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LETTER FROM THE EDITOR

This issue covers one of the most dreadful diseases afflicting humans — Alzheimer's. Its ability to disrupt cognitive functions, like memory, chips away at our personal identities and the most intimate aspects of who we commonly think we are.



Current treatments are still barely effective and offer only modest benefits. Despite the lack of medical progress, however, trained caregivers can make a real difference in patients' lives if they're properly trained and supported. The hope is that, over the next 10 years, improved therapies currently under research will make the disease treatable in a way similar to how we now treat cancer and heart disease.

We also feature an interview with a UK rehabilitation specialist who is starting to see the impacts of long COVID beginning to wane, as most patients are now suffering from less severe symptoms and are showing much better chances of recovering over time compared to the early days of the pandemic. The condition, however, remains poorly understood and still sickens a minority of patients for the long term, meaning that more research is needed to develop better treatment options.

In medical news, we highlight a promising study of lupus patients who went into remission after receiving CAR T cell therapy, an advanced technique already proven to treat cancers like leukaemia and lymphoma. It involves engineering the patient's immune cells, or T cells, in the lab to recognise and destroy other cells that are causing health problems. If the improvements continue over the long term, the therapy could offer a potential cure for a disease that wreaks havoc on millions of peoples' lives globally, especially women.

Gabriele Bettinazzi
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You Ask, They Answer

Q: What causes most cases of diarrhoea?

A: Most acute diarrhoea are due to gastrointestinal infection. A wide range of viruses, bacteria, and parasites can cause this. The most common of these is viral gastroenteritis, and the usual culprits are norovirus, rotavirus, and adenovirus. Gastrointestinal infections may be acquired through ingestion of unhygienic or contaminated food and beverages, contact with sick persons carrying the infection, exposure during travel, or with recent usage of antibiotics. Diarrhoea may also be a side effect of certain medications such as magnesium-containing antacid, metformin, proton pump inhibitors, antibiotics, and non-steroidal anti-inflammatory drugs.

Chronic diarrhoea can also be due to organic or functional causes. Organic causes are inflammatory disorders (e.g., ulcerative colitis, Crohn's), malabsorption (e.g., coeliac disease), maldigestion (e.g., chronic pancreatitis), hormonal disorders (e.g., overactive thyroid), and colon cancer. Functional cause is irritable bowel syndrome (IBS) which is benign but can decrease quality of life. IBS is a diagnosis by exclusion, i.e., other organic causes need to be excluded.

Q: How should people treat it at home?

A: As the majority of acute diarrhoea are secondary to viral gastroenteritis which are short lived and self-limiting,

CONTINUED ON PAGE 8



Straits Podiatry



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CONDITIONS TREATED

General foot pain

Chronic foot or leg pain

Knees:

- Knee Pain
- Runner's knee
- Jumper's knee
- Meniscus Injury
- Iliotibial Band Syndrome (ITB Syndrome)
- Patellofemoral Syndrome/Chondromalacia Patella
- Arthritis

Ankle:

- Ankle injuries (ligamentous injuries)
- Acute ankle sprains
- Chronic ankle sprains
- Shin splints
- Arthritis

Feet:

- Heel pain (Plantar Fasciitis)
- Achilles tendinitis
- Bunions (including Bunionette at the 5th toe)
- Hammertoes
- Flat Feet (Posterior Tibial Tendinitis or Dysfunction)
- High Arch foot type
- Neuromas
- Nerve conditions (Tarsal Tunnel Syndrome)
- Arthritis (Osteoarthritis, Gout)

Soft Tissue:

- Fungal nails
- Warts (Verrucae Plantaris)
- Ingrown toenails (Paronychia)

Paediatric Conditions:

- Paediatric flatfeet
- In-toe walking
- Out-toe walking
- Toe walking
- Knock knees
- Paediatric heel pain

Dr Saw Yu Ting

Having completed her podiatric education and surgical training in the United States, Dr Saw Yu Ting has the distinction of being the only surgically trained Singaporean podiatrist. She received her Doctor of Podiatric Medicine (DPM) from New York College of Podiatric Medicine (NYCPM), where she trained at eight different academic hospitals around the New York City area. This allowed her to gain a deep and wide range of exposure to varying podiatric pathologies. She was inducted into the Pi Mu Delta National Honors Service Society and was also awarded the Dr. Sidney Solid Award for excellence and accomplishment in podiatry and service to the podiatric community.

She completed her rearfoot and ankle surgical residency program at the Long Island Jewish Forest Hills Hospital, also covering podiatric care at two Level 1 Trauma Hospitals. She currently maintains a New York State Podiatry License.

Mr Jackie Tey

Mr Jackie Tey is a recipient of MOH Holdings' Health Science and Nursing Scholarship for Podiatry in 2013 and began his podiatry career at Singapore General Hospital (SGH) followed by Sengkang General Hospital (SKH). During his time serving in restructured hospitals, he worked closely with Surgeons from the Orthopaedic and Vascular Surgery departments, and Endocrinologists in the management of diabetic foot complications. He was one of the lead podiatrists in Singapore's first podiatry-led diabetic foot multidisciplinary clinic in SKH. He also led the operation of musculoskeletal clinics, treating patients with musculoskeletal conditions.

Mr Tey was also involved in clinical research to help improve care delivery and patient outcomes. He has a strong interest in flat feet, musculoskeletal conditions, and sports injuries.

Dr Cheong Yee Ling

Dr Cheong Yee Ling is a Consultant Paediatric Surgeon @ Gleneagles Hospital who has been working in the field of surgery for the last 20 years. She completed her training and practiced as a paediatric surgeon at KKH before joining Nobel Paediatric Surgery Centre. She treats a wide range of surgical conditions in children and enjoys the fine handiwork involved in many of these surgeries. But she loves nothing better than seeing the smiles on the faces of children who got well again.



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SURGERIES PERFORMED

- Thoracic (recurrent pneumothorax, empyema)
- Abdomen (appendicitis, abdominal pain, constipation)
- Pelvis (ovarian cysts, imperforate hymen)
- Urology (hydronephrosis, hypospadias)
- Neonatal and congenital surgical conditions
- Laparoscopic appendectomy and abdominal surgery
- Laparoscopic ovarian cystectomies
- Repair of lacerations
- Repair of hernia and hydrocele
- Repair of undescended testis
- Laser circumcisions
- Tongue tie

CONTINUED FROM PAGE 6

they are suitable to be treated at home.

Priority here is to prevent dehydration and electrolyte imbalance. This can be achieved by increasing and optimising fluid and salt intake by consuming water, juices, sports drinks, soups, and saltine crackers. Oral rehydration solution (ORS) should also be considered, especially in more severe cases. This is because the sugar and electrolytes in the ORS help the intestines to absorb fluids more efficiently and to correct electrolytes more effectively. ORS salt is available in most pharmacies in a pre-packaged sachet, to be mixed with water before consumption. If commercial ORS salt is not available, one can try a homemade ORS recipe: dissolve six teaspoons of sugar and a half teaspoon of salt in one litre of clean water. An adult should drink approximately three litres of ORS daily until dehydration resolves. Signs of adequate rehydration are: skin goes back normally when pinched, thirst has subsided, able to pass copious amounts of urine, and pulse is strong.

Beverages that can irritate the digestive tract, such as caffeinated or carbonated drinks and alcohol, should be avoided.

Anti-diarrhoeal medications are generally not recommended initially, as these may mask symptoms, delay diagnosis, and potentially make the digestive tract injury worse.

Antibiotics should only be considered for travel-associated diarrhoea, bloody diarrhoea, and prolonged cases of severe watery diarrhoea with fever.

If patients with acute diarrhoea do not improve after 48 hours, they should seek immediate medical attention.

Q: When is diarrhoea a sign of a serious medical problem and what could that be?

A: For acute diarrhoea, the presence of the following red flag symptoms and signs for severe disease warrants immediate medical attention:

- Evidence of dehydration or shock (tachycardia with heart rate >100 beats per minute, systolic blood pressure <100mmHg, weakness, confusion, inability to pass urine/significant decrease in urine volume)
- Weight loss
- Rectal bleeding
- Abdominal pain
- High fever
- Inability to maintain adequate oral intake

For chronic diarrhoea, it is important to exclude underlying organic causes, and therefore assessment by a gastroenterologist is recommended.

If symptoms and signs are ignored and left untreated, acute diarrhoea may lead to severe dehydration which may cause acute kidney injury/failure. Low blood pressure from dehydration may also lead to stroke or heart attack. Sepsis or overwhelming infection may also occur in those with bacterial gastroenteritis. All of these may lead to prolonged hospitalisation and may even be life threatening.

For chronic diarrhoea due to an organic cause, a delay in diagnosis may lead to worsening of the condition such as further bowel injury for those with inflammatory bowel disease, as well as missing the window of opportunity to intervene for those with colon cancer.

Q: Can diarrhoea be a sign of COVID-19?

A: SARS-CoV-2, the causal agent of COVID-19, enters human cells using the ACE2 (angiotensin-converting enzyme 2) protein as a receptor. ACE2 is thus key to the infection and symptoms of COVID-19. It is found in the respiratory and gastrointestinal tracts, thus diarrhoea may also be a manifestation of COVID-19 infection.

Published reports have shown that approximately 20 percent of COVID-19 patients have diarrhoea. It is usually associated with other COVID-19 symptoms and is rare to have diarrhoea as the only symptom.

Conversely, having diarrhoea does not imply COVID-19 infection. Nevertheless, it can serve as a warning sign, especially if there is any close contact with someone who has COVID-19 infection.

Q: What can people do to prevent diarrhoea?

A: Always maintain good personal and food hygiene to minimise the risk of contracting infective gastroenteritis. Hand washing, avoiding undercooked/unhygienic/unheated stale food, and drinking clean treated water (or bottled water in its absence) are some examples of such good practices.

Dr Robert Lo Su Chun

Dr Robert Lo Su Chun is a gastroenterology specialist at Farrer Park Hospital, with specialty interests in liver diseases and colon cancer screening.

DON'T TAKE YOUR FERTILITY FOR GRANTED

Since time immemorial, pubescent girls have been advised by well-meaning adults in the form of parents, grandparents, teachers, counsellors “Don’t get pregnant, it’ll ruin your future”. Women have spent a good part of their reproductive life generally focused on trying NOT to conceive, and have used one form of contraception or another.

Women are advised to use contraception even when they’re well into their 40s to avoid unplanned pregnancies. Not surprisingly, many couples are of the opinion that their chance of conceiving stays the same throughout their reproductive life, notwithstanding the age of the female partner. That’s a myth. Women’s fertility drops significantly after the age of 35. All too often, men and women take fertility as a given and do not anticipate struggling with infertility as a possibility. Our social structure, cultural beliefs and familial values have groomed us into a false sense of security where fertility is concerned.

Women are born with a finite number of eggs, which cannot be replenished. With advancing female age, there’s a rapid decline in not only the quantity of eggs, but also their quality. As this remaining pool of eggs shrinks, the number of genetically abnormal eggs will begin to outnumber normal eggs, leading to a lower chance of conception either naturally or via advanced fertility treatment. This shift starts to occur from the mid-30s. And if pregnancy does ensue, an older woman tends to have a higher risk of miscarriage due to a higher likelihood of a chromosomally abnormal conception.

Couples are delaying having children to settle into a stable relationship, pursue education, gain financial independence and achieve job security. This upward shift in ages of couples attempting parenthood, towards the tail-end of their 20s or in their early 30s, is a phenomenon that’s seen worldwide. There are also more women in their 40s becoming first time mothers now than there were in our mother’s time. Couples need to be aware that, barring egg donation or adoption, there is no other alternative for the age related decline of a woman’s fertility.

With more people going through fertility treatment to conceive these days, in all likelihood, most people know of someone who has needed assisted reproductive technology (ART) to have babies. People are aware of the concept of infertility and that aging reduces fertility. However, there is a lack of awareness of the actual cut-off when female age starts to become a major hurdle in childbearing, and a widespread misconception that ART can overcome the age related decline in fertility by a large margin.

Lower fecundity can occur in primary infertility (pregnancy naïve women) and secondary infertility (women who’ve had previous pregnancies). So, simply assuming that a successful previous pregnancy is a guarantee and testament of future fertility is another common misconception. Advanced maternal age at first birth also leads to a narrower window for second and subsequent children, since the single most important determinant of a successful pregnancy, be it naturally or following fertility treatment, is the woman’s age. Older women also have a significantly higher risk of pregnancy complications such as diabetes, hypertension, premature labour and stillbirths.

