safety for life.
 - Beauty with confidence.
 - Beauty and happiness with income.
- We do not compete on price, only on quality and safety.

III. MARKETING PLAN

1-Building our Brand

- Famous business advice and success
- Owners achievements (Awards at



- international level, Korea, Dubai, Malaysia)
- MOU with a 5-Star Beauty Hospital in Korea
- Highly popular with the support of social media stars
- Always help the poor and victims through donations
- Empower women
- Owner's own success story
- Maintain service, quality, professionalism, and natural beauty

2-Advertising

We are advertising through various media, such as:

- Own E-commerce platforms
- Other popular platforms and influential people in social media
- Create history of business
- Create our own popular media
- Super stars and influencers

3-Promotion sales strategy

EM Beauty Clinic's sales targets for 2022 and 2023 include:

- 3.1. Establish a sales team or nationwide sales force (Salon, Spa, cosmetic salespeople, online salespeople, housewives, and owners).
- 3.2. Employ beautiful girls, high show, stars, beauty sales workers. (Advertising industry)
- 3.3. Select famous social media stars to promote on:

- The official Facebook Page of other media clinics
- Fun Channels
- Star House
- Famous on Facebook, Tik Tok
- Business Cambodia

3.4. Transform the appearance of an "average person" to a beautiful one

- Create a video or show before and after
- Book or Gallery before and after all services
- Update website, page, Instagram, clean and tidy
- Create App, link website and page; products, medicine, beauty care products and accessories, including fund deposits in advance for distribution
- Push on Digital Marketing
- Live all service activities and grand prize for distribution
- Live play games; the winner can get a gift or free services
- Create a video to share health and beauty knowledge, including on how to take care of beauty before receiving cosmetic services and post-surgery care.
- VIP Cards and Check-in.

3.5. Services and Products

- i. Plastic Surgery
 - ii. Aesthetics
 - iii. Dermatology (Injectable Platelet Rich Fibrin (IPRF) and Laser treatments)
 - iv. Anti-ageing/Massage Therapists/ Skincare
 - v. Eyelash and eye brow academic/ permanent makeup
 - vi. Dental care and smile (Future)
- About the Product:
- Skin Treatment
 - Skin Care
 - Healthy Beauty product supplies

MEDICAL AESTHETIC CLINIC OF THE YEAR IN CAMBODIA

MEGABELLE BEAUTY CLINIC

Megabelle Beauty Clinic is recognized from the most high-class customers, as one of the top Beauty Clinic in Cambodia through its affiliation with world class treatments, famous international brands treated by experienced doctors, dermatologists and beauty specialists.

Megabelle was established in 2005 aiming to provide high quality international standard services with high efficiency in beauty to serve to Cambodians without spending more time and money to go abroad for treatment.

Thanks, Global Health Asia Pacific for recognizing and awarding us as "Medical Aesthetic Clinic of the Year 2022 in Cambodia. Thanks all beloved loyalty customers for your supports more than a decade. These are really the culmination of our efforts and we still keep moving and improving constantly in order to offer all the best solution and result to your beauty needs.

Following Vision and Mission are what the clinic and staff at all levels continue to implement on a regular basis to maintain the high-quality standard of clinic.



DR. NOP (SENIOR BEAUTY CONSULTANT AND AESTHETIC DOCTOR)

VISION: A leading beauty clinic in Cambodia focuses on professionalism and innovative solution to customers.

MISSION: Continue building professionally trained staff, beauty therapists and medical beauticians and bringing state of the art technology as well as high quality products in the beauty world to Cambodia from head to toe.




MEGABELLE
BEAUTY CLINIC

"Confidently Beautiful!"

DR. NOP
(SENIOR BEAUTY CONSULTANT
AND AESTHETIC DOCTOR)

We offer the perfect professional treatment and beauty care to every single customer and we are here to fulfill our customers' dreams for confidently beautiful with safeness and standard.

OUR WORLD CLASS TREATMENT CENTER

- Facial Center
- Body Center
- Hair Center
- Laser Center
- Medical Aesthetic Center



📍 #785, St.128 Kampuchekrom Blvd,
Sangkat Toek Laork1, Khan Toul Kork,
Phnom Penh, Cambodia.

🌐 megabelle-beautyclinic.com
☎ +855 12 31 5000



AIR AMBULANCES SERVICES OF THE YEAR IN CAMBODIA

ASH-CHARTER

Formed in 2013, ASH-Charter (AsiaHealth Network) is a Cambodian company owned by Cam-Jade Asia Co., Ltd. that transports more than 700 patients every year.

SERVING THE HEALTHCARE NEEDS OF PATIENTS IN ASIA

ASH-Charter is a premium health network specially created to provide Cambodia access to an extensive network of top quality healthcare providers, both locally and in Asia. Currently, ASH-Charter is focussing on medical travels to Thailand, Malaysia, Singapore, Taiwan, Korea, Japan, and India for top quality healthcare.

PROVIDING COMPREHENSIVE MEDICAL CARE

We provide a one-stop service for all medical inquiries, including inpatient, outpatient, emergency evacuation, and medical tours, for greater peace of mind. In the event of a medical emergency, evacuation services by private charter flight can be arranged to take patients to the right hospital and specialist. Our expert team can also help prepare travel documents in a timely fashion. To meet different needs and budgets, ASH-Charter allows patients to customise their choices. For example, they can choose between two basic public and private hospitals in the nearest and most convenient country. To ensure patients have complete peace of mind while receiving the best medical treatment, ASH-Charter offers professional medical consultations with a group



of international specialists with multidisciplinary skills, supported by a professional interpreter service for easy understanding of medical terminology and procedures and for facilitating accommodations and documentation.

PROVIDE COMPREHENSIVE HEALTH EVENT MANAGEMENT

We also provide an event management programme for medical seminars, medical exchanges, and consumer awareness of the Cambodian healthcare system, including global health conferences and training programmes. ASH-Charter partners with many internationally accredited medical institutions and specialists in Asia

to serve our valued customers and membership patients with top quality healthcare at an affordable price and with greater convenience.

Why you need ASH-Charter?

- Get the right specialist and hospital
- Proper medical consultations and financial plan
- Medical Professional and Accredited Hospitals
- Seek a second opinion before choosing the best
- Best doctor profile and experience
- Emergency medical escort and Medical Evacuation
- Accuracy and Price Transparency
- A better Healthcare experience

When do you need ASH-Charter?

- When you need a good health screening
- When you have a medical problem and need a teleconsult
- When you need a procedure and medical advice
- When you don't know where to go for surgery
- When you want to know if a hospital or doctor is good for your medical problem
- When you need to know how much your medical bill will be
- Can your problem be solved without surgery?
- Need a 24 hour medical evacuation service
- Need a private charter flight
- Need medical travels



Partnered with leading Healthcare Providers

- + Public and private hospitals, medical centers, and specialist clinics
- + Facilitates accredited by Joint Commission International (JCI-Accredited)

Our Services



- ✈ Executive Flight and Air Ambulance
- ✈ Doctor's appointment
- ✈ Travel and arrangements and interpreters
- ✈ Estimate medical costs
- ✈ Medical Escort team and Airport transfer
- ✈ 24 Hrs Ground Ambulance



EMERGENCY HOTLINE

(855) 17 277 723



CARDIOLOGY CENTRE OF THE YEAR IN CAMBODIA

CENTRAL HOSPITAL

CENTRAL HOSPITAL is a multi-specialist hospital that was established on 11-11-11. Known for being the first modern private hospital in Cambodia, it operates based on international standards.

CENTRAL HOSPITAL is equipped with the latest medical technologies, such as the Innova Optima Angiography Machine, low-radiation CT-Scan with 128 slices, 4D Cardiovascular Echography Machine, Electrocardiogram Machine, 4D Ultrasound Machine, GE X-Ray Machine, 24H-Holter Equipment, E-Bike Stress-test Machine, Life-support Machines, Patient Monitors, state-of-the-art Operating Theatres, Tailor-made Ambulances, and much more.

CENTRAL HOSPITAL is locally owned and operates both inpatient and outpatient care facilities that provide comprehensive services to individuals in need of medical attention. This requires a complex internal and external networked system of highly skilled, multi-disciplinary professionals, skilled workers, and support staff. Each employee has the responsibility to act in a manner consistent with ethical principles and supporting policies, which is to perform their duties with integrity, honesty, fairness, and diligence while adhering to the highest principles of dignity and respect for all we serve. CENTRAL HOSPITAL further recognises and understands that this



responsibility extends to all patients, their families, staff, the community, and a wide network of external systems and commits to providing comprehensive, effective treatment and service delivery while applying ethical standards equally, consistently, and without compromise.

One of the strong points of the CENTRAL HOSPITAL is its Cardiovascular care that offers both invasive and non-invasive cardiology. One of the hospital's operating theatres is dedicated to open heart surgery and is equipped with state-of-the-art technology. Today, interventional cardiology is a popular

procedure for treating cardiovascular disease, making Cath-Lab one of CENTRAL HOSPITAL's busiest departments. CENTRAL HOSPITAL has all the medical equipment needed to treat cardiovascular diseases, from diagnosis to treatment and management, operated by the most capable cardiologists in the country.

CENTRAL HOSPITAL works in collaboration with well-known local healthcare insurance companies as well as international healthcare insurance companies.

At the height of the pandemic, CENTRAL HOSPITAL inaugurated the first branch of its POLYCLINIC CENTRAL TK in Toul Kork, Phnom Penh and currently offers outpatient consultations. The 22-storey building, which extends the main building of CENTRAL HOSPITAL, will soon be opened to the public.

CENTRAL HOSPITAL will continue to endeavor to provide the highest possible level of healthcare service to the Cambodian population.

DENTAL CLINIC OF THE YEAR IN CAMBODIA

MASTER CARE DENTAL CLINIC

“We Are Smile Engineers” has long been our simple yet compelling slogan and remains our identity and commitment at Master Care Dental Clinic as we move into the digital age.

With twenty years of experience, we have had the privilege of being the only dental clinic in Cambodia with the most dental specialists working to achieve the best results for our clients. With advanced and sophisticated technology matching those of western countries, our teams confidently perform across a broad spectrum of specialties, from simple dental surgery to more complicated cases involving digital smile design, orthodontics, aesthetic periodontal surgery, porcelain veneers, and dental implants.

We assure each case is meticulously carried out by different specialists in accordance with their areas of expertise, while obtaining the most pleasing results and providing all patients with high-quality customer service based on international standards.

Aesthetic restoration

We were the first in Cambodia to adopt the Digital Smile Design concept which uses the least invasive and painless procedures. Our full-time Smile Engineer Team draws on the latest digital technologies for smile analysis to ensure the most precise outcome. Only the best dental materials and technicians are carefully recommended for our patients so they can obtain the charming smile they deserve.



Dental implants

Preexisting anxieties are common among patients advised to get a dental implant, but they can rest assured at Master Care Dental Clinic. Cone-beam computed tomography and 3D digital software make it less complicated to perform computer-guided surgery during implant procedures. Most of our implant cases are completed with a small punch hole rather than a big surgery, producing remarkably accurate and relatively painless results.

Orthodontics

At Master Care Dental Clinic, patient comfort, expectations, and treatment goals take centre stage in our decisions. The constant advancement in orthodontics makes diagnosis and treatment planning more digital and predictable. We can, therefore, tailor-make and provide our patients with the best options covering conventional braces, self-ligating braces, clear ceramic braces, fast braces, or clear aligners. We aim to deliver the best possible smiles on our clients' faces.

Paediatric dentistry

With an established pattern of regular treatment and quick attention to minor problems before they worsen, we offer your children a full range of dental care, from fundamental prevention to more complex treatment procedures to ensure a lifetime of good oral health. Master Care's paediatric experts are trained in the latest techniques for challenging pediatric patients who can be treated under sedation or general anesthesia, if necessary, to assure their comfort during their dentist visit. A child-friendly environment with our amiable administrative staff makes a good combination to ease the concerns of our young patients.

Given the importance of other dental specialties, we closely collaborate with independent doctors and specialists, such as oral maxillofacial surgeons, periodontists, and endodontists, who need access to our operating facility and cutting-edge equipment. Together, we can effectively co-support our patients.

DIAGNOSTIC IMAGING CENTRE OF THE YEAR IN CAMBODIA

LEANG HENG DIAGNOSTICS CENTER



Founded in May 2019, Leang Heng Diagnostics Center (LHDC) offers a range of medical diagnostic services in Cambodia. With many years of experience in the field, LHDC's founder believes that the latest medical diagnostics technology and equipment, together with the best standards of practice, can help the Cambodian people improve their chances of living longer and healthier, like other developed countries such as Japan and the USA.

"Check your health ahead" is a concept recommended and introduced to developing countries, and this trend is also increasing in Cambodia.

Essentially, it means that regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that will help your chances of living a longer, healthier life.

LHDC is equipped with the latest medical imaging equipment using premium technology. This equipment is carefully crafted and adapted to the changing requirements of healthcare, enabling us to expand our clinical capabilities and leading to more

confident and reliable diagnostics results.

Vision

To be the best partner of choice for healthcare providers and for those seeking a reliable and accurate medical diagnosis in Cambodia.

Mission

To provide the best and highest-standard medical imaging and medical laboratory services that are reliable and affordable for all communities in Cambodia.



Specialist Doctors With Many Years Of Experience

Diagnostic Imaging Centre of the Year in Cambodia

Founded in May 2019, Leang Heng Diagnostics Center (LHDC) offers a range of medical diagnostic services in Cambodia. With many years of experience in the field, LHDC's founder believes that the latest medical diagnostics technology and equipment, together with the best standards of practice, can help the Cambodian people improve their chances of living longer and healthier, like other developed countries such as Japan and the USA.

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DIALYSIS CENTRE OF THE YEAR IN CAMBODIA

ELYSEE KOH PICH POLYCLINIC AND DIALYSIS CENTER

ELYSEE KOH PICH POLYCLINIC AND DIALYSIS CENTER was established in 2016 as a small medical consultation practice by Dr Sovann Kanitha. At the time, we had only one doctor and one nurse. In 2017, the consultation room was upgraded to a dialysis centre with five dialysis machines. We offered two sessions per day, morning and afternoon, but soon after started to recruit more doctors and nurses. Dr Kanitha provided both outpatient and dialysis services, but the number of dialysis patients kept rising, so in the beginning of 2018, we decided to offer a third session at night.

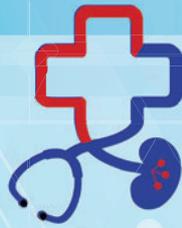
In response to patient demand, in 2019 the centre was expanded and renamed the ELYSEE KOH PICH POLYCLINIC AND DIALYSIS CENTER. Today we offer 24-hour service with 10 VIP rooms, together with other paraclinic services. During COVID-19, our centre decided to provide COVID dialysis services for dialysis patients in Cambodia. We were the only private centre in the country to do so. As a result, we were able to help many dialysis patients during the pandemic.

We now also have a number of nephrologists ready to provide care to our dialysis patients. Our director, Dr Sovann Kanitha, is also well recognised for taking care of chronic kidney disease (CKD) patients with diabetes and hypertension, something he has been doing for over ten years. His vision is to ensure that dialysis patients receive the best treatment



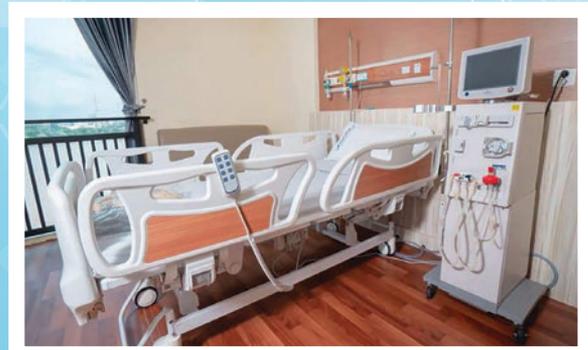
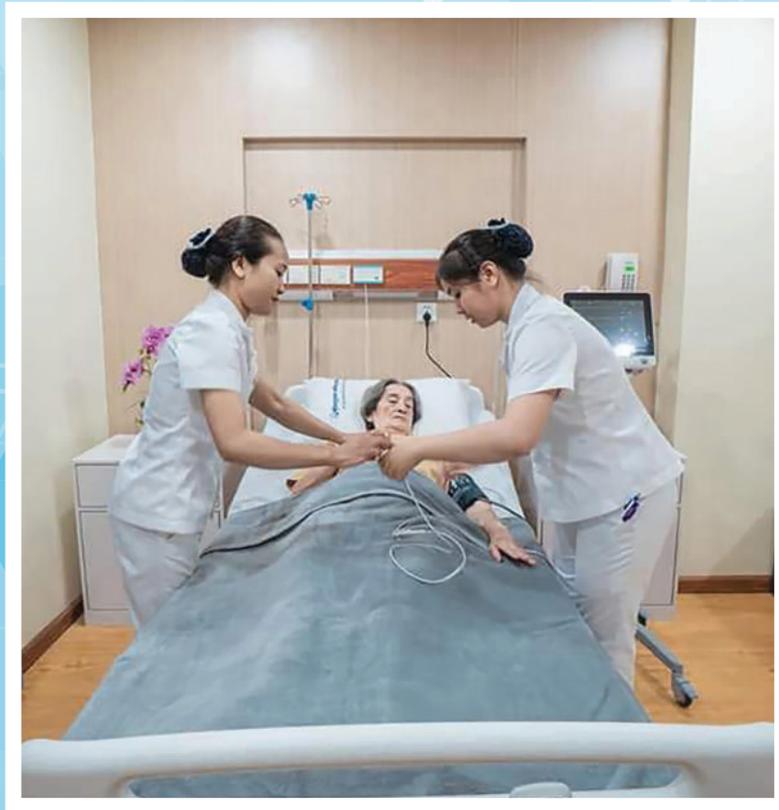
and are able to spend a longer time on this earth. “We are committed to save more kidneys,” he said.

We have also received many dialysis patients from all over the world, such as Japan, Burma, Thailand, Malaysia, the Phillipines, USA, and France. As a polyclinic, we have an outpatient ward, dialysis ward, inpatient ward, surgery ward, GI ward, and a cardiology ward, all staffed by multi-specialists who are ready to take care of our patients.