As depressing as this may sound, couples need to be aware that, the older they are during childbirth, there’s a possibility that they may not be around to see their offspring graduate or marry or have children of their own. Having said that, it has to be emphasised that infertility is a problem that can occur at any age. Postponing childbearing until the late 30s or early 40s can even lead to permanent childlessness or a smaller than planned family size, attributed to the aforementioned age related fertility decline.

Not forgetting men, increasing paternal age, beyond 45 years has been shown to lead to lower fertility rates, albeit, the effect of increasing paternal age is not as profound as in women. There is however, a trend towards higher miscarriage rates, autism,



schizophrenia and learning disabilities in children from older men.

Those who are intending to postpone childbearing should take measures to try and protect their fecundity, by avoiding sexually transmitted diseases, quitting smoking, cutting down on alcohol, consuming well balanced diets, exercising and maintaining a healthy body weight.

The silver lining for women who are considering delaying having children or are ambivalent on the prospects of starting a family, is that, they have the option of somewhat safeguarding their fertility by freezing their eggs. Social egg freezing is an option to stall the effects of aging on female fertility. The younger the woman is at egg freezing, preferably below 35, the better the quality and quantity of eggs she’ll have frozen. And, as for men, especially those who have sperm of diminished quality, they too have the option of freezing and in doing so, preserving sperm for future use.

Couples looking to postpone parenthood might want to consider a fertility assessment so that they have all the relevant information prior to decision making which can help them plan a timeline for their fertility journey. The simplest tests that can be performed are a sperm check for the man and, an egg reserve test as well as an ultrasound scan of her reproductive organs for the woman.

For those who are experiencing issues pertaining to conceiving, the general guide is to seek fertility consultation after 1 year of trying unsuccessfully if the woman is less than 35 years old; but after 6 months of trying unsuccessfully if the woman is more than 35 years old. However, if there are known pre-existing problems such as irregular menstrual cycles, ovarian cysts or pelvic surgeries, this should prompt an assessment sooner rather than later.

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You Ask, They Answer



Q: What's Asperger's syndrome and how does it differ from autism?

A: Asperger's syndrome is a milder form of autism spectrum disorder or ASD. But strictly speaking it's no longer an official diagnosis since the latest diagnostic manuals have subsumed it under ASD. Its removal, however, is controversial as some experts believe it to be a distinct and unique disorder. In relative terms, individuals with Asperger's have less language delay and impairment compared to the more severe end of the ASD spectrum. Normal intelligence is also a key differentiating factor for Asperger's syndrome compared to more severe ASD cases.

Asperger's syndrome is characterised by two domains of difficulties in affected individuals. The first is social communication deficits. Individuals with ASD often find it hard to appreciate the nuances of social interactions. Research has shown that they struggle more with non-verbal aspects of communication. For example, they are likely to struggle with the interpretation of body language and facial expressions. A commonly observed sign is the lack of eye contact when interacting with others.

The second domain of difficulties relates to behavioural aspects. Individuals with Asperger's tend to be inflexible or rigid. This can manifest as difficulty adapting to changes in routine. There can also be behaviours, interests, or activities that are restricted or repetitive, often with a narrow focus. This could range from an intense fascination with certain subjects, such as the mechanical movement of rotating fans, to knowledge about the minute details of transportation systems.

Q: What are the telltale signs parents should look out for?

A: There are certain soft signs that can be suggestive of autism, e.g., developmental delay especially with language. However, not all language delay leads to autism. The lack of interactive play by pre-school age is another possible sign.

Q: Are there also qualities, like the ability to focus or good memory, that are often associated with the condition?

A: Up to one in 10 individuals with ASD might display splinter skills/savant skills, e.g., extraordinary memory or mathematical ability.

Q: What's your advice for managing the condition?

A: It's a good idea to seek clarification when someone is suspected of having Asperger's syndrome or ASD. The only effective treatment at this time is early interventions (e.g., speech therapy, occupational therapy) which can be very helpful. If we miss the golden opportunity to intervene at a young age, it's much more difficult to change the course of the condition. It's not uncommon for individuals with ASD to also have other conditions, like learning disorders, anxiety/depression, and Attention Deficit Hyperactivity Disorder (ADHD). Expert evaluation and advice would be helpful.

Dr Clarence Goh

Dr Clarence Goh is a senior psychiatrist at Mount Elizabeth Novena Hospital in Singapore. You can find out more about him at psychiatrist.sg.



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Tuai Care Hub is surrounded by several public and private hospitals, which can be the patient feeder for the facility. Some of the well-known hospitals within 30 minutes from Tuai Care Hub are Subang Jaya Medical Centre, Columbia Asia Klang, Shah Alam General Hospital, Klang General Hospital, Thomson Hospital Kota Damansara, and Sunway Medical Centre. It is suitable for aged care, geriatric care, step-down care, post-natal care, acute care, and rehabilitation center, among others.

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video

You Ask, They Answer

Q: What's tonsillitis and its telltale signs?

A: Tonsillitis is an acute infection of the throat, located mainly on the sides where the palatine tonsils are located. There are actually several other tonsils in the throat (e.g., adenoids, tubal, lingual) which can also be infected, but palatine tonsillitis is the common condition most people recognise and are familiar with. The infection can be viral (the majority of cases) or bacterial such as Streptococci. The lymph nodes of the neck can be enlarged in both viral and bacterial tonsillitis. The tonsils may swell, making swallowing painful and difficult. In rare cases, they can be so large that it becomes difficult to breathe. This can occur especially in glandular fever (Epstein Barr Viral infections).

Q: What are the non-surgical approaches for treating it?

A: Pain relief, paracetamol, and antibiotics are often given to treat tonsillitis. Antibiotics should be reserved for patients who have failed to get better after 72 hours of other treatment or who have complications, such as a peri-tonsillar abscess (a "quinsy"). Steroids are particularly good at relieving swelling and pain from tonsillitis but should be given under medical supervision due to the risk of medical adverse events. Amoxicillin should be avoided as an antibiotic, either on



its own or in combination with clavulanic acid, due to the high risk of skin rashes and other reactions in patients with tonsillitis.

Q: When is surgery to remove the tonsils required and which risks are associated with it?

A: Most countries have guidelines for the indications for a tonsillectomy. In Australia, more than seven infections in a year, five per year for two years, and three per year for three years are indications for surgery. Severe sleep disordered breathing from large tonsils (and usually adenoids in children) is now more common than recurrent infections. Whilst a single "quinsy" is no longer an absolute indication, two or more peri-tonsillar abscesses places a patient into a high-risk category for serious future issues, and surgery is recommended. A unilateral swelling or irregularity where cancer may be suspected requires urgent specialist assessment, and an urgent tonsillectomy may be recommended so tissue can be sent for biopsy. Recurrent tonsil stones or "tonsilloliths" causing halitosis is another increasing problem which can be cured by tonsil surgery.

Q: Is tonsil reduction preferable to the complete removal of the tonsils?

A: Completely removing the tonsils exposes nerves, muscle, and blood vessels. This can result in bleeding, either within the first 24 hours (primary haemorrhage) or at 2-10 days following surgery (secondary haemorrhage). Pain following tonsillectomy can be severe and last for up to 10 days before return to normal activities. Reduction of the tonsils (also called an "intra-capsular tonsillectomy", "tonsillotomy", or "sub-total tonsil reduction") results in much less pain and bleeding. Primary haemorrhage is almost unheard of and readmission to hospital was 20 times less likely in a recent study from the UK. In an Australia study, children returned to normal activities on average after four days versus 11 days. Reoperation rates for subtotal tonsil surgery are about 2.5 percent - usually due to regrowth of the tonsil remnant left behind. The decision on what type of surgery is best should be discussed with your ENT surgeon although not all are trained in the sub-total technique, and it does take slightly longer to perform, requiring special probes which may not be available everywhere.

Dr Simon Carney

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Let intersex people decide if they want surgery

Parents and doctors should wait until individuals are mature to decide for themselves

Having intersex children undergo surgery to make their sex characteristics either male or female without their consent is a grave violation of their bodies that could sow the seeds of potential health and psychological problems in the future.

Intersex is an umbrella term that refers to a variety of sex traits, including individuals with female ovaries and chromosomes but outside genitals that look male. Others may have an enlarged clitoris or male chromosomes but an incompletely formed penis or female genitals. Such characteristics may be apparent at birth or may develop later in life. Estimates can vary, but about 0.05 to 1.7 percent of the population is born with intersex traits.

Though most cases don't require treatment as there are no health problems associated with them, doctors have often recommended surgery to give children clear female or male sex traits to help them develop a defined gender identity or to make them conform to stereotypes, such as those dictating that women must be able to engage in vaginal intercourse and men must have the ability to stand while urinating.

Intersex surgery, however, can entail several risks, such as decreased sexual function, infertility, scarring,

and urinary incontinence. It is also carried out on children who are too young to understand what's happening to them and unable to provide informed consent. This could lead to psychological trauma resulting in depression and anxiety, especially if the surgically assigned sex doesn't match the gender identity developed later in life.

"Forced and coercive medical interventions violate a right to health (including a right to free and informed consent)," reads the Background Note on Human Rights Violations against Intersex People by the UN Office of the High Commissioner for Human Rights. "The right to health includes the right to control one's health and body, including sexual and reproductive rights, freedom from interference, and the right to be free from torture, non-consensual medical intervention and experimentation."

The Intersex Society of North America (ISNA) says treatment should only be offered to intersex individuals who are mature enough to make their own informed decisions, while they should also be introduced to intersex people who have and haven't had the surgery before making up their minds.

ISNA adds that "genital 'normalizing' surgery does not create or cement a gender identity; it just takes tissue away that patients may want later."

While some intersex adults who underwent surgery in childhood are happy about their parents' choice, others suffer serious consequences.

"I've met many survivors, or some people that haven't survived because they have taken their own lives, or had other medical complications," Tony Briffa, a board member of Intersex Human Rights Australia, told ABC.

Until individuals are mature enough for informed consent, treatment should only be carried out when intersex traits cause health problems. One example is congenital adrenal hyperplasia, a genetic condition that causes a lack or overproduction of hormones, chemicals that drive essential processes in the body like the development of sex characteristics. In such cases, medications can often help patients lead a healthy life.

Intersex is an umbrella term that refers to a variety of sex traits, including individuals with female ovaries and chromosomes but outside genitals that look male.



Kids should brush teeth as they erupt

Parents should also use the appropriate amount of toothpaste



Experts recommend parents start brushing their kids' teeth twice a day as soon as they grow them to reduce the risk of caries, or tooth decay, a good practice that may not be as common as it should.

A 2019 report by the US Centers for Disease Control and Prevention (CDC), for instance, found that about 80 percent of kids between the age of three and 15 started brushing later than recommended, while one third just did it once a day and nearly 40 percent of those aged three to six used too much toothpaste.

The findings are based on a survey of parents or caregivers about dental hygiene practices in 5,157 children and adolescents.

Inadequate dental hygiene means children can develop plaque and tartar buildup that lead to cavities, which in turn could cause toothache, infections, and tooth loss. And the risks go beyond dental problems as bacteria can lead to inflammation and disease not just in the mouth but the entire body, Dr Kimberly Giuliano, a paediatrician at the Cleveland Clinic, said on its website.

She advised to start brushing when children cut the first tooth to develop the habit early, thus making sure they have less fear of the practice and are willing to do it twice a day.

Using the right amount of toothpaste is equally important. Since children tend to swallow it, too much of it could cause fluorosis, a condition where the teeth can become pitted or discoloured.

To avoid this, fluorinated toothpastes, whose excessive use is responsible for the condition, shouldn't be used for children younger than two.

"Once children are at the age of two, we recommend that they use the amount of toothpaste that's the size of a grain of rice," said Dr Giuliano. "Between the ages of three and six, they can just do a pea-sized amount of fluorinated toothpaste on the toothbrush." She adds that using such an amount will keep children safe even if they swallow it.

Fluorides are compounds that help prevent tooth decay and therefore are often added to drinking water and toothpastes to make sure people get the required amount for healthy teeth. The CDC recommends that all persons drink optimally fluorinated water of 0.7 mg/L and says that fluoride use is one of the main factors that has led to a decline in the prevalence and severity of dental caries and cavities in the US.

The report concluded that healthcare professionals should educate parents about proper toothpaste use in order to reap the full benefits of dental hygiene.

"Once children are at the age of two, we recommend that they use the amount of toothpaste that's the size of a grain of rice."

The health benefits of seeds

They are full of essential nutrients that can help fight off diseases

Seeds are not only tasty and ready-made snacks, but they're also packed with important nutrients that can make diets much healthier.

"Seeds are good sources of plant-based, healthy fats, fiber and minerals," said registered dietitian Kate Patton on the website of the Cleveland Clinic.