បន្ទីរពេទ្យកូហ៍បិច និង បន្ទីរសង្កេតសាងសង់
រោគវិស្វកម្ម ភ្នំពេញ

ELYSEE KOH PICH POLYCLINIC AND DIALYSIS CENTER



Dialysis Center

In Patient Service

Cardiac Ultrasound

GI Ward

Laboratory

24H/7D service

Surgery Ward

X ray

Diabetes Care Center

Consultation

Ultrasound

Diabetes Wound Care

ENT CLINIC OF THE YEAR IN CAMBODIA

KS CLINIC ENT HEAD & NECK CENTRE

KS Clinic ENT Head & Neck Centre is a practice committed to offering patients comprehensive, personalised diagnostics and treatment options, including cutting-edge advanced treatments on par with those offered in top notch facilities around the world. The clinic's goal is to provide patients with a state-of-the-art one-stop treatment centre and achieve the best possible patient outcomes.

Established in 2011, KS Clinic has grown to become one of the best ENT centres in Cambodia. The services we provide our patients are based on international standards. We are fully equipped to care for both domestic and international patients with ear, nose, and throat needs.

With endoscopy technology having advanced rapidly over the past few years, we are able to use it wisely and systematically in our ENT practice to bring huge benefits to patients and practitioners, thereby improving long-term healthcare by leaps and bounds.

Our clinic has advanced technology for both diagnostics and surgery, and we use advanced procedures like endoscopy, which is the latest technology that leaves no scar on the patient, although you will feel just a little bit of pain, but most importantly, it will help you heal faster.

Beyond personalised diagnostics with ENT specialists, our KS clinic also has a specialist doctor who can treat dizziness or what we call vertigo in medical terms. This dizziness, or vertigo, is caused by an inner ear problem, or otolithiasis, which commonly occurs when rolling over in bed, bending over, or looking upward.



Conditions we treat:

+EAR

- *Vertigo
- *Otitis
- *Fungus in ear
- *Mastoiditis
- *Hearing loss

+NOSE

- *Septal deviation
- *Allergic rhinitis
- *Sinusitis
- *Nasal polyps
- *Nasal tumor
- *Nasal Trauma

+THROAT

- *Pharyngitis
- *Tonsillitis
- *Abnormal voice

- *Swallowing problems
- *Laryngeal tumor

All of our doctors are specialists in ENT who have studied at the University of Health Science (UHS) in Cambodia or in France or Japan. They also do a teaching residency in Otolaryngology-Head and Neck Surgery at the UHS in Phnom Penh and are members of the Cambodia Board of Otolaryngologists.

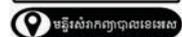
Our services include:

- *Outpatient diseases
- *Inpatient diseases
- *Pure tone audiometry
- *Endoscopy
- *Fibroscope
- *X-Rays
- *CT Scans
- *Laboratory

Our KS Clinic will continue to grow its presence in Cambodia through our specialist doctors while working with even more partners in pursuit of providing the best patient care possible.

Google Map QR

ស្វែងរកទីតាំងថ្មី





A C C R E D I T A T I O N

Asia. Care. Innovation.

Asia's first quality improvement body to provide accreditation services for hospitals, specialist clinics, and centres of excellence, setting impeccable standards of care in the region with a strong digital and innovative practices.

GHQIA Quality Improvement Programs



Hospital Accreditation

GHQIA provides hospitals access to the well- established standards of ACHS International, with notable added advantages to the accreditation process:

- Assignment of a local partner who can offer accurate, localised feedback and continuous guidance.
- Option to conduct regular mock assessments and readiness diagnostics of processes, procedures, and outcomes to gear up for the actual audit.
- Overall cost-effectiveness through a localised engagement structure.



CoE Accreditation

The Centre of Excellence (CoE) Accreditation is a first-to-market initiative allowing GHQIA members to undertake accreditation in niche areas of clinical expertise.

GHQIA will apply the ACHS International standards in a focused manner, conducting a deep-dive assessment of the organisation on those selected fronts.

As part of the excellence requirements and to ensure stand-out achievements in the identified specialty, the organisation is required to participate in the ACHS International Clinical Indicator Program (CIP) to benchmark themselves against best- in-class providers and strive for continuous improvements during the time they are accredited.



Clinic Accreditation

With specialist clinics taking on an increasingly critical role in the patient journey, the accreditation serves as a tool to help clinics communicate their commitment to care excellence and differentiate themselves in a saturated market.

Through the accreditation program, members can tap on the expertise of industry experts for advice and guidance on all aspects of clinical operations, including digital health adoption and other innovative healthcare practices.

The GHQIA member network also offers a platform to facilitate knowledge and best practice sharing amongst fellow providers, opening doors to potential creative collaborations.

Who Should Get Accredited?

Hospitals, Medical Centres, Centres of Excellence, Day Surgery Centres, Chronic Care Facilities, Alternative Care, Imaging and Radiology, Diagnostics and Laboratory, and Specialist Clinics across all spectrums of medical care:

Aesthetics | Dentistry | Cardiology | ENT | Fertility and IVF | OB-GYN | Gastroenterology | Neurology | Oncology | Ophthalmology | Orthopedics | Psychiatrist | Urology ...and more



Hospitals



Medical Centres



CoE



Specialist Clinics



Day Surgery Centres



Chronic Care Facilities



Alternative Care



Imaging and Radiology



Diagnostic and Laboratory

HEALTH SCREENING AND WELLNESS MEDICAL CENTRE OF THE YEAR IN CAMBODIA

SINGMED MEDICAL CENTER

SingMed Medical Center Cambodia, a subsidiary of SG Medical Holdings Pte. Ltd., is the first Singapore-Cambodia Medical Center in Cambodia, established in March 2019. Working in collaboration with Cambodian healthcare professionals and industry partners, a team of multi-disciplinary medical specialists from Singapore is helping elevate the standards of medical services in the country. The result is that the people of Cambodia and the region now have access to reputable, high quality Singapore medical care under one roof.

It is a great honour for SingMed Medical Center to receive the **Health Screening and Wellness Medical Centre of the Year in Cambodia Award**. During the COVID-19 pandemic, SingMed has been able to provide continuous care to patients, with our Singaporean General Practitioner Dr Nadia Wong on-site for consultations and medical check-ups. Patients have also been able to access various Singapore specialists by teleconsultation. With the easing of travel restrictions, our Singapore specialists are now able to return to provide the same high standard of care for the Cambodian people.

Our Vision and Mission

Vision: "Glocalizing" Singapore medicine – to deliver global quality Singapore medicine locally

Mission: To provide world-class medical services with precision in



diagnosis and effective treatments, while offering local convenience for our patients

Our facilities and services

- Multi-disciplinary medical centre: Medical Specialist Clinics, Wellness Health Screening, Family Medicine, Diagnostic Imaging and Laboratory
- State-of-the-art equipment: GE Healthcare High Field MRI, Fujifilm Blue Light Imaging (BMI), and Linked Colour Imaging (LCI) Endoscopy System

Our location

Spread over 400 square metres, SingMed Medical Center is situated in the heart of Phnom Penh's Central Business District. It is strategically located next to the iconic Vattanac Capital Tower Building along Monivong Boulevard.

Address: Building No 64, Unit GF-2B, Monivong Boulevard, Phnom Penh

Office hours: Monday to Friday: 8.30am-5.30pm; Saturday: 8.30am-12.30pm; Sunday and public holidays: By appointment only.



SINGMED®

SingMed Medical Center

Providing annual health screening
in Cambodia with world class standards



1 CONSULTATION

- Medical History
- Physical Examination
- Itemized Medical Report

2 MEASUREMENTS

- Height and Weight
- Body Mass Index
- Waist Circumference
- Blood Pressure
- Visual Acuity

3 IMAGING

- Heart Screening
- Respiratory
- Radiology

4 LABORATORY INVESTIGATIONS

- Hematology Panel
- Diabetes Screen
- Kidney Function
- Bone & Joint Profile
- Cardiac Risk Profile
- Cholesterol Profile
- Hepatitis Screen
- Liver Function
- Urine Analysis
- Stool Analysis



RISING STAR OF THE YEAR IN CAMBODIA & GASTROENTEROLOGY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

PRESTIGE HOSPITAL

Located in the centre of Cambodia's capital, Phnom Penh, Prestige Hospital is the **Rising Star of the Year in Cambodia** – an accolade it was awarded at the recent GlobalHealth Cambodia Awards 2022.

Established in March 2020, Prestige Hospital has quickly risen to become one of the top hospitals in Cambodia, offering international standard services and care by an experienced multinational medical team. With over twenty services currently on offer, Prestige Hospital aims to be “Your healthcare partner for life” by ensuring a comprehensive and comfortable healthcare experience for its patients.

According to Prestige Hospital's CEO, Mr Dararith Lim, “Prestige Hospital will continue to strengthen its core values by bringing in highly qualified medical teams and services to ensure an even greater quality of care for the patients.”

Patient experience is one of the key values that Prestige Hospital ensures as a top priority. To deliver a better experience for its patients, the hospital offers high demand medical services such as Obstetrics & Gynecology, Cardiology, Neurology, Plastic and Maxillofacial Surgery, and Gastroenterology, among others. Prestige Hospital also received the **Gastroenterology Service Provider of the Year in Cambodia** award at the



GlobalHealth Cambodia Awards 2022, a testament to the quality of service and care the hospital offers.

It also offers outpatient consultations, inpatient services, emergency and intensive care services, and major and minor surgical services performed by its experienced expat doctors from France, Canada, Korea, and Singapore, as well as from its internationally trained Cambodian doctors.

Prestige Hospital is currently partnered with RadLink, Singapore's

leading imaging and radiology experts. RadLink has received the award for **Diagnostics Provider of the Year** – Singapore at the Healthcare Asia Awards for three consecutive years. With this exclusive partnership, Prestige Hospital can produce highly accurate and expert diagnostic results for more effective treatments. Diagnostic Imaging services include CT-Scans, Ultrasounds, Mammograms, and Digital X-rays.

As part of its mission to deliver cost effective, efficient, and proper medical care in Cambodia, Prestige Hospital also offers several specialised annual screening packages for both men and women of all ages. Customised packages are available for corporate partners based on their needs and preferences.

Prestige Hospital has partnered with twenty insurance providers, including SafetyNet, Forte, FWD, and others, to better serve its patients. It also caters to patients respecting their religious beliefs as part of the treatment care plan.

**OPEN 24 HOURS
20 SPECIALTIES**

EMERGENCY & ICU

IN-PATIENT SERVICE



GLOBAL HEALTH AWARDS 2022

RISING STAR OF THE YEAR IN CAMBODIA

GASTROENTEROLOGY SERVICE PROVIDER OF THE YEAR IN CAMBODIA



EXCLUSIVE RADIOLOGY PARTNER:

RadLink SINGAPORE



X-RAY



128 SLICE CT



ULTRASOUND



MAMMOGRAM

Choose Wellness, Choose Prestige

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MATERNITY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

SORPHEAR MATERNITY HOSPITAL

Established in 1996 by Professor Tan Vuochchheng, Sorphear Maternity Hospital has gradually expanded to five buildings in three locations. Our second branch, Sorphear Maternity Polyclinic Mean Chey, was established in 2019, followed by a third branch, Sorphear Maternity Polyclinic Olympia in 2020. With almost three decades of experience operating private hospitals, Sorphear Maternity Hospital is now one of the leading and most trusted private maternity hospitals in Cambodia in areas such as woman's health, neonatology, paediatrics, and vaccinations. Our surgery department also provides a wide range of surgical care, including general surgery, orthopaedics surgery, and urology.

Our vision: accessible high standard care, attention to detail, and the best possible patient experience.

Our mission: enhancing the quality and effectiveness of healthcare by promoting excellence and professionalism in the practice of medicine.

Our value: patient-centered care, empathy, professionalism, communication, and teamwork.

At Sorphear Maternity Hospital, we encourage safe natural deliveries. Professor Pech Sothy, our executive medical director, ensures that all medical staffs are qualified and maintain high-quality standards. Patient's mental and physical well-being is our main goal.



Every month, we have an average of 400 inpatients and 2,500 outpatients, including international clients. Our hospital is committed to providing compassionate, accessible, and high quality healthcare to everyone, especially mothers and babies. As a maternity-focused hospital, we are one of the first private hospitals with a Neonatal Intensive Care Unit (NICU).

In addition, we have one of the most innovative diagnostic centres offering the latest services and a range of imaging modalities, such as ultrasound machines, CT scans, and X-rays. Sorphear Maternity Hospital is

also equipped with a fully functioning laboratory and partners with many international laboratories to provide the best care for our patients.

In response to increasing demand, Sorphear Maternity Hospital is pleased to announce the construction of our new 23-storey building located in the heart of Phnom Penh. The new building will be fully equipped with the latest technology and is expected to be opened in 2023. We are also looking forward to launching a new infertility department.

For almost 30 years, Sorphear Maternity Hospital has remained the leading and most trusted private maternity hospital in Cambodia. The massive on-going support from our clients is strong evidence that we are one of the best hospitals in Cambodia specialising in women's health.

"We are extremely honoured to be recognised as the best maternity centre of the year in Cambodia. We will continue to bring only the best equipment and assure that our staff are well trained so we can contribute to making a healthier community," said Dr Hang Sorphear, the CEO of Sorphear Maternity Hospital.



Sorphear Maternity Hospital

Established in 1996 as a maternity clinic, Sorphear Maternity Hospital is now one of the most leading and trusted private maternity Hospital in Cambodia. Welcome to the newest branch of our hospital- Sorphear Maternity Polyclinic Olympia.



Our services include

1. Perinatal and gynecology consultation
Antenatal, postnatal, birth control and family planning, preconception, premarital screening, women's health problems
2. Vaginal delivery and cesarean delivery
3. General surgery, orthopedics and urology
4. Pediatric consultation and vaccination
5. Imaging studies include ultrasound, X-ray, CT-scan, mammography
6. Laboratory investigations
7. Cervical and breast cancer screening

We ensure that our patients and their family members

are provided with the best service in a courteous, respectful and responsive manners.

Our vision: accessible, high standard care, attention to detail and strive to promote the best possible patient experience.

Our mission is to enhance the quality and effectiveness of healthcare by promoting excellence and professionalism in the practice of medicine.

Our value: Patient-centered care, empathy, professionalism, communication, teamwork

For more information, please email: Sorphearolympia@gmail.com or call 855 61 800026.

ONCOLOGY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

ORANGE CANCER CLINIC

Orange Cancer Clinic is changing the nature of specialist medical care in Cambodia, offering international-standard treatments and building confidence in the Kingdom's health system.

Having only opened in December 2021, its commitment to excellence has seen it already named "Oncology Service Provider of the Year" at the Cambodia Healthcare and Medical Centre Awards 2022 by Global Health Asia-Pacific magazine.

Opening a cancer clinic of excellence in the Kingdom that offered the best and most comprehensive care at an affordable price for local patients was the dream of Professor Eav Sokha, widely regarded as Cambodia's first and foremost oncologist.

A visionary in Cambodian healthcare, he graduated from medical school at the University of Health Science in Phnom Penh in 1992 and worked as a physician at the emergency department of the Kampong Chhnang Provincial Hospital until 1996, when he decided to specialise in oncology.

This led him to undertake an oncology residency at the Ho Chi Minh City Cancer Centre in Vietnam, followed by a radiation therapy residency in Strasbourg, France in 2000 before returning home to build a cancer treatment system in the Kingdom's public hospitals.

Considered the father of Cambodian oncology, he created Orange in 2021,



leaving the public sector to focus on setting the highest standards of excellence.

"We are honoured to have been recognised as the 'Oncology Service Provider of the Year' by Global Health Asia-Pacific magazine, as Orange puts Cambodian cancer treatment on par with its ASEAN neighbours, having invested millions of dollars in the latest cutting-edge equipment, with highly trained, caring staff," Dr Sokha said.

Some 90 per cent of cancer patients require some form of radiotherapy, which kills cancer cells and shrinks

tumours.

"We have the best and most advanced technology, with the latest machines from Europe that can scan tumours in the highest detail. Our highly skilled specialists accurately plan and carry out accurate 3D contouring to minimise the risk to our patients, ensuring the therapy goes only to the tumour and not to healthy cells," he said.

Cancer is becoming one of the main causes of death in Cambodia, with an estimated 15,000 cases a year in a population of 15 million, as of 2017.

"With precision imagery and targeted therapy, our specialists are leading the way, with other hospitals coming to us for training. We are very proud to say that we have all that is needed in this field, allowing us to be fully independent.

"All along my journey in medicine, I have wanted to repay in kind what I received over the years. Now it is our turn to support others and offer fellowships and training," Professor Sokha said.



គ្លីនិក អ៊ូរ៉ង់ យែនស៊ី

ORANGE CANCER CLINIC

ឯកទេសជំងឺមហារីក & ឈាម

Oncology & Hematology Specialist

Clinic of Excellence

for Cancer Care in Cambodia



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FOR MORE INFORMATION



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 Orange Cancer Clinic

OPHTHALMOLOGY AND PAEDIATRICS OPHTHALMOLOGY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

MENG RUTNIN EYE SPECIALISTS

Meng Rutnin Eye Specialists, Cambodia's leading private ophthalmic centre, located in the heart of Phnom Penh City, has been offering top-quality eye care services for over 20 years. Founded in 2001 by Professor Ngy Meng, Meng Rutnin Eye Specialists quickly rose to become the nation's premier eye clinic, introducing many state-of-the-art procedures such as the first phacoemulsification cataract removal and the first pars plana vitrectomy for retinal diseases.

Starting out as a humble consultation room with only one ophthalmologist, Meng Rutnin Eye Specialists now boasts eleven board-certified local and internationally trained eye specialists covering all areas of ophthalmology, such as vitreo-retina, cornea, glaucoma, uveitis, paediatrics, oculoplastics, and neuro-ophthalmology. As we strive to become the one-stop eye care centre for our patients, we have invested extensively in equipping our facilities with the latest in diagnostic tools to treat our patients faster and better.

We also offer a wide range of ophthalmic procedures, such as cataract operations using monofocal, toric, and premium intraocular implants, the latest in small incision vitreo-retinal surgery, glaucoma



filtering devices, strabismus correction, eyelid cosmetic procedures, and many others. Our operating floor is spacious in order to ensure patients feel at ease before, during, and after surgery.

"We are extremely honored to be recognised as the leading ophthalmic centre in Cambodia. Our goal has always been about putting the patient's trust and comfort at the forefront. Collectively, we have worked hard as a unit to achieve that. Therefore, this award has

meant so much to us. Our team will undoubtedly continue to work hard to maintain our high standard of care by giving our patients a personalised treatment experience," said Dr Raksmeay Ea, corneal consultant and general manager of Meng Rutnin Eye Specialists.