For instance, they're rich in calcium, which is important to keep strong bones, magnesium, a mineral that facilitates bowel and brain health, and phosphorus, a substance that plays an important role in cell repairment and waste filtering.

Some of the healthiest types of seeds include flaxseeds, chia seeds, and pumpkin seeds, as well as sunflower, hemp, and sesame seeds.

Flaxseeds are a particularly good source of lignans, compounds that have been associated with a lowered risk of heart disease, menopausal symptoms, osteoporosis, and breast cancer.

"Lignans are a polyphenol, which is a type of antioxidant. While lignans are in other plant sources, flaxseed contains 75 to 800 times more lignans than other plant foods," said Patton.

Like most seeds, flax also contains a lot of fibres, or essential nutrients that facilitate bowel movements, prevent constipation, and improve colorectal health while cutting the risk of haemorrhoids and diverticulitis. Fibres can also lower bad cholesterol levels in the blood, thus decreasing the risk of developing heart disease.

Another good reason to eat seeds is their healthy fat content, particularly unsaturated fats which are the good kind that improves blood cholesterol levels, eases inflammation, and helps stabilise heart rhythm. Chia seeds, for example, are a good source of omega-3, a type of unsaturated fat that can't be made by the body, so it needs to come from foods.

Strengthened immunity is another benefit associated with eating seeds as they can boost compounds that contribute to immune functions such as selenium and zinc.

The former is "vital for producing new immune cells and can help to strengthen response to infection," Sarah Stanner, Science Director at the British Nutrition Foundation, told the BBC, while the latter "helps produce new immune cells...develops 'natural killer cells' that help to fight off viruses...[and] supports communication between immune cells." And similar

immune benefits are also provided by other substances found in seeds like copper, vitamin B9, and vitamin B6.

Sunflower seeds, in particular, contain lots of antioxidants like vitamin E and selenium. "Antioxidants help reduce free radicals in your body. Free radicals are harmful chemicals that can increase our risk of diabetes, heart disease and some types of cancer," said Patton.

For all their benefits, however, seeds aren't a good option if you have diverticulitis, or small bulges in the intestine, as eating them could irritate the condition due to their high fibre content, explained Patton.

Regardless of any health problems, another good advice is to avoid eating them in large quantities.

"They may be small, but they're calorie-dense, too. A little bit each day is enough to reap the benefits — or else those calories will add up."

Some of the healthiest types of seeds include flaxseeds, chia seeds, and pumpkin seeds, as well as sunflower, hemp, and sesame seeds.



Regular exercise boosts the immune system

This translates into decreased disease risk



Breaking a sweat is often touted as one of the most powerful choices we can make to improve our health, and one key mechanism to explain such benefits centres around the immune system.

Most experts agree that regular bouts of moderate intensity exercise lasting about 45 minutes are beneficial for the immune system, especially for older adults and people with chronic diseases.

For instance, some studies show that active people come down with fewer upper respiratory infections compared to individuals who are more sedentary, Drs John Campbell and James Turner of the Department of Health at the University of Bath in the UK, wrote in *The Conversation*. Similarly, several types of exercise have been found to improve the immune response to vaccination, thus helping the body protect itself against infections.

Working out also facilitates the healing process of the skin, which is the first barrier the body has against pathogens, thus reducing the risk that bacteria and viruses enter tissues through wounds, explained the doctors.

And even when pathogens manage to enter the body, exercise strengthens its lines of defence. A session of exercise can make many immune cells, including natural kill cells, move into the bloodstream. After exercise, these cells go to inflammation sites to look for and get rid of pathogens and damaged cells. During this process, the immune system can even detect cancer cells, they wrote.

Exercise is also able to improve immunological memory, or the capacity of the immune system to respond more rapidly and effectively to pathogens encountered previously. Evidence suggests lifelong regular exercise contributes to maintaining healthy levels of immune cells that recognise past pathogens as people grow older.

In a scientific review in the *Journal of Sport and Health Science*, people who engaged in brisk walks for about 45 minutes saw an increase in immune cells around the body for up to three hours after the walk, study author Dr David Nieman, a professor in the department of biology at Appalachian State University, told *Health*.

To make sure these become long-term benefits, people should keep exercising regularly. “If you go out for 45 minutes of exercise the next day, this all happens again,” he said. “It all adds up as time goes on.”

A previous study Dr Nieman conducted in 2011 found that people who did aerobic exercise five or more days a week experienced a lowered number of upper respiratory tract infections, such as the common cold, by more than 40 percent.

“Exercise really is a housekeeping activity, where it helps the immune system patrol the body and detect and evade bacteria and viruses,” he said. Hence, you can’t expect to have the immune benefits of exercise unless you’re consistent with it in the same way as your home can’t be clean if you don’t do regular housekeeping.

Most experts agree that regular bouts of moderate intensity exercise lasting about 45 minutes are beneficial for the immune system

Artificial sweeteners linked to heart disease

Turns out they're not really a healthy substitute for sugar

Synthetic substances commonly used as sugar replacements have been associated with an increased risk of cardiovascular diseases, suggesting that they might not be as healthy as many believe.

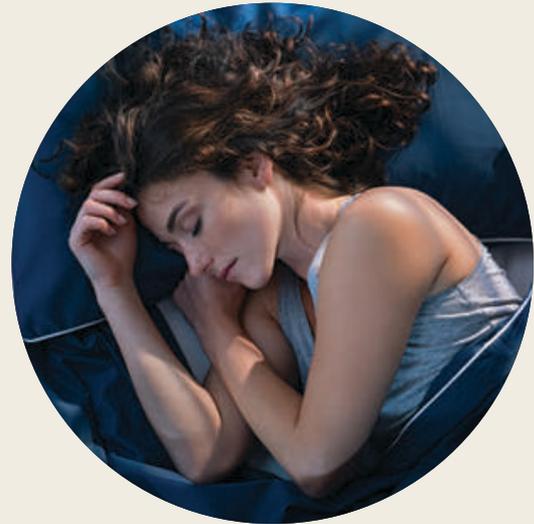
Researchers from the French National Institute for Health and Medical Research analysed the artificial sweetener consumption habits of 103,388 people along with information on their lifestyles and health over nine years. They reported an almost 10 percent higher risk of suffering from unhealthy heart conditions, including heart attack and coronary heart disease, among artificial sweetener consumers. In particular, aspartame, one of the most consumed sweeteners, was associated with an increased risk of cerebrovascular events like stroke and transient ischaemic events.

“Our results indicate that these food additives, consumed daily by millions of people and present in thousands of foods and beverages, should not be considered a healthy and safe alternative to sugar, in line with the current position of several health agencies,” the authors wrote in the *BMJ*.

As is often the case with research that investigates potential harmful effects of food, the study was observational, meaning it did not clearly prove a direct causal link between heart disease and artificial sweeteners, the researchers acknowledged.

However, they pointed out that the study was based on a large sample size with high-quality dietary data like 24-hour dietary records where participants noted all the foods and beverages consumed during the day and in what quantities. In addition, previous studies, such as those on artificially sweetened beverages, were consistent with the new findings.

They also noted the need for future epidemiological studies and experimental data to “further investigate a potential differential effect of artificial sweeteners according to cerebrovascular or coronary CVD [cardiovascular disease] types.”



Sleep quality matters to your heart

Poor sleep is linked to millions of heart failure cases

Bad sleep, such as tossing and turning or sleep apnoea, could lead to a higher risk of a heart problem called left ventricular diastolic dysfunction, which in turn could cause heart failure, according to new research.

The study was based on information from 452 adults who were observed over almost a three-year period to measure sleep apnoea (a condition in which breathing repeatedly stops and starts while sleeping), sleep duration, and how much they moved in bed, a factor suggesting poor sleep quality.

The results showed that individuals with sleep apnoea developed left ventricular diastolic dysfunction in 28 percent of cases, while just 11 percent of those without sleep apnoea developed the condition. Similarly, 21 percent of individuals who move around a lot in bed suffered from the heart problem compared to eight percent of those who moved less.

This kind of heart failure, referred to as preserved ejection fraction, accounts for 60 percent of the 37 million cases of heart failure globally, “but there is no established method to prevent it,” said lead study author Dr Hidenori Koyama, a professor at Hyogo Medical University in Japan, in a press release. “Our study tells us the potential importance of sleep quality for its prevention.”

Aspirin shouldn't be taken with a common blood thinner

Doctors should recommend aspirin only when it's absolutely needed

Some people who take the common anticoagulant warfarin along with aspirin could prevent bleeding events if they drop the latter drug, new research suggests.

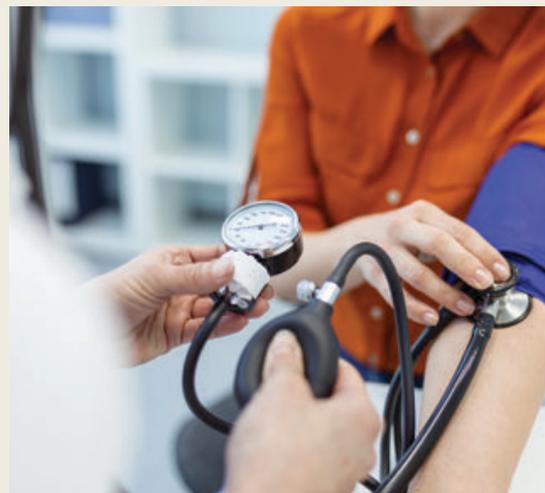
The study involved more than 6,000 adults taking warfarin in combination with aspirin but without any clear medical indication for taking the latter, such as having a history of coronary artery disease or heart attack.

When participants used aspirin less commonly, the bleeding risk dropped by 32.3 percent, meaning that one serious bleeding event out of 1,000 patients could be prevented by going off aspirin.

Both medications could lead to serious bleeding, but aspirin can be obtained without a doctor's prescription, and some take it to reduce the risk of stroke and heart attack.

"Aspirin is not a benign medication, even if it's available over the counter. Be sure to discuss with your doctor the potential benefits and harms of aspirin and determine if you should or should not be taking aspirin. This is especially true if you take another blood thinner medication," study senior author Dr Geoffrey Barnes, a cardiology specialist at the University of Michigan Health Frankel Cardiovascular Center, said to *Medical News Today*.

Despite the risks, aspirin carries a lifesaving potential for many patients with a history of stroke, heart attack, a stent in the heart to improve blood flow, or cardiovascular disease. The problem arises when people without a history of cardiovascular disease take aspirin and are also prescribed a blood thinner, said study author Dr Jordan Schaefer, a clinical associate professor of internal medicine at the University of Michigan Medical School, in a press release.



Patients with high blood pressure should self-monitor

Recommendation from doctors is important step to increase compliance

Only 62 percent of Americans aged 50 to 80 taking blood pressure medications or having a condition affected by hypertension were advised to measure their blood pressure at home, leading to significantly lower chances of them doing the check.

The poll, conducted by the University of Michigan Institute for Healthcare Policy and Innovation, found that only 48 percent of the 1,247 respondents regularly checked their blood pressure, while doing so was three and a half times more likely if doctors made such a recommendation to their patients.

"Home BP [blood pressure] monitoring is associated with moderate decreases in BP and is cost-effective. Our results suggest that protocols should be developed to educate patients about the importance of SBPM [self-measured blood pressure monitoring] and sharing readings with clinicians and the frequency that SBPM should be performed," the authors wrote in *JAMA*.

High blood pressure can increase the risk for heart attacks and strokes, but many people don't realise they have it because it often doesn't have any noticeable symptoms.

Finding ways to get more at-risk patients to self-measure their blood pressure could help them live longer and maintain heart and brain health, the authors said in a press release.

Blood test detects cancers with no screening programmes

Positive results from large study promise major improvement in early cancer detection

A new blood-based test is able to pick up an increased number of cancers, with many being in the early stage and undetectable by existing screening methods.

The Galleri test developed by Grail analysed samples from 6,662 individuals aged 50 and older and found 35 participants had cancer, 71 percent of whom showed signs of malignancies that have no routine screening available, such as pancreatic cancer. About half of the non-recurrent cancers were in the early stages (stage I or II), a time when they are easier to treat, thus increasing survival rates for patients.

Participants who got a positive blood test were later confirmed to have cancer with additional examinations in 38 percent of the cases, while 99.1 percent of those who were cancer free tested negative with Galleri.

“The results are an important first step for early cancer detection tests because they showed a good detection rate for people who had cancer and an excellent specificity rate for those who did not have cancer. In people with a positive test, it took less than two months to confirm the diagnosis if they had cancer and it took a bit longer if they did not have cancer primarily because physicians opted to perform imaging studies and then repeat them a second time several months later to investigate the possibility of a cancer diagnosis,” explained study senior author Dr Deb Schrag from the Memorial Sloan Kettering Cancer Center in a press release.