ម៉េង-រ៉ូត្និន ឯកទេសភ្នែក
MENG-RUTNIN
 EYE SPECIALISTS

MENG RUTNIN EYE SPECIALISTS

OUR VISION AND

"THE LEADING INTERNATIONAL STANDARD OF EYE CARE IN CAMBODIA."

OUR MISSION

- WE BELIEVE IN PROVIDING AN EXCEPTIONAL QUALITY OF SERVICE ADHERING TO AN EXCELLENCE IN QUALITY, SAFETY AND COMFORT. WE TREAT OUR PATIENTS WITH A TEAM OF QUALIFIED PROFESSIONALS AND CUTTING-EDGE TECHNOLOGY. WE TAKE CARE OF OUR PATIENTS' CONCERNS COMPASSIONATELY WITH INTEGRITY AND ETHICAL VALUES.



CONDITIONS WE TREAT

- CATARACT
- GLAUCOMA
- RETINAL DETACHMENT
- DIABETIC RETINOPATHY
- STRABISMUS
- PTERYGIA
- CORNEAL ULCER



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PAEDIATRIC SERVICE PROVIDER OF THE YEAR IN CAMBODIA

CHHOUR Y SENG CLINIC

In operation since 2009, CHHOUR Y SENG Clinic is recognised and registered by Cambodia's Ministry of Health to offer paediatric and maternity services.

CYS Clinic provides trusted professional paediatric and maternity care, offering high-quality services in a private hospital setting in Cambodia. The qualified paediatric team offers reliable, personalised care for your little ones.

During our comprehensive childhood developmental screenings, our paediatricians will assess various aspects of your child's functioning, including areas such as behaviour, cognition, motor and sensory abilities, communication, social interaction, and adaptive skills. Treatments for common acute illnesses, primary emergency care, and developmental assessments are also provided.

For paediatric consultations to be a pleasant experience for the child and the accompanying caregiver, CYS Clinic aims to create a cosy and comfortable environment where stress is taken out of the visit.

The wards are divided into single and multi-bedded rooms designed to make every child as comfortable as possible in a friendly environment. The rooms are colourful and playful, resembling those at home so that the child feels fresh and lively. The wards also have playrooms and an outside play area. Natural daylight and the outdoors create a therapeutic environment integral for a healing experience.



The single rooms provide a secure, relaxed, and cosy environment so the child can feel safe leaving their home to stay in the hospital. Child-scaled furniture and sufficient storage areas for children's belongings create a comfortable setting. The clinic's multi-bedded rooms display brighter paint and precise lighting, allowing for the cost-effective sharing of rooms and amenities without reducing personal space for the child and parent to enjoy privacy and rest.

CYS Clinic's delivery packages — Labour Delivery, C-Sections, and Painless Delivery — are designed to provide mothers and mothers-to-be the necessary care and support during and after delivery. The operation is run by a team of highly qualified healthcare professionals, including resident doctors, obstetricians,

anaesthetists, midwives, nurses, and neonatologists. The clinic is also well equipped with the latest clinical facilities, such as modern ultrasound with 3D and 4D capabilities.

To ensure a safe delivery and to look after the pregnant mum as well, CYS Clinic's midwifery team is equipped with state-of-the-art knowledge and skills gained through continuing education, combined with in-house training in labour and birthing processes.

Our clinic also aims to expand its facilities, while continuing to provide the best possible experience for both the child and accompanying caregiver.



Choose the right health care, bring you healthy

CYS Pediatric and Maternity Clinic



Our Services:

- ✔ Pediatric Consultation
- ✔ Pediatric Surgery
- ✔ Laboratory
- ✔ Vaccination
- ✔ Ultrasound
- ✔ X-ray
- ✔ Physiotherapy
- ✔ Gynecology
- ✔ Maternity
- ✔ Maternity Surgery

CYS Clinic also have vaccines from birth to adulthood according to national and international standards program imported from France, the United States and Belgium...

Get vaccinated here, you will get many benefits such as:

- Free Vaccine Consultation
- Have an appointment and a clear schedule
- Separate and comfortable vaccination room
- Get a high-quality vaccine
- Vaccine store in monitoring temperature
- Do not disturb your child health
- Such as
 - + Influenza Vaccination
 - + Cervical Cancer Vaccination
 - + Meningitis Vaccination
 - + Rotavirus Vaccination

Kid-health Checkup Package

- Start from Birth to 21 years old
- Parental concern about the child who poor gain weight or developmental delayed
- The child has abnormal behavior
- Frequency illness children
- Speech delay children
- Constipation children or hard stool and other concern

Maternity and Gynecology

Delivery package with Comfortable room

- Labor Delivery package
- C section Delivery package
- Painless Delivery package



QR Facebook



QR Telegram

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chhouryseng@gmail | www.cysclinic.com

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+885 87 266 998

TRAUMA CENTRE OF THE YEAR IN CAMBODIA

ROYAL PHNOM PENH HOSPITAL

Standing in the middle of Phnom Penh's CBD is the best hospital in the entire Kingdom of Cambodia — Royal Phnom Penh Hospital. Since it was established seven years ago, it remains unmatched in Cambodia in terms of reliability, efficiency, and quality of care.

One area where it truly stands out is in its 24-hour emergency medical services, run by a team comprised of Thai and Cambodian emergency physicians. This combination helps ease communication with Khmer patients while ensuring safe and effective treatment for everyone.

In the event of an accident or emergency, the Royal Emergency Services (RES), which provide an ambulance and a medical emergency team, will pick up and provide life-saving services to patients using the same standards of care and equipment as those offered by the Bangkok Emergency Medical Services.

Patients are then treated in the emergency room, after which they are admitted to the Intensive Care Unit (ICU), general ward, or an operating room. If the patient needs further treatment abroad, the Air Evacuation Emergency Medical team can escort the patient to Bangkok or any country via charter or commercial flights.

Royal Phnom Penh is the only hospital in the country accredited by the Joint Commission International (JCI). "We have been working closely with the JCI and our network



hospitals in the BDMS Group to maintain international standards of care for patients and their families," said the hospital's CEO, Narintara Boonjongcharoen.

"The hospital has differentiated itself with high, accredited international standards of care by working with the Joint Commission International year-round and getting an accreditation every three years. We care about the patient experience, patient and family rights, and that everything is working around the patient as a patient-centred care model," he added.

In addition to emergency care, the hospital provides a wide range of acute care services in internal medicine, surgery, paediatrics, and obstetrics and gynaecology. Its subspecialties include emergency

medicine, orthopaedics and sports medicine, trauma and burn care, gastroenterology, urology, nephrology, cardiology, and cardiac surgery. It also has the only government-approved heliport for year-round quick helicopter patient transfer.

Currently, the hospital employs around 300 medical, nursing, and support staff supported by the latest technologies and methods, including plans for digital record keeping.

"We updated our Hospital Information System in 2021 to a cloud server to ensure continuity of good medical record keeping and patient care. The hospital is preparing to launch the paperless or fully digital hospital within the next five years," the director said.

WOMEN'S HEALTH CENTRE OF THE YEAR IN CAMBODIA

ORIENTA POLYCLINIC AND MATERNITY

Orienda Polyclinic and Maternity was established with the aim of providing comprehensive women's healthcare and treatments for infertile couples. It offers a full range of services, including infertility treatments, high quality antenatal care, birthing, and women and child's health wellbeing, while accompanying couples throughout the whole "dream come true" journey.

Orienda's team of well-known physicians also work at national and international medical institutions, drawing on their specialised skills and years of experiences. Complementing its expert clinical staff, the centre boasts state-of-the-art medical equipment, laboratories, operation halls, delivery rooms, and private patient rooms which have been customised by foreign medical engineers to provide comfort and high quality treatments based on international standards. Effectiveness of treatments and quality services are core to Orienda's commitment to its patients.

One of the most successful advanced fertility clinics

Orienda is currently the only hospital in Cambodia that can support and treat all aspects of women's health with its unique specialty offerings, including gynaecology, obstetrics, reproductive medicine, infertility treatments, gynaecology, oncology, urogynaecology, minimal invasive



surgery, high end imaging, high-end treatments, and a newborn intensive care unit.

We offer the latest technologies with our patient-oriented, cost-effective, and integrated healthcare services focused on:

- The most advanced treatments
- The latest treatment guidelines
- One stop service for women, from preconception and conception to birth and after delivery care
- Ambulatory surgery

Reproductive medicine

We also have the latest artificial reproductive technologies (ARTs)

that produce high rates of live births. These include in vitro fertilisation (IVF), intrauterine insemination, testicular sperm aspiration (TESA), preimplantation genetic screening, in vitro maturation (IVM), cryopreservation, embryo freezing, sperm freezing, and oocyte freezing.

Gynaecology

Orienda offers the latest gynaecological treatments in a comfortable environment using high-end sonography and imaging, endoscopic surgery, minimal invasive surgery, laparoscopy, and hysteroscopy. Gynaecological surgery, cancer surgery, breast surgery, urogynecology surgery, and ambulatory surgery are also available.

Obstetrics

Orienda's expert offerings in obstetrics care include normal pregnancy, high risk pregnancy, multiple pregnancy, maternal fetal medicine, a safe environment, amniocentesis, and painless labour. Our obstetricians, midwives, neonatologists and anaesthesia team are ready to provide the safest procedures and most professional treatment for both mother and child. Moreover, we encourage all mothers to practice skin-to-skin and breast feeding, while offering newborn screening, newborn hearing screening, and newborn heart screening with our specialist.