She added that standard screening programmes were essential for tumours like breast and colorectal cancers, while blood tests like Galleri needed to be refined and validated especially for cancers that currently can't be screened such as those in the pancreas, small bowel, and stomach.



Chemotherapy doesn't lead to stillbirth

The information might reassure women who want to get pregnant after cancer treatment

Adolescent and young women with cancer who were treated with chemotherapy did not see an increased risk of stillbirth, when babies are born dead, according to a recent analysis published in the *Journal of the National Cancer Institute*.

“There are very few studies of birth outcomes among adolescent and young adult women with cancer who later get pregnant,” said Dr Caitlin C. Murphy, associate professor of health promotion and behavioral sciences at UTHealth School of Public Health in Houston, in a press release. She added that the new study provided essential information for women who were worried about having a healthy baby after cancer treatment.

Some chemotherapeutic and radiation approaches can damage eggs, and previous studies have suggested this could affect the health of future babies. But the new research showed otherwise. It looked at 11,696 deliveries of 8,402 women aged 15 to 39 who were diagnosed with cancer from 1995 to 2015 and compared their stillbirth rate with that of the general population who didn't undergo cancer treatment. Both groups had a similar rate, standing at less than one percent.

“It's the best kind of null result,” Dr Murphy said in the press release.

Almost half of cancer deaths could be prevented

Simple lifestyle changes could save millions of lives

A large proportion of cancer deaths is caused by preventable factors such as smoking, drinking excessive alcohol, and a high body mass index (BMI).

A new study has found that in 2019 these preventable factors were responsible for 44.4 percent of all cancer deaths globally and 42 percent of disability-adjusted life-years (DALYs), a measure that provides a complete picture of the disease burden by combining years of life lost due to premature mortality or years spent in states of less than full health.

Published in *The Lancet* by a team of researchers called GBD 2019 Cancer Risk Factors Collaborators, the collected data on cancer deaths and disability from 2010 to 2019 in 204 countries takes into account 23 cancer types and a variety of risk factors.

“Reducing exposure to these modifiable risk factors would decrease cancer mortality and DALY rates worldwide, and policies should be tailored appropriately to local cancer risk factor burden,” the authors wrote, adding that to their knowledge the analysis they based their study on, called *Global Burden of Diseases, Injuries, and Risk Factors Study*, is the only one that quantifies cancer burden with regard to a broad set of modifiable risk factors.

They also added that, since a significant proportion of cancer burden could not be avoided by reducing risk factors, cancer control strategies for early diagnosis and effective treatment were equally paramount.



Air pollution responsible for lung cancer in never-smokers

New finding could lead to better treatment

Scientists have pinpointed how dangerous particles in polluted air could contribute to making cells in the lungs of never-smokers cancerous, according to research results announced at the ESMO Congress 2022, suggesting potential ways to prevent or treat the deadly condition.

Scouring data from about half a million people living in England, South Korea, and Taiwan, researchers observed that exposure to increasing amounts of airborne particulate matter 2.5 micrometres in diameter — which are usually found in vehicle exhaust and smoke from fossil fuel combustion — had an increased risk of causing non-small cell lung cancer (NSCLC) with EGFR mutations. NSCLC is the most common type of lung malignancy and one that kills over 250,000 people every year, while EGFR is a gene that harbours mutations in about half of patients with lung cancer who never smoked.

Such genetic mutations commonly found in lung cancers such as EGFR and KRAS can also be seen in healthy people and are probably caused by ageing. But air pollution might be a contributing factor that makes those mutation swing into action.

“In our research, these mutations alone only weakly potentiated cancer in laboratory models. However, when lung cells with these mutations were exposed to air pollutants, we saw more cancers and these occurred more quickly than when lung cells with these mutations were not exposed to pollutants, suggesting that air pollution promotes the initiation of lung cancer in cells harbouring driver gene mutations,” said Professor Charles Swanton, one of the researchers at the Francis Crick Institute who led the study, according to a press release.

Professor Tony Mok, chairman of the Department of Clinical Oncology at the Chinese University of Hong Kong, said that the research might suggest medicines like interleukin-1 β inhibitors could help reverse pre-cancerous lesions in the lungs, according to the press release.



The huge death toll from noncommunicable diseases

If the world gets its act together, millions of people could live longer and healthier lives

Noncommunicable diseases (NCDs) cause about 17 million premature deaths every year, said World Health Organization (WHO) Director-General Dr Tedros Adhanom Ghebreyesus. He called for countries to step up their efforts to lower the number of premature deaths caused by them.

He made the call at the gathering of the Heads of State and Government Group for the Prevention of NCDs, during which the WHO released its report, “Invisible Numbers: The true extent of noncommunicable diseases”, which collected data on NCDs in 194 countries. The report makes clear the scale of the problem, highlighting that every two seconds someone in the world under 70 dies of an NCD. Some of the most common NCDs like heart disease, cancer, diabetes, and lung disease cause more deaths than infectious diseases globally. A Gallup survey showed that most respondents in Colombia, India, Jordan, the United Republic of Tanzania, and the US consider NCD or NCD risk factors as the biggest health problem in their country.

“There are cost-effective and globally applicable NCD interventions that every country, no matter its income level, can and should be using and benefitting from — saving lives and saving money,” said Dr Tedros during the event.

Another Gallup study suggested there’s a low awareness about the key risk factors for NCDs, which include tobacco and alcohol consumption, unhealthy diets, and being sedentary. However, most people across the countries surveyed are in favour of interventions and policies that can lower the number

of NCD deaths, like having more green areas in urban environments and raising taxes on tobacco.

Countries around the world agreed to make significant progress this decade when they signed on to the 2030 UN Sustainable Development Goal target to cut the number of NCD deaths by one-third by implementing population-level policies and programmes in their countries. However, only a small number is estimated to be doing what is necessary to meet that target.

“NCDs undermine social development and are a handbrake on global development,” said Bente Mikkelsen, director of NCDs at the WHO, according to the *Guardian*. “World leaders recognised the critical importance of NCDs in the sustainable development goals, aiming to reduce premature death from NCDs by one-third by 2030. But currently, just 14 of 194 countries globally are on track to achieve this goal.”

Though NCDs are responsible for almost three-quarters of global deaths, 86 percent of them take place in low- and middle-income countries, highlighting significant inequalities among nations.

Along with tackling NCD risk factors, such as reducing tobacco and alcohol consumption, the WHO says countries need to strengthen their healthcare systems as millions of people, especially in lower-income areas, still don’t have access to prevention and treatment to avoid or slow the development of NCDs.

If all countries implemented the interventions that have proven effective against NCDs, the world could prevent at least 39 million NCD deaths by 2030, according to the new WHO report.

Though NCDs are responsible for almost three-quarters of global deaths, 86 percent of them take place in low- and middle-income countries.

Engineered mosquitoes don't spread malaria

If they can survive and breed in the wild, global malaria infections could fall

Scientists in the UK have created genetically-modified mosquitoes that are unable to infect humans with malaria in lab settings, a feat that could lower the number of infections and deaths from one of the most devastating diseases in the world.

Researchers from Imperial College London have genetically modified the insects in a way that hampers the growth of malaria parasites in their bodies, making them unable to reach the mosquitoes' salivary glands where they pass it on to humans when they bite.

Malaria is a serious and potentially fatal vector-borne disease that sickens millions and kills hundreds of thousands of people every year. It can be caught when mosquitoes infected with the parasites responsible for the disease bite people, transmitting the pathogen.

"Since 2015, the progress in tackling malaria has stalled. Mosquitoes and the parasites they carry are becoming resistant to available interventions such as insecticides and treatments, and funding has plateaued. We need to develop innovative new tools," said co-first author of the study Dr Tibebe Habtewold, from the Department of Life Sciences at Imperial, in a press release.

Only about 10 percent of mosquitoes live long enough that the parasite can develop to the point it can infect people, but the researchers have found a way to further decrease even those slim odds that mosquitoes can transmit the disease. The genetic modification's other positive effect is that it shortens mosquitoes' lifespans, thus reducing the chances of infecting people.

"For many years, we have been trying to no avail to make mosquitoes that cannot be infected by the parasite or ones that can clear all the parasites with their immune system. Delaying parasite's development inside the mosquito is a conceptual shift that has opened many more opportunities to block malaria transmission from mosquitoes to humans," said co-first author of the study Astrid Hoermann, from the Department of Life Sciences at Imperial, in the press release.

The next step in the research will be to test how to make the engineered mosquitoes spread their genetic make-up among wild species, thus proving this approach can work outside the lab. Since these mosquitoes have a shorter lifespan than wild ones, natural selection is likely to eliminate them more quickly once they're introduced into a natural environment. So researchers are also working on further genetic modifications to make them fitter to survive.

The team of scientists has also set up a facility in Tanzania to collect parasites from local school children and test whether their approach will be effective against pathogens that infect communities in some of the most affected areas of the planet.

"We are now aiming to test whether this modification can block malaria transmission not just using parasites we have reared in the lab but also from parasites that have infected humans. If this proves to be true, then we will be ready to take this to field trials within the next two to three years," said co-lead author Dr Nikolai Windbichler, from the Department of Life Sciences at Imperial, in the press release.

Only about 10 percent of mosquitoes live long enough that the parasite can develop to the point it can infect people.





Second-hand smoke increases asthma risk across generations

The study shows that smoking has negative effects even for children and grandchildren of those who breathed it during childhood

Children whose fathers have been exposed to second-hand smoke in their infancy are at greater risk of developing asthma, suggesting that smoking has negative effects that can affect people for generations.

And the chances of developing asthma were further increased if fathers who were exposed to second-hand smoke later became smokers.

“We found the risk of non-allergic asthma in children increases by 59 percent if their fathers were exposed to second-hand smoke in childhood, compared to children whose fathers were not exposed,” Liu Jiacheng, one of the University of Melbourne researchers who led the study, said in a press release. “The risk was even higher, at 72 percent, if the fathers were exposed to second-hand smoke and went on to smoke themselves.”

This means that even fathers who couldn't avoid second-hand smoke exposure could still limit the chances of their children and grandchildren developing asthma by deciding not to smoke.

Asthma is a long-term condition where air passages in the lungs narrow due to inflammation, leading to intermittent symptoms like cough, wheeze, shortness of breath, and chest tightness. It affected 262 million people in 2019, according to the World Health Organization, and it's the most common chronic disease among children.

Researchers scoured data of 1,689 children from the Tasmanian Longitudinal Health Study (TAHS), along with information about their fathers and paternal

grandparents, and checked which children had developed asthma by the age of seven and whether their fathers lived with parents who were smoking before they were 15.

It isn't clear how smoking can increase asthma risk, but researchers speculate it could be due to epigenetic changes or the way the environment and our habits affect the work of genes.

“This is where factors in our environment, such as tobacco smoke, interact with our genes to modify their expression. These changes can be inherited but may be partially reversible for each generation,” University of Melbourne Professor Shyamali Dharmage, who led TAHS, said in the press release. “It's possible that tobacco smoke is creating epigenetic changes in the cells that will go on to produce sperm when boys grow up. These changes can then be passed on to their children.”

The researchers now aim to find out whether the risk of getting asthma is increased even in adulthood and whether fathers exposed to second-hand smoke could also have children with increased risk of allergies and other lung diseases.

Jon Foster, the health policy manager at Asthma + Lung UK, told the *Guardian*: “This research is truly shocking, showing that the negative effects of smoking can last for generations. The fact that children born today have a 59 percent increased risk of developing asthma if their father was exposed to passive smoking as a child shows the huge impact smoking has on other people's health.”

Chances of developing asthma were further increased if fathers who were exposed to second-hand smoke later became smokers.

Customised treatment may stop autoimmune disease

Engineered cells from patients have allowed them to drop their medications

A therapy based on genetically-modified cells has put six patients with systemic lupus erythematosus (SLE) into immediate remission, raising hopes it could dramatically improve treatment for the incurable condition.

Called CAR T cell therapy, it's an advanced technique that has already been proven to treat cancers like leukaemia and lymphoma and involves the engineering of the patient's immune cells, or T cells, in the lab to make them able to recognise and destroy other cells that are causing health problems. In the new research on SLE, T cells were programmed to make B cells, another type of immune cells, harmless and have led to remarkable improvements.

"We have been able to help six young patients who were suffering from a life-threatening form of SLE and cure them of the disease completely by treating them with CAR T cells," said Dr Georg Schett, study author and director of the Department of Medicine 3 – Rheumatology and Immunology at Friedrich-Alexander University in Erlangen-Nuremberg, in a press release.

SLE wreaks havoc on the immune system, leading it to attack healthy tissues and causing inflammation in several organs, such as the kidneys, lungs, and heart. Patients often need long-term medical treatment to keep the disease in check, and some could be at increased risk of infection because some lupus medications switch off the immune system across the board, weakening its ability to fight off pathogens.

"What is special about this is that a single infusion

of CAR T cells brought down the inflammation and autoimmune response like a house of cards, and the patients were able to stop all therapy including corticosteroids," added Dr Schett.

In fact, all the severe symptoms that were affecting them, including arthritis, fatigue, fibrosis of the heart valve, and lung inflammation, went away.

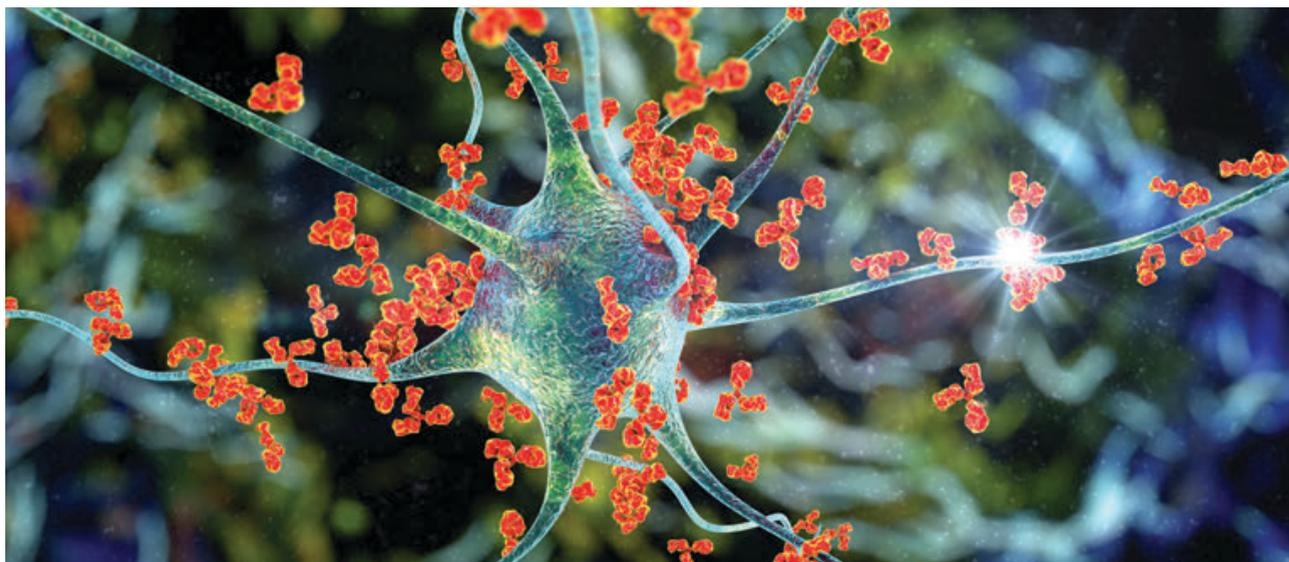
Other researchers who conducted the study said that the therapy managed to push a 'reset button' in the patients' immune systems, obliterating the diseased B cells and leading the body to churn out new healthy ones.

"When the immune system of treated patients is examined, it is surprising that the newly-emerged B cells are 'naive', similar to a baby. We can therefore be confident in saying that a reset button really has been pressed here," said Dr Gerhard Krönke in the press release.

Since SLE shares some disease processes with other autoimmune diseases, researchers hope this therapy could also help treat other conditions. "Several other autoimmune diseases which are dependent on B cells and show autoantibodies may respond to this treatment. These include rheumatoid arthritis, myositis and systemic sclerosis. But also diseases like multiple sclerosis may be very responsive to CAR T-cell treatment," said Dr Schett, according to the *Guardian*.

The authors of the research are planning to run another trial next year to test the efficacy of CAR T cell therapy in patients with different types of severe autoimmune diseases.

SLE wreaks havoc on the immune system, leading it to attack healthy tissues and causing inflammation in several organs.





Asia lifts pandemic restrictions

Asian countries are dropping rules, except for China

Starting October 11, Japan will allow individual tourists from certain nations to enter the country without a visa and daily arrival cap.

The government is also planning a travel discount programme to revive the industry after more than two years of financial losses due to the pandemic. “I want to support the travel, entertainment and other industries that have been struggling during the coronavirus pandemic,” Prime Minister Fumio Kishida said at the UN General Assembly, according to the *Japan Times*.

The discount programme will offer reduced prices for travel, entry to theme parks, sporting events, and concerts for people who have received three doses of a COVID-19 vaccine or a negative test result.

Similarly, effective September 26, Hong Kong will no longer require hotel quarantine for travellers. Instead, after a PCR test on arrival, they will undergo three days of medical surveillance at home or a hotel of their choice while being free to go about their daily activities with some minor restrictions. Officials also announced that the pre-flight PCR test requirement will be replaced by a self-administered rapid antigen test (RAT) while non-vaccinated residents will also be allowed to enter, according to the Hong Kong SAR government.

Though visitors still need to adhere to pandemic rules like taking a series of RAT and PCR COVID-19 tests during their first week, the changes represent a major welcome shift from the stark restrictions enforced in the city since the pandemic broke out, leaving Mainland China as the only economy in the region with a zero-COVID policy aimed at stamping out all COVID-19 cases.

While the stringent approach has been credited for saving many lives in China, it will be hard to maintain over the long term, experts say.

“You can’t become a hermit for the next five, 10 years, because the virus isn’t going away,” Dr Peter Collignon, professor of infectious diseases at the Australian National University’s Medical School, told *Bloomberg*.

Thailand extends period of stay for tourists

The move will last until March

The Tourism Authority of Thailand has extended the time tourists with a visa exemption can stay in the country from 30 to 45 days. The new rule will last from October 1 until March 31 and aims to attract more visitors during the high season.

A similar change has been made for visitors who can apply for visa on arrival, extending their stay to 30 days from the previous 15.

Travellers, however, will still need to follow certain pandemic rules. “Thailand warmly welcomes travellers from all countries/territories with proof of either a certificate of vaccination or, for unvaccinated individuals a negative RT-PCR or professional ATK test result within 72 hours of travel. These can be in a print or digital format. Random checks will be made on arrivals at Thailand’s international airports or land border checkpoints,” reads a statement by the Tourism Authority of Thailand.

The new rules could also boost medical tourism to the country, a sector that is already seeing positive growth. Bangkok Dusit Medical Services, the country’s biggest healthcare provider, expects an increase in international patient arrivals, according to Bloomberg. Chief Executive Officer Poramaporn Prasarttong-Osoth said the group’s foreign patient numbers had already reached 90 percent of pre-pandemic levels.

“The return of overseas patients has provided some support to our earnings even as the improving outbreak cuts Covid-related service revenue,” he said.





Sabah government plans to attract healthcare travellers

The Malaysian state is well positioned to become a popular destination among Indonesian patients

Sabah aims to lure Indonesian travellers to seek medical treatment on its shores, said Sabah Tourism, Culture and Environment Minister Datuk Jafry Ariffin, according to the *New Straits Times*.

He added that the state had quality medical infrastructure and personnel to cater to patients from Indonesia, a market ripe for the taking since Batik Air had launched direct flights from the Indonesian cities of Pontianak and Balikpapan in Kalimantan to Sabah. He said that this was a good opportunity for the state as many travelled for medical reasons and these visitors could spend more than regular tourists.

Sabah could also offer healthcare travellers the chance to engage in “nature healing” due to its green environment. “The state is famous for its natural beauty, flora and fauna. This will give a positive impact during the healing process,” he said.

In addition, many areas in Kalimantan are closer to Sabah than Jakarta, where several renowned healthcare providers are located, and the decision by the Indonesian government to move the country’s capital from Jakarta to Kalimantan will likely increase the number of Indonesians seeking care in Sabah.

Turkish Airlines aims to boost medical tourism from US

The offer involves weekly tours to Istanbul’s private hospitals

The aviation giant has launched a new programme offering medical tours in Turkey for people based in the US at the cost of US\$5,000, reported *Hurriyet Daily News*.

The company has signed deals with several private hospitals in Istanbul where Americans can get tested and receive treatment if needed.

“Health service costs are very high in the U.S. It also takes time to have tests and people have to wait for months for tests. We can offer quick solutions with the weekly tours,” said Ahmet Bolat, chairman of Turkish Airlines’ board and executive committee, according to *Hurriyet Daily News*.

The country’s Health Tourism Department of the Health Services General Directorate released an estimate showing that patients from the US could save from 35 to 60 percent in treatment expenses when receiving care in Turkey, according to the report.

Turkey is a major player in the medical tourism sector, with about 290,000 foreign patients seeking treatment in the country in the first quarter of 2022 and revenues amounting to US\$332 million between January and March, according to International Health Services, Inc.



Alzheimer's could one day become a treatable disease

Therapeutic options are still no match for the disabling condition, but better treatments may be on the horizon

When his grandfather developed the symptoms of Alzheimer's disease, Dr Jason Karlawish experienced first-hand the limited healthcare support available for patients with the condition. He decided then that treating the brain-wasting disease and all its associated problems would be his life's mission.

"Alzheimer's is one of the most underdiagnosed and undertreated causes of disability," the co-director of the Penn Memory Center at the University of Pennsylvania and author of the book *The Problem of Alzheimer's* told *Global Health Asia-Pacific*. "So as a physician it struck me as an incredible amount of unmet need to be addressed, and I tried to take that on."

Such ambition led him to specialise in the management of the disease that plagues millions of patients with cognitive functions loss, such as memory, caused when brain cells die. Worse, the disease chips away at personal identity or the core of who we commonly think we are. And Alzheimer's is just one of the most common causes of mental impairment broadly known as dementia.

The lack of proper care for these conditions is exemplified by the fact that there are no specific doctors trained to treat dementia. In contrast, other common long-term conditions, such as cancer and heart disease, have spawned a growing army of specialised oncologists and cardiologists in both medical and surgical care.

"Are there Alzheimer's doctors out there? And the answer is, not really. The typical neurologist is not trained as an Alzheimer's doctor, the same goes for the typical psychiatrist, and even the typical geriatrician. Moreover, there are few people who pursue careers in neurology, psychiatry, or geriatric medicine," said Dr Karlawish.

The dearth of experts can, to a certain extent, explain why the world is failing to address the challenge of dementia, as the World Health Organization declared last September in a new report highlighting the limited number of healthcare providers able to handle the condition. It also underlined the great variability across countries, with poor-resourced nations coming off worse.

The average number of (psycho)geriatricians, for instance, ranges from 0.02 per 100,000 population

in low-and-middle-income countries (LMICs) to 2.2 in high-income countries, which also report much greater availability of residential and long-term care facilities. The low numbers also hide a worrying trend in many countries where trained personnel in nursing homes and long-term care facilities are stigmatised and their work is not adequately recognised by society. They are typically low-paid and are not offered psychological support, leading to high turnover rates that affect care quality and availability.

"Dementia robs millions of people of their memories, independence and dignity, but it also robs the rest of us of the people we know and love," said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, in a press release. "The world is failing people with dementia, and that hurts all of us. Four years ago, governments agreed a clear set of targets to improve dementia care. But targets alone are not enough. We need concerted action to ensure that all people with dementia are able to live with the support and dignity they deserve."

Diagnosis can be smooth in resourced facilities

The first hurdle for people with Alzheimer's is to get an accurate diagnosis. This is a significant global problem considering that fewer than half of the countries that provided data to the WHO reported they could diagnose at least 50 percent of dementia cases, according to the report.

The good news is that standard diagnostic procedures allow trained doctors to detect Alzheimer's in an easy and quick way.

"In well-resourced healthcare systems with well-trained staff, it's quite possible to accurately identify people who have cognitive impairment and identify those people whose cognitive impairment is caused by Alzheimer's disease," said Dr Karlawish. "The problem is the healthcare systems of many countries are not adequately resourced to deliver that quality care."

To diagnose the condition, doctors usually talk to family members to understand how and whether the patient's skills and behaviours have changed over time while assessing cognitive functions like memory and reasoning. Brain scans are often done to identify the two defining pathologies of the disease, plaques and tangles of two proteins called amyloid and tau whose

"Dementia robs millions of people of their memories, independence and dignity, but it also robs the rest of us of the people we know and love."



Caregivers play an essential role in the management of Alzheimer's

build-up in the brain is the only observable hallmark of Alzheimer's. But expensive equipment (e.g., machines for positron emission tomography) and experienced technicians are both needed to obtain brain images that pinpoint amyloid and tau.