MEDICAL PRODUCT SERVICE PROVIDER OF THE YEAR IN CAMBODIA

FUTURE FOCUS SOLUTIONS & PHARMA CO. LTD.

Future Focus Solutions & Pharma Co., LTD is a comprehensive provider of durable medical equipment and supplies for hospitals and medical offices in Phnom Penh, Cambodia.

Annelice M. Ea founded the company with the objective of improving the quality of medical products in the country and providing high-quality services, including installation, maintenance, and training, all with the fundamental aim to advance the boundaries of health education and awareness in the Kingdom. She saw a problem in the Phnom Penh medical community that cried out for the participation of a Cambodian firm.

Annelice holds a B.Sc. in Clinical Laboratory Science and Biology from George Washington University and has over 12 years of experience in the medical equipment sales and service industry with leading global medical suppliers such as GE Healthcare, 3M, AGFA, Zoll, Hamilton, Oxywise, and Bayer.

According to Annelice, most medical equipment in Cambodia was provided by foreign companies, very few of whom maintained a presence in Cambodia. Additionally, the Covid 19 Pandemic showed her that Cambodian hospitals lacked the medical-quality oxygen-generating capacity for patients with breathing difficulties.

By starting her own medical equipment company, she could marry her university training with her work



experience. Annelice built Future Focus Solutions & Pharma Co., LTD by creating partnerships with major medical equipment manufacturers. And she scoured Cambodia and the world for projects that were a good fit for her new company.

Since August 2020, Annelice has built a company that is gaining increasing market share in the Cambodian market and other countries. More importantly, Future Focus Solutions & Pharma Co., LTD has provided services in other countries. Her successes include: completing the construction and commissioning of a Medical Oxygen Generation System

with an oxygen filling station at Port Moresby General Hospital, completing the construction of a Medical Oxygen Generation System with an oxygen filling station at the National Center for Tuberculosis and Leprosy Control in Cambodia, and completing the construction of a containerized Medical Oxygen Generation System with an oxygen filling station for Lao People's Democratic Republic. Other projects are underway in Cambodia, Asia, and Oceania.

Annelice believes that her forbearance, drive, and willingness to do the hard things others are unwilling to do are the basis of her success. Moreover, she lives her vision for her company "to offer solutions and products that are verifiably efficient and effective. Always push to develop and offer high-quality solutions, services, and products."

On behalf of everyone from Future Focus Solutions & Pharma Co., LTD, we are honored to be recognized as "Medical Product Service Provider of the Year" from Global Health Asia Pacific 2022 for Cambodia.

MEDICAL SUPPLY SERVICE PROVIDER OF THE YEAR IN CAMBODIA

DYNAMIC PHARMA CO., LTD.

Dynamic Pharma Co., Ltd. was established in 1996 with a clear and strong mission to build a healthier community through the provision of cutting-edge technology with essential medical suites and working closely with medical professionals and related parties to improve the nation's healthcare standards.

MEDICAL EQUIPMENT SOLUTIONS

More than a medical supplier

Our main solutions include Cardiology Solutions, Diagnostic and Therapeutic Solutions, Medical Equipment Supplies, and Medical Laboratory Solutions. We provide the best services to our customers that make them feel confident and satisfied using our products and services.

Technical Support Solutions

With our local support for global brands of medical equipment and devices, we guarantee a timely response and supportive service for installation, preventive maintenance, and reparation. We know how important it is to take care of your valuable medical equipment and devices.

We believe that our solutions will significantly improve the country's healthcare quality and have a positive impact on our people's lives.



Peace of Mind for You and Your Family



Since its founding in 1999, Forte has been at the forefront of emerging Southeast Asia's insurance industry. Beginning in Cambodia and later expanding to Laos, Forte strives to provide customers with world-class products tailored to the unique needs of the markets it serves, combined with international standards of customer service and management.

Forte offers a full range of corporate and individual insurance products and is helping give its customers peace of mind in an increasingly complex world.



Figtree Blue International Health Insurance

Fig Tree Blue is a new affordable option for international health insurance. It offers an extensive range of hospital, medical and additional benefits for you and your family to protect against the high costs of hospital treatment, doctors, and specialist fees.



Hospital and Surgical Insurance

Medical and Surgical Insurance Cards help you to pay for all or part of the cost of expensive surgery and treatment, from pre-treatment consultation to completion of treatment. With the comprehensive product plan we offer, you are guaranteed to receive the highest level of protection at just 12 cents a day.



Employee Health Care Insurance

Employee Health Care Products is a flexible health plan tailored to the needs of our clients and is specifically designed for local and international companies. This product provides a comprehensive guarantee of both hospitalization and surgery, including hospitalizations and non-hospitalizations, along with additional benefit options in the event of an accident and illness.



Medi+ International Health Insurance

Medi Plus provides comprehensive coverage for essential medical expenses, including hospitalization, outpatient services worldwide, emergency referrals, mental health and existing medical coverage.



Personal Accident and International Emergency Medical Assistance Insurance

With Forte's Personal Accident & International Emergency Medical Assistance plan, you can enjoy peace of mind and protect your family finances. No matter where you are in the world, you can get help anytime – 24 hours, 7 days a week.



Group Personal Accident Insurance

Forte's Group Personal Accident Insurance provides either nationwide or worldwide, 24-hour coverage against accidental death, injury, and permanent disablement for your employee.

FORTE INSURANCE WINS HEALTH INSURANCE PROVIDER OF THE YEAR

Since its founding in 1999, Forte has been at the forefront of the insurance industry in the Mekong region. Beginning in Cambodia and later expanding to Laos, Forte strives to provide customers with world-class products tailored to the unique needs of the markets it serves, combined with international standards of customer service and management. Today, Forte offers a full range of corporate and individual insurance products and is helping to give its customers peace of mind in an increasingly complex and uncertain world.

Forte is one of the few insurers in the Kingdom to offer both general and life insurance, providing innovative general and life insurance products to individuals and corporate clients.

As the premier insurance company in Cambodia, Forte is committed to providing high quality client servicing and comprehensive customer-focused insurance solutions. It offers dedicated professionals, 24-hour hotline for emergencies, efficient claims services, and strong financial security.



With over 20 years in the business, Forte has developed strong partnerships with hospitals and medical centers. As of today, Forte has over 75,000 partnerships with hospitals and medical centers worldwide.

Forte offers a range of products such as Fire Insurance, Group Personal Accident Insurance, Home and Property Insurance, Marine and Cargo Insurance, Contractor's All Risk/Erection All Risks Insurance, Aviation Insurance, Automobile Insurance, Health Insurance, Public Liability Insurance and other insurances. Forte also provides comprehensive life insurance products including Life Protect, Life Education and Group Term Life.



ENTREPRENEUR OF THE YEAR IN CAMBODIA

PIN NETRA



Pin Netra

In early 2013, Pin Netra founded the AsiaHealth Network, a Cambodian incorporated company privately owned by Cam-jade Asia Co. Ltd.

The entire management team was switched over from the Singapore MOH Holding representative office, with experience in the medical referral business since 2007. The Network provides referrals for more than 600 patients every year. Pin Netra has received the prestigious outstanding ASEAN Woman Entrepreneur Award from Her Royal Highness The Princess of Thailand.

Ms Pin Netra graduated with a Master in Business Management

degree from Pannasastra University of Cambodia. She started her career in Business Development for an international hospital established in Cambodia. In 2007, Ms Pin netra became the country representative to promote Medical Tourism for Singapore Ministry of health Holding. In 2014, Ms Pin Netra Established AsiaHealth Network which provided a comprehensive premium patient referral service and Medical Evacuation 24/7. With 18 years of industry experience specializing in Cambodian medical tourism overseas, Ms Pin Netra has deep understanding of patient needs when addressing

complicated medical situations and emergencies. She is passionate about achieving her vision of bringing international expertise and advanced technologies to Cambodia. By putting an investment with Singapore medical group that own a group of specialist to bring with her wealth of medical concierge experience to SingMed Medical Center Cambodia..

She provide one-stop services for all necessary medical inquiries, including inpatient and outpatient care, emergency evacuations, and medical travel to bring greater peace of mind to her patients. In the event that medical evacuation services are needed, a private charter flight will be arranged to take the patient to the right hospital and specialist. Travel documents will also be handled by her expert team with a prompt response time. To meet the different needs and budgets of individuals, AsiaHealth Network allows patients to customise their choices based on their needs and wants. They can choose from two basic public and private hospitals. To ensure that patients have complete peace of mind while receiving the best medical treatment, AsiaHealth Network provides professional interpreter services for easy understanding of medical terms and procedures, while also arranging accommodations and documentation related to the patient's specific travel needs and medical solutions in local and international.

Cambodia rising

I've always been interested in Cambodia - the people, country and culture. So when an invitation came from Global Health APAC for an engagement visit and to attend its award ceremony recently, I knew this was an opportunity not to be missed.

True enough, it was a fruitful and eye-opening engagement with various stakeholders that Malaysia Healthcare Travel Council put together. During our session with the Ambassador of Malaysia in Cambodia, he gave an insightful overview. For starters, there are many Malaysian companies based in Cambodia and a significant number of Malaysians living and working in that beautiful country, especially in the capital of Phnom Penh.

In the healthcare scene, I believe that Cambodia is an untapped blue ocean that has great potential for robust partnerships with Malaysian healthcare. While developed markets such as Europe, the United States, and the Middle East have traditionally made up the bulk of medical tourists travelling to Southeast Asia, medical tourism is rapidly expanding to emerging economies in Asia.

Cambodia is a good example. In 2016 alone, 1.4 million of its citizens travelled abroad for their medical needs. This is a sizeable figure in a country of just 15.8 million people at the time (*source: The Asean Post*). Today, the country's population has risen to 17.2 million people with increasing medical needs.

An accredited and award-winning hospital like Subang Jaya Medical Centre (SJMC) is, therefore, well poised to serve the Cambodian market with our clinical



Bryan Lin

excellence, caring hospitality, and continuous medical innovation. And it's only a two-hour flight from Phnom Penh to Kuala Lumpur!

Just two months ago, thanks to the support of the Malaysia Healthcare Travel Council and Global Health APAC, SJMC treated our first breast cancer patient from Cambodia who came to Malaysia for a second opinion. I personally met her and her husband during their time with us. She was pleasantly surprised with the speed of our diagnosis and consultation and was able to start her treatment within 48 hours. SJMC also houses both the first digital PET/CT and TomoTherapy with Synchrony (used for cancer treatment) in Malaysia.

Since its establishment in 1985, our hospital has been committed to excellence and continuous innovation. For example, in 1999, we were the pioneers of bone marrow transplantation in Malaysia for private healthcare. And today, we continue to lead the way with 800 bone marrow transplant cases performed thus far.

This could not have been possible without a highly skilled and passionate team of experts. Extending beyond cancer care, SJMC upholds high standards across various disciplines, such as orthopaedics, cardiology, and vascular and interventional radiology.

I'm therefore hopeful for more strategic partnerships with both Malaysian and Cambodian counterparts as we work to bridge the gaps in our healthcare needs. It is indeed exciting, and there are endless possibilities ahead! I look forward to hosting more Cambodians who are considering travelling to Malaysia for their medical care. We are here to serve you best.

Bryan Lin is the Chief Executive Officer of Subang Jaya Medical Centre (SJMC) in Malaysia.

Since its establishment in 1985, our hospital has been committed to excellence and continuous innovation. For example, in 1999, we were the pioneers of bone marrow transplantation in Malaysia for private healthcare.



Phnom Penh

A lump in the breast is the most common symptom of breast cancer

Dr Goh Tiong Meng advises on how to detect the malignancy early



Early detection of breast cancer is the most important factor to improve the survival of breast cancer patients.

Breast cancer is the most common cancer in women. Its incidence increases with age and is 100 times more common in females than males.

Its most important risk factor is a family history of breast cancer. There is a higher risk when affected relatives are closely related, younger, and more in number. Other risk factors include early menarche (first menstruation), late menopause, nulliparity (no children), or a late first child. Certain diseases of the breast also increase the risk of breast cancer e.g., atypical hyperplasia, which is a precancerous condition that affects cells in the breast, and previous breast cancer.

The most common sign is a lump in the breast, which is usually painless. It can also present with nipple discharge, nipple rash, dimpling and swelling of the breast, a retracted nipple, and pain. Once any of these signs occur, one must see a doctor to make an accurate diagnosis. A mammogram (X-ray of the breasts) or ultrasound may be required, and a biopsy is usually

needed to confirm the diagnosis.

Early detection of breast cancer is the most important factor to improve the survival of breast cancer patients. This can be achieved through public education, regular breast self examinations (BSE), screening mammographies, and examinations by health professionals. The average size of breast lumps detected when no BSE is practiced is 38mm. This is reduced to 14mm when BSE is practiced and to 5mm with regular mammography. BSE should be performed monthly from the age of 20, and screening mammographies yearly from 40 years of age. Between the ages of 20 and 40, women are advised to undergo an examination by health professionals once every three years.

Breast cancer survival depends on the size of the primary cancer, the extent of spread (to the lymph nodes and other organs), and the aggressiveness of the cancer itself (grade of tumour). The earlier patients present with breast cancer, the more likely they can be cured.

Besides better survival, early detection can enable patients to undergo breast-conserving surgery (BCS), or surgery without removal of the entire breast. This preserves the image of the patient and avoids the psychological stress that accompanies complete removal of the breast. BCS involves removal of the cancerous lump in the breast with an adequate margin together with removal of the lymph nodes in the armpit through a separate incision. All patients who choose BCS will also have to undergo radiotherapy to the remaining part of the breast for complete treatment.

Chemotherapy is usually given after surgery if it is anticipated that there may be a chance of spread to other organs, which is undetectable by current imaging techniques. The function of chemotherapy is to attempt to destroy any small secondary spread and achieve a cure. It has also been used before surgery to reduce the size of the primary cancer to allow BCS.

Hormonal therapy can be used for a subgroup of patients with hormone-sensitive breast cancer. This treatment will further reduce the likelihood of cancer recurrence and emergence of new breast cancer. Additionally, immunotherapy with the targeted breast cancer drug Trastuzumab offers another option for patients with HER2/neu positive breast cancer, which occurs when a certain protein promotes the growth of cancer cells.



Dr Goh Tiong Meng is a consultant general surgeon at Island Hospital in Malaysia.



ISLAND MEDICAL CITY

THE FUTURE OF HEALTHCARE IN MALAYSIA

Even during the past three years blighted by the Covid-19 pandemic, the management of Island Hospital have not stood still or scaled down on their outlook, choosing instead to innovate and forge ahead with their project for the future.

Island Medical City (IMC) is borne out of Island Hospital's vision to provide a complete suite of end-to-end healthcare services for its patients. It will be a first-of-its-kind medical hub in Malaysia, designed to centre around the needs of health travellers.

The IMC development by Island Hospital has now taken a pivotal step towards fruition with the completion of the 1st phase of the project – a new expansion block that is connected to the current hospital building via an underpass walkway.

Aptly named Peel Wing, the new block located on Peel Avenue in George Town, adds 300 more hospital beds to Island Hospital's current capacity, making it Penang's first 600-bed private hospital.

Facilities at the new building include new centres of excellence for Nuclear Medicine and Radiotherapy, and Dental, as well as a complete rehabilitation and physiotherapy centre while continuing to provide expertise in specialties such as Oncology and Chemotherapy, Gastroenterology, Orthopaedics, Cardiology and the most comprehensive Health Screening Centre in the region.

Upon full completion, IMC will be one of the largest and most advanced tertiary care centre in Asia with 1,000 beds, medical suites and other ancillary facilities, complete with a medical tourist hotel. Also in the plans are assisted living units and a retirement village.

IMC is the game changer that will raise the bar for healthcare services in the region and reposition Island Hospital as the leading healthcare centre for medical tourism in Asia. The new facilities and services will serve to further enhance Penang's standing as a medical tourism destination of choice in Asia where patients have access to multidisciplinary care of international standards.



Peel Wing, Island Hospital's new expansion

ISLAND HOSPITAL SDN. BHD. (Company No. 199401038023)

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For information: **T:** +604 238 3388 **F:** +604 226 7989 **E:** info@islandhospital.com

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www.islandhospital.com

Hair Transplant: An increasingly popular treatment

Datuk Dr Inder explains how the treatment works



It is predicted that by 2026 the worldwide hair restoration market will be worth US\$32.4 billion, expanding at a pace of 22.7 percent each year. Unbelievably, one in every thirteen males will undergo hair transplant surgery at some point in his life, and women appear to be following suit.

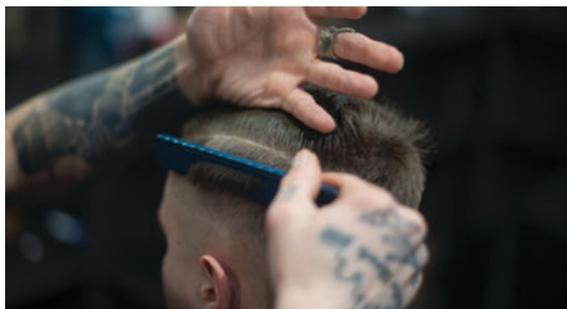
Because of the disturbingly increasing rates of hair loss in both men and women, hair transplants have become more popular than ever before. More than 250,000 hair restoration treatments were performed in Asia alone in 2021, an increase of 31 percent and 75 percent over the previous two years, respectively.

Why has it become popular?

Although hair transplant is not something new, it has become increasingly popular in the last few decades. Here's why:

Hair transplant helps build self-confidence

While some men may readily accept the loss of their hair, there are others who develop insecurity and symptoms of depression due to their changed appearance and the fact that they can't control it. Hair



transplant can greatly help those struggling with these psychological effects of hair loss.

Impressive accomplishments and high success rates

Modern hair transplants are becoming increasingly popular due to their natural-looking results. Methods have evolved significantly from what they used to be, where a patient would normally get a doll-like hair look. Additionally, due to advancements in the field of hair restoration, the procedures now have higher success rates, which entice more people to invest in these reliable solutions.

Acceptance by others

Celebrities' willingness to open up about their hair transplant experiences has helped to reduce the societal stigma associated with improving one's natural look. Consequently, hair transplant has become more socially acceptable and is widely normalised.