Pharmacological treatment can just offer modest benefits

Even if experienced doctors can manage to get an accurate diagnosis and have adequate resources, they still have limited therapeutic options at their disposal.

Drugs available to treat Alzheimer's can manage symptoms at best, but they can't stop or reverse them. Moreover, they don't work for every patient, and their effect can wear off over time.

The class of drugs called cholinesterase inhibitors, for instance, can support cognitive functions by increasing the amount of the brain chemical acetylcholine, which helps memory, thought, and judgment processes.

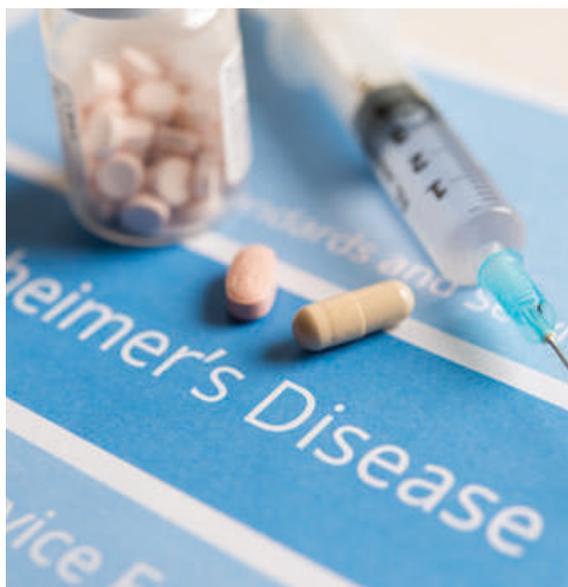
"Two to three decades of experience with cholinesterase inhibitors showed us that the drugs do have an effect on cognition, behaviours, and mood," explained Dr Karlawish, but the improvements are small and in some patients it's hard to see any benefit.

Since they're also well tolerated and not that costly, he believes they're worth trying but acknowledges the money could also be spent to support patients with caregiving. This is the option pursued by some countries, including France, that don't subsidise the medications because they prefer using the resources to strengthen long-term care services.

A new drug that can reduce amyloid in the brain was approved by the US Food and Drug Administration last year, raising hopes it could lead to unheard-of clinical benefits by slowing the disease progression. Called Aducanumab, it is also the first medication able to target a key Alzheimer's biological marker.

Its approval, however, has sparked controversy among experts because its benefits are modest while the results observed in clinical trials were mixed. An early analysis showed the drug offered no significant improvement while a subsequent one suggested it could slow the loss of cognitive abilities, though such benefits aren't clear-cut. This prompted the FDA to request additional post-approval trials to verify the new drug's efficacy in helping patients. The price tag of the new medication, however, stands at about US\$28,200 per year, and patients who take it might

The class of drugs called cholinesterase inhibitors, for instance, can support cognitive functions by increasing the amount of the brain chemical acetylcholine, which helps memory, thought, and judgment processes.



New drug treatments are in the pipeline

Fostering social bonds with friends and family or even having a pet can be therapeutic, as can finding ways to stimulate the brain with mental activities or new interests.

experience brain swelling and blood loss, requiring them to be monitored with magnetic resonance imaging (MRI) brain scans.

“Aducanumab stands out as a remarkably unique case of poor decision making using very complicated and noisy data,” stressed Dr Karlawish.

Currently, the medication can only be administered in clinical trials and isn’t covered by insurers, which restricts its wider use, while the US is the only country that has approved it.

Though Dr Karlawish believes Aducanumab will “fade into history,” other drugs that clear amyloid plaques from the brain are being tested and could still prove to be beneficial to patients with Alzheimer’s.

“There are three drugs in clinical trials that will soon end. All three target amyloid but have different mechanisms in how they do it. The conclusions of those three studies, I think, will give us probably not the last chapter but probably the last few chapters to answer the question which still remains unanswered: does targeting amyloid as a treatment effectively treat Alzheimer’s? That remains, I think, an open question,” he said.

The crucial role of caregiving and drug-free intervention

Despite all the limitations of drug treatment, there’s still a lot that can be done to help people with Alzheimer’s improve their health and quality of life.

One important step is to engage in activities that have been proven to maintain brain health, whether you have cognitive impairment or not. Fostering social bonds with friends and family or even having a pet can be therapeutic, as can finding ways to stimulate the brain with mental activities or new interests. Exercise,

managing stress, and having good sleep habits can also strengthen cognitive skills.

The EXERT trial, for instance, showed that sedentary people with mild cognitive impairment who exercised four times a week for about 30 to 40 minutes saw no mental decline 12 months after starting the intervention, while a control group of similar patients who remained sedentary experienced the expected worsening of cognitive functions.

In a similar vein, a 2018 study published in PLOS Medicine suggests that patients in nursing homes who are involved in social activities could see a reduction in agitation, which is a common Alzheimer’s symptom.

It’s also paramount to equip caregivers with the necessary skills to manage the physical and mental demands of caring for patients with Alzheimer’s — taxing work that can put them at risk for anxiety and a poor quality of life.

“We do know that if you train and support a family member or another person to help someone with dementia live their life, that person we call caregiver will take better care of the patient and the patient will also be healthier,” Dr Karlawish said.

Types of training that can help caregivers include programmes to manage behavioural changes related to dementia, psychological support to prevent stress and other health problems, and respite services that offer short breaks for them to look after their own needs.

Similar programmes are especially needed in LMICs where their availability is limited despite logging the largest number of patients worldwide who are mostly taken care of by family members or other unpaid carers without any additional support, according to the WHO report.

The role of caregiving in dementia is particularly crucial because not only does it provide for the material needs of patients (e.g., help with bathing, getting dressed, and eating), but it also supports them mentally.

“They are another mind that helps someone feel and express their intention, live autonomously, and preserve their identity,” said Dr Karlawish. “That’s why dementia caregiving is so important and morally challenging.”

Since some patients tend to forget over and over again essential information about their lives — such as why they are living in a nursing home or the death of a spouse — caregivers may face the constant dilemma of either bringing them up to date or lying to avoid upsetting them.

Dr Karlawish suggests letting patients express their desires as much as possible instead of providing painful information straightaway. “So, when someone says ‘I want to go back home’, you could ask ‘what would you do if you were back home’, and find what it is they are missing and needing.”

The same approach could be worth trying when patients are asking to see a person whose demise they don’t remember and caregivers may have to



New interests and mental activities can help keep the brain healthy

make even more difficult decisions.

“If someone is asking ‘when’s mom coming home’, one could certainly begin with the truth [and see if that works to satisfy them],” he said. “But if the truth becomes a source of great distress, I think one begins to ask oneself what is behind the question they are asking, and maybe the answer to that is not that mom is dead but, ‘if mom were here what would you do with her?’ That’s not in any way correcting them or demanding that they accept their mother is dead, but it’s just getting at the heart of what it is that they miss about their mother, whether she’s alive or dead we can still talk about what we miss about her.”

Current research promises better treatment

Despite the limited therapeutic results in current Alzheimer’s care and treatment, the hope is that significant progress might be in the making.

One promising line of research posits that inflammation, which is a normal and short-term immune response the body uses to clear infections, might contribute to Alzheimer’s when the process becomes chronic or continues for a long time. Indeed, a study published in *Nature Medicine* last year suggests the activation of brain immune cells may be part of the pathological process leading to the condition.

“Many elderly people have amyloid plaques

in their brains but never progress to developing Alzheimer’s disease,” said Dr Tharick Pascoal, the study’s corresponding author, in a press release. “We know that amyloid accumulation on its own is not enough to cause dementia — our results suggest that it is the interaction between neuroinflammation and amyloid pathology that unleashes tau propagation and eventually leads to widespread brain damage and cognitive impairment.”

If these results hold up, anti-inflammatory therapies could one day help manage the condition in its early stages, though they might have to be administered in combination with other drugs, such as those that clear amyloid plaques.

This research along with other experimental approaches make Dr Karlawish optimistic about the chances of slowing the loss of cognition and disability associated with Alzheimer’s and dementia. “I am cautiously hopeful about the future, and I think we should expect that these will be treatable diseases in the next five to 10 years”, similarly to many forms of cancer and heart disease.

He cautions, however, that the idea that we’ll be able to cure Alzheimer’s and all causes of dementia is “an exaggerated wild hope.” More likely, we’ll probably just have to learn to live with them in the same way we’ve learned to live with cancer and heart disease, despite significant progress in the way we treat them. ■

“Many elderly people have amyloid plaques in their brains but never progress to developing Alzheimer’s disease.”

Is long COVID becoming less severe?

A UK rehabilitation specialist offers her perspective on the waning impact of the condition

“If you have a heart, lung, or other condition before getting COVID-19, you are more likely to develop long COVID.”

Our ability to help patients suffering from long-term symptoms related to COVID-19 was almost non-existent in the early days of the pandemic. This was largely due to both a general lack of understanding about the new infection and overburdened healthcare systems that struggled to cope with the sudden influx of patients. Fast forward to mid-2022 and prospects now look much better for patients who haven’t been able to fully recover from the virus thanks to prompt rehab care as well as decreased symptom severity.

Most who didn’t pull through after the initial COVID outbreak were significantly impaired, said Dr Enya Daynes, a pulmonary rehabilitation physiotherapist at University Hospitals of Leicester NHS Trust, recalling the first patients she treated back in 2020.

“They were people in their 40s and 50s who weren’t able to walk a couple of hundred metres and couldn’t work,” she said.



Long COVID often leads to long-term fatigue as well as difficulty concentrating

Her patients belonged to an unlucky group who experienced a host of debilitating problems after getting infected with COVID-19, including breathlessness, extreme fatigue, pain around the body, and brain fog (difficulty thinking or concentrating) — a complex syndrome known as “long COVID” and associated with about 200 different symptoms.

“We had no clear idea of what was going on and how this condition would affect patients in the long term,” she told *Global Health Asia-Pacific*. “Patients didn’t get much treatment acutely because we didn’t know how to treat COVID-19, and then they went home and we didn’t know how to manage them either” when persistent problems lingered.

Since then, however, Dr Daynes has seen a shrinking number of severe cases probably because of better care, automatic follow-up, and more information available on what to do when one has long COVID, especially online. “There are always some exceptions to that obviously, but it seems like the picture has generally improved over the years,” she said.

One key reason for the improvement has been the development of a rehab model based on the standard approach used for lung conditions, like chronic obstructive pulmonary disease, which may share some symptoms with long COVID, such as shortness of breath and lack of energy.

In addition, several medications to treat COVID-19 have been approved since the outbreak, including the antivirals remdesivir, ritonavir, and molnupiravir and the monoclonal antibody sotrovimab, which can help patients manage COVID-19 symptoms and reduce the risk of becoming seriously ill. These treatments might also be playing a role in cutting the risk or severity of long COVID, speculates Dr Daynes, though researchers are still looking for evidence of such beneficial effects.

COVID-19 vaccinations could also be helping ease the burden of long COVID. Indeed, some researchers have already shown that they might reduce the chances of developing the condition. One huge study



Most patients with long COVID can now recover after treatment

from the Washington University School of Medicine found that, while vaccinations cut the risk of long COVID in only 15 percent of cases, they were more effective at reducing the risk of serious problems like lung and blood-clotting disorders, which declined by 49 and 56 percent, respectively.

“Vaccinations remain critically important in the fight against COVID-19,” said first author of the study Dr Ziyad Al-Aly, a clinical epidemiologist at Washington University, in a press release. “Vaccinations reduce the risk of hospitalization and dying from COVID-19. But vaccines seem to only provide modest protection against long COVID. People recovering from breakthrough COVID-19 infection should continue to monitor their health and see a healthcare provider if lingering symptoms make it difficult to carry out daily activities.”

Despite the improvements, one in eight people who get COVID is still affected by persistent problems three months after testing negative, according to a recent study in *The Lancet*, and data on functional impairment show that many people are doing less

since they had COVID in a way that affects their daily life. Some, for instance, aren't able to walk as far as they did before getting infected, explained Dr Daynes.

Who's at a greater risk of long COVID

Though the syndrome can affect anyone infected with the coronavirus, some groups seem to be more susceptible to it.

“If you have a heart, lung, or other condition before getting COVID-19, you are more likely to develop long COVID,” said Dr Daynes. “But that's not a hard-and-fast rule as there are people who were perfectly healthy, even elite athletes, who still have long COVID symptoms.”

Being female is another risk factor since women tend to be more commonly affected by long COVID, though it's unclear why.