Affordability and more options

There has been a growth in the number of clinics providing hair transplant treatments as the demand grows. In addition, technological advancements have made the process more efficient, which has resulted in significant cost savings. Some people are even opting to travel to other countries where prices are lower.

What is the latest in hair transplant procedures?

Follicular unit excision (FUE) is the least invasive hair transplant procedure with a shorter recovery period. FUE is the best if your main objective is to return to your regular life as soon as possible. In this procedure, follicles are individually taken from the scalp (known as the donor area) and are transplanted into the balding areas. Despite its time-consuming nature, many patients choose FUE to avoid getting scarring, which is common with other types of hair transplant procedures.

At the end of the day, a hair transplant treatment is customisable to fit individual needs, and the best way to do that is through a thorough assessment of your condition. Therefore, regardless of your preferred treatment, the first step to restoring your natural crown is to consult a hair transplant doctor to know what would work best for you!



Datuk Dr Inder is an aesthetic physician at Klinik Dr Inder in Malaysia.

Lip rejuvenation

Dr Anna Hoo explains how to make the lips look younger

The lips are the visible part of the mouth and are often viewed as a symbol of sensuality and sexuality. They communicate our emotions and who we are. Surveys performed by sexual psychologists have found that universally, men find a woman's full lips to be more sexually attractive than lips that are less so. A woman's lips are therefore sexually beautiful to males because they are a biological indicator of a woman's health, youth, and fertility.

Unfortunately, our lips also undergo active ageing in the form of:

- 1. Wrinkles** – Smoker lines are common wrinkles that form around the lips. They start at the vermilion borders and are accentuated by the kissing movement of the lips.
- 2. Volume loss** - As we age, our lips appear thinner, with volume loss and flattening of the lips' borders.
- 3. Tissue loss** – As the tissues surrounding the lips age, we start to lose dental and bone support in the lower part of the face due to bone resorption. The structural loss leads to lack of support, resulting in a sad look, marionette lines, and a receding chin.

Inspired by Angelina Jolie and Scarlett Johansson's beautiful lips, lip rejuvenation is now very popular. The key to successful therapy is proper filler selection, treatment planning, and understanding the desired result before treatment.

The best filler choice for lip rejuvenation is hyaluronic acid (HA), which occurs naturally in our bodies. It is slowly absorbed over time, meaning you will need repeat treatments to maintain the look with no long-term adverse reaction.

Commonly used HA fillers include Juvederm, Restylane, and Teosyal, which are approved by the FDA for soft-tissue augmentation and can last a year or more. Compared with bovine (cow) derived collagen injections, HA fillers eliminate the need for skin testing, last longer, and have a more natural and aesthetically pleasing result – with fewer adverse events.

Lip fillers are designed to redefine the lips and correct irregularities that might have formed around the lips over time. Another advantage is that they help soften the lips while keeping the skin around them moisturised and enhancing the lips' shape. The results can last up to a year, depending on the product selection and individual's lifestyle.

Some common treatment options are:

1. Natural lips

This look is ideal for individuals who prefer a natural appearance and want to achieve a beautiful classic look with minor correction, while adding volume and hydration.



Asymmetry of upper and lower lips correction with hydration treatment of the lips



Correction of imbalanced lips

2. Russian lips

The Russian lip is used to create voluminous and thick upper and lower lips. Russian lips are ideal for those who want to create intentional plumpness or extra fullness.



3. Heart-shaped lips

This is a more defined, lush look, ideal for those who want more defined features (e.g., Cupid bow, corner of the lips, or plumpness in the centre).



To get a beautiful lip, it is essential to have a good understanding of aesthetics, harmony, and balance. It is also important to evaluate the patient's goals and work to enhance their natural shape that aligns with their facial features and personality. This treatment should be performed by experienced and qualified doctors to ensure the procedure produces outstanding results and high patient satisfaction.



Dr Anna Hoo is an aesthetic physician with an MD from the University of Science Malaysia. She is also the founder and medical director of the Anna Hoo Clinic, an anti-ageing and aesthetic group practice in Kuala Lumpur, Malaysia.

Warm Greetings from Malaysia Healthcare!

Dear Readers,

I hope that everyone is doing well and staying safe wherever you are. As the world embraces endemicity, it is encouraging to see everything gradually returning to normalcy and restrictions being eased. Malaysia too is seeing encouraging signs of recovery, but we remain cautiously optimistic with our top priority being the safety of our patients and nation.

The month of July is a special one for Malaysia Healthcare, as we are shining the spotlight on a virus overlooked throughout the decades. In conjunction with World Hepatitis Day being held in July, we are turning everyone's attention towards Hepatitis C - often called a 'silent killer' because it typically remains undiagnosed until it is too late. The good news is that it is not too late for the disease to be cured easily if it is detected early.

Paving The Way As A Hepatitis C Treatment Hub

Over the past five years, Malaysia has been notching milestones in Hepatitis C treatments. This has led us to open up our doors to the world as Asia's foremost treatment hub for Hepatitis C. We are intensifying our efforts this year in spreading global awareness of the disease by unveiling the 'Test, Treat, Cure' campaign.

Today, Malaysia Healthcare is excited to welcome healthcare travellers from all over the world to take advantage of screening offerings and world-leading treatment options for Hepatitis C. To date, there are more than 20 healthcare establishments in Malaysia specifically for the treatment of Hepatitis C which offer treatment options with high cure rates at significantly more affordable price points than before. This is in line with our commitment to support the World Health Organization's (WHO) mission to eliminate Hepatitis C as a public health issue and deliver high-quality, easily accessible, and attractively priced treatments to everyone.

With no hospitalisation required throughout the duration of the treatment, patients can also explore the many tourist attractions available in Malaysia while undergoing Hepatitis C treatment under the watchful eye of our medical specialists in the country.

Forging Ahead As A Global Leader In Healthcare Travel

One of our primary goals at Malaysia Healthcare is to ensure that all of our healthcare travellers have a comprehensive and cohesive healthcare experience here. To that end, we take great pride in offering world-class healthcare, prioritising patient safety in all medical procedures, providing affordable healthcare access, showcasing our hospitality, and facilitating a seamless journey for them at all times.

It is also worth noting that the majority of Malaysia's healthcare professionals are both locally and internationally trained, and our hospitals are outfitted with cutting-edge medical facilities and equipment, ensuring that patients receive the best health treatments and services possible. Furthermore, healthcare in the country is directly overseen by the Ministry of Health, and all private hospitals must comply with the Private Healthcare Facilities and Services Act 1998 and Private Healthcare Facilities Service Regulations 2006, thus ensuring the safety and care of patients are not compromised.

Malaysia has consistently been a preferred global healthcare travel destination. This has fuelled Malaysia Healthcare to create the right opportunities for patients from the world over to take home a memorable patient experience. To this end, we confidently stride forward in amplifying our efforts to provide quality healthcare services in a safe and trusted environment. On behalf of Malaysia Healthcare, I welcome you to come and Experience Malaysia Healthcare.

Thank you.



Mohd Daud Mohd Arif
Chief Executive Officer
Malaysia Healthcare Travel Council

Contact Malaysia Healthcare to begin your healthcare journey!

Call Centre: +603 2726 8688 (outside Malaysia) | 1 800 188 688 (within Malaysia) | E-mail: callcentre@mhtc.org.my

#experienceMalaysiaHealthcare



A BRAND NEW VISION FOR THE AURELIUS EXPERIENCE



Where Luxury Meets Comfort - All For You

Aurelius Healthcare offers patients the best in medical care, combining world-class medical treatment with luxury and comfort.

In line with its adoption of the stoicism philosophy, Aurelius Healthcare aims to be a leader in medical healthcare by providing safe, equitable medical solutions for both patients and practitioners. Aurelius' medical professionals help their patients develop self-belief and self-care while administering best-in-class care.

Impressive, Wide-Ranging Spectrum of Services

Aurelius Healthcare incorporates Centres of Excellence (COE) at its hospitals, where a complete range of services and care for each targeted speciality is provided, under one roof. Patients can recover and rejuvenate in peace, and their loved ones are assured in the knowledge that their medical care is delivered seamlessly at Aurelius.

Healing and Serenity in Luxury

Aurelius Healthcare strives to ensure their hospital facilities provide a soothing and tranquil environment. As a demonstration of its commitment to creating a soothing environment, Aurelius Hospital Nilai recently completed renovations. With special attention given to aesthetics and functionality, patients can now enjoy the comfort and convenience they deserve.

The lobby was designed to project the luxurious aesthetics of a 5-star hotel. One of the wards was refurbished for better inpatient experience, and some private suites were upgraded with smart features. These smart wards boast a 55-inch smart TV ready with streaming services, and are also equipped with teleconferencing devices and capabilities.

Continuing Excellence

Aurelius Hospital Nilai's recent renovations are examples of Aurelius Healthcare's commitment to continuous improvements and excellence for the comfort and care of their patients. The Aurelius expansion plan in Alor Setar enables the 200-bed multi disciplinary hospital to serve the surrounding communities with equivalent standards of the best care.

Similarly as it was with Aurelius Hospital Nilai, the new hospital will be equipped with the latest facilities, a top-notch medical team, and provide state-of-the-art medical healthcare services. Seek the privilege of the quality medical care you need and allow us to take care of you.

To Breathe, To Think, To Care, To Love...



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Subang Jaya Medical Centre



MALAYSIA'S AWARD-WINNING HOSPITAL

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