“I don't think we have any hypothesis for it other than social factors,” she said. “If you are a mother and look after the house and children, [after falling ill] generally you go back to your activities quicker than males who usually don't do those things,” which may

Despite the improvements, one in eight people who get COVID is still affected by persistent problems three months after testing negative

be an explanation for why women are more prone to fatigue and other common long COVID symptoms.

A multidisciplinary approach is the current treatment of choice

Unlike during the early days of the pandemic, people who suffer from long COVID can now count on specialist services that aim to deal with the many complexities of the syndrome.

Mild cases usually don't require much care because they aren't too symptomatic or limited in their daily activities. "They just need some advice on how to gradually get back to normal," stressed Dr Daynes.

But people with moderate to severe long COVID have symptoms on and off almost every day. "One day is better than the other, so when people feel better, they start to do more, but that means the day after or the one after that is much worse," she explained.

In these instances, patients are usually seen by different doctors, including a respiratory physician, a cardiologist, a fatigue specialist, and a neurologist, while additional medical experts may be involved in the care process if patients already have other conditions like diabetes, which could flare up after getting infected with COVID.

"We need comprehensive management because COVID-19 is a multisystem problem that could affect people in many different areas [of the body], and that's where it becomes difficult to unpack," said Dr Daynes. "Someone may have micro blood clots in the brain, someone may have scarred lungs, and someone may not have [detectable] changes at all. A small group of people will have inflammation of the heart that will require rest for weeks or months to disappear."

Each patient is treated for their specific problems, like high blood pressure or cognitive dysfunction, while most usually undergo a six-week rehab programme involving both cardiovascular and strengthening exercises tailored to their fitness level. This is an established approach commonly used to help people with respiratory conditions recover and entails running on a treadmill and riding a stationary bike to improve heart and lung health, as well as lifting weights to strengthen the upper and lower limbs.

"We do an exercise test before so we know where they are at that moment, and we do about 80 percent of their maximum and then we progress in line with their symptoms," she explained. "So, if they start to feel comfortable with what we are doing and don't feel unwell, we then go a little bit farther or walk a little bit faster or use higher weights."

Since exercise might make the condition worse, it's crucial to carefully monitor how patients respond to the programme to find the best strategy for each individual.

Patients are also advised on how to manage their symptoms by pacing and spreading out their activities

during the day to avoid flare-ups or by focusing on breathing through the nose instead of the mouth while at rest.

One important tip is to engage in abdominal breathing where "the breathing is coming from your stomach, meaning that when you breathe in your stomach should go up and when you breathe out it should go down."

These suggestions are particularly important when the programme is over since patients can use them to self-manage their symptoms and keep progressing.

While these treatments and tips aim to ease physical impairment, psychological counselling may also be needed since some patients experience anxiety or high levels of stress as they struggle to engage with their daily activities and face possible scepticism from doctors, friends, or family members about their problems. "Something that always comes up is the challenge people have in being listened to and believed. As a result, they think their symptoms are being invalidated, and this has a huge psychological burden."

Even in this area, however, Dr Daynes has seen some improvement compared to the early phase of the pandemic.

"Certainly, long COVID doesn't seem to have as big a mental burden as it did," she said. "We have definitely seen more post-traumatic stress disorder early on, but that doesn't seem as big an issue now."

Mild cases usually don't require much care because they aren't too symptomatic or limited in their daily activities.



COVID-19 vaccination can help reduce the risk of long COVID



Recovery times vary based on symptom severity and how long people have been sick

Can people recover?

While previously there were many uncertainties around the prognosis of long COVID, prospects of recovery are now looking up.

By sticking to the rehab programme and the tips to manage breathing and daily activities, patients can see benefits in exercise tolerance, such as being able to walk farther and for longer, and in their quality of life in general. “They feel less breathless and tired, more energetic and able to sleep better,” Dr Daynes said.

Though recovery times vary based on symptom severity and how long people have been sick, she added, most of them can get back to their pre-COVID level of health within three to 12 months.

But there’s still a minority of people who will need more time to recover and, if other similar post-viral conditions like chronic fatigue syndrome are any indication, some might have to struggle with long COVID for several years without a definitive cure on the horizon.

One of these long sufferers is 16-year-old Kitty McFarland, who’s still struggling with the effects of

long COVID more than two years after being infected with the coronavirus.

“Sometimes I find it hard to speak. My brain feels very blurred, and I can’t think of a sentence. I stutter a lot. Every day is different. Sometimes I’ll be fatigued and dizzy, sometimes I feel brain fog, but I can walk around with it. Sometimes, if I’m doing well, we can go out for walks, but then the next day I could be back in bed. You go through so many phases of up and down, it’s like being on a rollercoaster forever,” she told the World Health Organization (WHO) in August.

To help people like Kitty, the WHO/Europe has called upon governments and authorities to focus attention on the condition and its impacts by boosting research and reporting while offering better rehabilitation services.

Researchers are still trying to figure out the root causes of long COVID, but the current two main hypotheses are that the condition is caused either by bits of virus that stay in the body undetected by standard testing or an overactive immune system that’s been dysregulated by the infection to keep attacking healthy tissues.

By sticking to the rehab programme and the tips to manage breathing and daily activities, patients can see benefits in exercise tolerance, such as being able to walk farther and for longer, and in their quality of life in general.

COVID pandemic created immunisation gaps in Africa. Over half a million children are at risk

Author: Edina Amponsah-Dacosta, Postdoctoral Research Fellow, Vaccines for Africa Initiative, University of Cape Town.

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The COVID pandemic exposed the fault lines in health systems and national routine immunisation programmes around the world.

A recent World Health Organization (WHO) report showed that the pandemic fuelled the largest sustained decline in childhood vaccine coverage rates.

These declines threaten to undo the exceptional efforts made in preventing and controlling the devastating burden of vaccine preventable diseases globally. Routine immunisation has prevented two to three million deaths yearly. Of the lives saved, 800,000 were in the Africa region. Routine immunisation has led to a drastic reduction in diseases like neonatal tetanus and measles. And bacterial meningitis (type A) and polio have virtually been eliminated across the continent.

The repercussions of the pandemic on routine immunisation programmes in the African region are yet to be fully realised. What we do know so far is that the pandemic has resulted in substantial disruptions

to national routine immunisation programmes. As a result, the continent is seeing an increased number of outbreaks of vaccine preventable diseases.

African countries had nearly eliminated the deadly form of meningitis type A. But a four-month-long meningitis outbreak was reported in the Democratic Republic of Congo in 2021. It accounted for 2,665 cases, claiming 205 lives. This resurgence has been linked with the suspension of meningitis vaccination campaigns at the height of the COVID pandemic. In February 2022, Malawi reported its first wild case of poliovirus type 1 in 30 years. A second case followed in Mozambique three months later. The outbreaks sparked mass polio vaccination campaigns across southern Africa.

UNICEF and the WHO have warned of the heightened risk for measles outbreaks, given widening immunisation gaps.

Currently, Zimbabwe is contending with a devastating measles outbreak. Within five months, there have been

6,551 confirmed measles cases and 704 related deaths.

These emerging outbreaks are a matter of great concern. They call for urgent and sustained public health interventions. Unless these are put in place, the compounding effects of the pandemic could derail regional progress towards the global immunisation targets that secure the health and wellbeing of infants and children.

The resurgence of deadly vaccine preventable diseases underscores the importance of maintaining high vaccination coverage rates. Children everywhere must have access to all the recommended lifesaving vaccines they need. The disruptions observed during the COVID pandemic also highlight the importance of establishing resilient health systems. Systems must be able to withstand acute and prolonged shocks while delivering essential health services like immunisation programmes.

Immunisation before COVID

It is important to contextualise the performance of routine immunisation programmes within the African region. Even before the pandemic, the African region was already contending with a precarious situation.

For one, an estimated 30.7 million children under five continue to suffer from vaccine preventable diseases. These include rotavirus diarrhoea, pneumonia, pertussis and measles. Of these children, more than 520,000 die each year because of poor access to essential immunisation services.

The continent's health systems have to manage on average 150 cases of disease outbreaks and other public health emergencies every year. These range from armed conflicts to climate-related disasters (including flooding, drought, and famine) and disease outbreaks. National routine immunisation programmes have had to function in this context.

The pandemic widened immunisation gaps

On the continent the pandemic has substantially disrupted national routine immunisation programmes. In many countries health systems were forced to divert limited resources to combat the pandemic. This often left immunisation services vulnerable.

At the height of the pandemic, several countries reported having to suspend vaccination services. There were disruptions to vaccine supply chains which led to stockouts. The number of people taking up immunisation services declined due to restrictions on public gathering. Many people also feared being exposed to the virus at health facilities.

A good measure of the COVID-related disruptions to immunisation programmes is the coverage of the three doses of the diphtheria-tetanus-pertussis (DTP3) vaccine. The WHO uses the coverage of DTP3 to monitor access to immunisation services and measure the performance of broader health systems.

The WHO report shows that the COVID-19 pandemic



contributed to a general decline in DTP3 coverage globally – irrespective of economic power or income level.

In Africa, national immunisation programmes in several countries maintained optimal performance, achieving DTP3 coverage rates above 90%. These included Algeria, Botswana, Burkina Faso, Burundi, Ghana, Kenya, Malawi, Mauritius, Namibia, Sierra Leone, Uganda and Zambia.

Of concern, however, are the 29 countries that recorded coverage of less than 90%, creating substantial immunisation gaps.

The increased misinformation and disinformation during the pandemic also led to some decline in public trust and confidence in immunisation services. This has significantly affected vaccine demand.

Charting a way forward

The pandemic provides useful lessons on the importance of continuously strengthening health systems and “crisis-proofing” national routine immunisation programmes.

COVID-19 has been a catalyst for renewed political interest in immunisation programmes. But this must be followed up with regional solidarity to re-prioritise routine immunisation in the national and regional public health agendas.

National governments will have the responsibility to secure and sustain donor funding while increasing domestic financial commitments that will fill the funding gaps for national immunisation programmes. This is in line with the declarations they have endorsed.

But most importantly, there's a need to intensify demand for vaccines and immunisation programmes. This is critical to build back public confidence and trust in vaccines and immunisation services in a post-COVID world. ■

Congratulations

to Gleneagles Hospital Singapore and
Mount Elizabeth Hospitals on their stellar results
at the Global Health Asia-Pacific Awards 2022.

Mount Elizabeth Hospitals Singapore



Advanced Cardiology
Service Provider of the Year
in Asia Pacific



Neurology Service
Provider of the Year
in Asia Pacific
(2017- 2022)



Multi Disciplinary Oncology
Service Provider of the Year
in Asia Pacific



Patient Experience
Satisfaction Hospital
of the Year in Asia Pacific



Stroke
Centre of the Year
in Asia Pacific
(2020-2022)



Transplant Service
Provider of the Year
in Asia Pacific
(2021-2022)



Hospital of the Year
in Singapore
(2018-2022)



Hospital of the Year
in Asia Pacific
(2016-2022)

Gleneagles Hospital Singapore



Complex Paediatric
Service Provider of the Year
in Asia Pacific



Endocrinology
Service Provider of Year
in Asia Pacific



Respiratory Service
Provider of the Year
in Asia Pacific
(2020-2022)



Spine Care Service
Provider of the Year
in Asia Pacific
(2021-2022)



Mount Elizabeth Hospitals win
Hospital of the Year
in Asia Pacific
for the seventh year
2016 - 2022

*Warmest
Congratulations*
from Global Health Asia-Pacific



LIST OF WINNERS

Stand-Out Jury Award Hospital
of the Year in Asia Pacific
Subang Jaya Medical Centre

Hospital of the Year
in Asia Pacific
Mount Elizabeth Hospital

Outstanding Leadership in Healthcare
Travel in Asia Pacific
**Malaysia Healthcare
Travel Council**

Outstanding Healthcare
Leadership Award in India
Apollo Hospital

Medical Tourism Hospital of the Year
in Asia Pacific
**Island Hospital
Mahkota Medical Centre**

Hospital of the Year in Indonesia
RS Premier Jatinegara

Hospital of the Year in Thailand
Samitivej Sukhumvit Hospital

Hospital of the Year in Malaysia
**KPJ Healthcare Berhad
Gleneagles Kuala Lumpur**

Hospital of the Year in Singapore
Mount Elizabeth Hospital

New Hospital in Asia Pacific
Sunway Medical Centre Velocity

Advanced Genetic Service
Provider of the Year
in Asia Pacific
Subang Jaya Medical Centre

AI-Assisted Endoscopy Service
Provider of the Year
in Asia Pacific
Farrer Park Hospital

Air Ambulance Service of the Year
in Asia Pacific
ASH-Charter

Ambulance Service of the Year
in Asia Pacific
LifeSaver Ambulance

Bariatric Service Provider of the Year
in Asia Pacific
Gleneagles Kuala Lumpur

Brain Health Service
Provider of the Year in Asia Pacific
Farrer Park Hospital

Breast and Body Contouring Surgery
Service Provider of the Year
in Asia Pacific
SLC Hospital

Breast Endocrine Service Provider
of the Year in Asia Pacific
Prince Court Medical Centre

Cardiology Service Provider of the Year
in Asia Pacific
Institut Jantung Negara

Advanced Cardiology
Service Provider of the Year
in Asia Pacific
Mount Elizabeth Hospital

Child Development and Paediatric
Service Provider of the Year
in Asia Pacific
ParkCity Medical Centre

Colorectal Cancer Service Provider of
the Year in Asia Pacific
Samitivej Sukhumvit Hospital

Complex Paediatric Service Provider
of the Year in Asia Pacific
Gleneagles Hospital Singapore

Cosmetic Surgery and
Plastic Surgery Hospital of the Year
in Asia Pacific
SLC Hospital

Dental Service Provider of the Year
in Asia Pacific
**Bangkok International Dental
Hospital**

Diabetes Service Provider of the Year
in Asia Pacific
Island Hospital

Diagnostic Imaging Centre of the Year
in Asia Pacific
KPJ Johor Specialist Hospital

Digestive Health Service Provider
of the Year in Asia Pacific
Pantai Hospital Kuala Lumpur

Emergency Care Service
Provider of the Year
in Asia Pacific
Institut Jantung Negara

Endocrinology Service
Provider of the Year
in Asia Pacific
**Gleneagles Kuala Lumpur
Gleneagles Hospital Singapore**

ENT Service Provider of the Year
in Asia Pacific
Prince Court Medical Centre

Face Lifting Surgery Service
Provider of the Year
in Asia Pacific
SLC Hospital

Fertility Service Provider of the Year
in Asia Pacific
Alpha IVF Group

IVF Service Provider of the Year
in Asia Pacific
TMC Fertility

Gastroenterology Service
Provider of the Year in Asia Pacific
**Thomson Hospital Kota
Damansara**

Health Screening Provider of the Year
in Asia Pacific
Pantai Hospital Kuala Lumpur

Health Insurance Provider of the Year
in Asia Pacific
Forte Insurance Cambodia

Heart and Vascular Service Provider of the Year in Asia Pacific
Kasemrad Prachachuen Hospital

Healthcare Automation Provider of the Year in Asia Pacific
Omni-Health

Healthcare Technology Innovation Leadership Award
Island Hospital

Hospital Designer of the Year in Asia Pacific
Shahnaz Interior

Mental Health and Rehabilitation Service Provider of the Year in Asia Pacific
Bangkok Hospital

Most Resilient Hospital of the Year
Island Hospital

Most Sustainable Healthcare Institution of the Year in Asia Pacific
Farrer Park Hospital

Most Innovative Hospital of the Year in Asia Pacific
Institut Jantung Negara

Nephrology Service Provider of the Year in Asia Pacific
Prince Court Medical Centre

Neurology Service Provider of the Year in Asia Pacific
Mount Elizabeth Hospital

Obstetrics and Gynaecology Service Provider of the Year in Asia Pacific
Sunway Medical Centre Velocity

Oncology (Medical) Service Provider of the Year in Asia Pacific
KPJ Ampang Puteri

Oncology (Radiation) Service Provider of the Year in Asia Pacific
Subang Jaya Medical Centre

Oncology (Surgical) Service Provider of the Year in Asia Pacific
Pantai Hospital Kuala Lumpur

Multi Disciplinary Oncology Service Provider of the Year in Asia Pacific
Mount Elizabeth Hospital

Ophthalmology Service Provider of the Year in Asia Pacific
Eagle Eye Centre

Orthopaedic Service Provider of the Year in Asia Pacific
Subang Jaya Medical Centre

Paediatric Service Provider of the Year in Asia Pacific
Prince Court Medical Centre

Paediatric Cardiology Service Provider of the Year in Asia Pacific
Institut Jantung Negara

Paediatric Oncology Service Provider of the Year in Asia Pacific
Subang Jaya Medical Centre

Patient Experience Satisfaction Hospital of the Year in Asia Pacific
Mount Elizabeth Hospital

Precision Oncology Provider of the Year in Asia Pacific
Guardant Health AMEA

Respiratory Service Provider of the Year in Asia Pacific
Gleneagles Hospital Singapore

Robotic Rehabilitation Service Provider of the Year
Subang Jaya Medical Centre

Smart Hospital of the Year in Asia Pacific
Thomson Hospital Kota Damansara

Spine Care Service Provider of the Year in Asia Pacific
Gleneagles Hospital Singapore

wSports Rehab and Physiotherapy Service of the Year in Asia Pacific
Island Hospital

Stroke Centre of the Year in Asia Pacific
Mount Elizabeth Hospital

Surgical Medical Provider of the Year in Asia Pacific
Avisena Specialist Hospital

Transplant Service Provider of the Year in Asia Pacific
Mount Elizabeth Hospital

Heart Transplant Service Provider of the Year in Asia Pacific
Institut Jantung Negara

Trauma Centre of the Year in Asia Pacific
Bangkok Hospital

Urology Service Provider of the Year in Asia Pacific
Advanced Urology

Value Based Hospital of the Year in Asia Pacific
Gleneagles Kuala Lumpur

Wellness Service Provider of the Year in Asia Pacific
Sunway Medical Centre Velocity

Women's Health & Wellness Service Provider of the Year in Asia Pacific
KPJ Damansara Specialist Hospital

Women & Children Service Provider of the Year in Asia Pacific
Avisena Women's & Children's Specialist Hospital











AI- ASSISTED ENDOSCOPY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

FARRER PARK HOSPITAL

Colorectal cancer is one of the top cancers among men and women in Singapore¹. Screening should begin at age 50 years for individuals without any risk factors. However, screening should begin from 40 years old for those with increased risk.²

Though evidence suggests that an increasing number of younger adults is being diagnosed with colorectal cancer, most individuals in their 30s to 40s would still brush this away as a little more than a whisper of a warning. The demise of the Hollywood celebrity and Black Panther star Mr Chadwick Boseman brings the result of a late diagnosis to light.

To ensure that patients get the most out of their colonoscopy, Farrer Park Hospital (FPH) added the AI-assisted screening tool to allow for more accurate detection of polyps. Every frame captured during the colonoscopy will be assessed and processed using the AI in the device. As a result, the system will automatically alert doctors performing the scope in real-time if varying shapes and sizes of polyps and lesions are detected. Studies have shown that the higher polyp detection rates are, the more effective patients can be protected from colorectal cancer³.

The hospital launched the pilot service as a trial on March 1, 2022, in conjunction with Colorectal Cancer Awareness Month. It concluded on April 30, 2022, and led to more than 360 colonoscopies conducted successfully by the hospital's practising gas-



Dr Ravi Shrestha & Dr Timothy Low

troenterologists and general surgeons. The service was officially launched on May 1, 2022.

Sharing his thoughts on the AI-powered screening tool, Dr Desmond Wai, Consultant Gastroenterologist, said: “AI assistance helps to reduce false negative results and the polyps that are detected during each scan are highlighted clearly. Risk of missing polyps is reduced. This improves the accuracy of the scopes conducted, which are essential in a patient’s health journey.”

In agreement with Dr Wai, Dr Chew Min Hoe, Senior Consultant and Colorectal Surgeon practicing

at FPH added: “The utility of AI has been gradually embraced internationally and locally. The enhancement of detection of polyps is especially useful for flat and sessile polyps which can often be missed. Preliminary data both locally and internationally suggest an increase in polyp detection up to 20-30%. Early detection and removal help prevent cancer, and they are aligned with the national healthcare policy changes made this year.”

Dr Timothy Low, Chief Executive Officer of FPH, said: “FPH is always looking at new modalities to support our patients’ aspiration of quality of life. The enhanced colonoscopy service represents our ongoing commitment to improving patients’ treatment outcomes from the start – early detection through screening anchored in healthcare technology.”

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SUBANG JAYA MEDICAL CENTRE'S COMMITMENT TO MEDICAL EXCELLENCE CLINCHES THE HOSPITAL SIX GLOBALHEALTH AWARDS



SJMC Senior Management Team with six GlobalHealth Awards 2022

L-R: Rachel Woo, Acting Chief Operations Officer; Ng Ching See, Director of Nursing; Bryan Lin, Chief Executive Officer; Dr Vasuhi Murugiah, Director of Medical Services

Subang Jaya Medical Centre's commitment to clinical excellence, medical advancement, and patient-centric care led it to being named the **Stand-Out Jury Award Hospital of the Year in the Asia-Pacific in the GlobalHealth Awards 2022**. The win was a proud recognition of the private tertiary hospital's quest for better healthcare standards on a regional platform.

"Subang Jaya Medical Centre (SJMC)

carries a strong legacy, and this is largely contributed by the experienced and well-established doctors and healthcare professionals who have grown together with SJMC throughout the years.

As the management team, it is our responsibility to constantly work with and support our clinical teams to innovate treatments and procedures, and this has proven to be beneficial to the

patients who come through our doors. Whether from Malaysia or across the region, patients have the assurance that our multi-disciplinary team will work together to take on complex cases with the best care," said Bryan Lin, Chief Executive Officer of SJMC.

Being able to preserve this legacy is also a testament to the trust SJMC has gained over more than 3 decades with their patients, some of whom are

families that consider SJMC as their preferred hospital for generations.

A Trailblazing Hospital in Medical Advancement

As a hospital of firsts, SJMC is known as a trailblazer in Malaysia's private healthcare sector - being the first among private hospitals to conduct procedures like open heart surgery, stem cell transplant, bone marrow transplant, live-related paediatric liver transplant, and brain neurosurgery just to name a few. In June this year, the hospital achieved a milestone of 800 bone marrow transplants performed since 1999.

In late 2021, SJMC became the first private hospital to perform daycare total knee replacement surgery—a breakthrough procedure that gives patients back their mobility within hours post surgery and earned itself a new award for **Orthopaedic Service Provider of the Year in the Asia-Pacific**.

“Clinical excellence is not new to our hospital, but it's with the strong foundation of clinical excellence that allows us to move into the area of medical advancement. In this case, getting the right technology merely enhances the skills that our doctors already have,” says Dr Vasuhi Murugiah, Director of Medical Services.

SJMC's goal in medical advancement has never been about being the first to own the latest technology; but more so the founding principle that whatever medical and technological advancements the hospital brings in should be able to offer patients better treatment options, recovery outcomes or care that is tailored to their individual needs.

Rachel Woo, Acting Chief Operations Officer, added: “Today, most hospitals have a patient-centric approach. But what makes us different, is the fact that we seek to constantly exemplify

that in all aspects of our daily operations and decision-making processes. We're constantly asking ourselves - How can I make this process easier for my patients? Are our patients able to get the best outcomes in this situation? Sometimes, the answer lies in the use of medical technology, but in most cases, it lies in our ability to adapt, change our processes, and work together to resolve roadblocks that come our way.”

A Leading Cancer Care in Malaysia

In Malaysia, SJMC is a pioneer in radiation oncology services and facilities. The hospital houses its own leading Cancer & Radiosurgery Centre (CRC) that is well equipped with the latest medical technologies for the detection, monitoring and treatment of cancer. **This year, SJMC won the GlobalHealth Award for Oncology (Radiation) Service Provider of the Year in the Asia-Pacific for the fourth consecutive year and earned a new award to its belt, the GlobalHealth Award for Paediatric Oncology Service Provider of the Year in the Asia-Pacific.**

With proven ability to treat a wide range of cancers and complex cases, SJMC has one of the highest survival rates for breast cancer and colorectal cancer in the world. This is made possible by an experienced and compassionate team of multidisciplinary, nurses, and para medical staff who ensure that the latest evidence-based cancer care is provided to all patients. The CRC houses medical specialists in the areas of:

- Clinical Oncology
- Haemato-Oncology
- Nuclear Medicine
- Paediatric Oncology
- Radiosurgery
- Surgical Oncology

“We are “People Caring for People”, and this is not just a tagline to us. We are committed to putting patients first at the core of our services and treatments. We want to ensure that when patients come to us, they can have the peace of mind that they are in the safe hands of the country's best medical teams and will be well taken care of for the best possible outcomes. This is our promise to our patients,” said Ng Ching See, Director of Nursing.

New technology is constantly studied and reviewed for clinical implementation for the benefit of patients. The radiation therapy suites at its Cancer and Radiosurgery Centre (CRC) are fitted with highly advanced equipment and technology to plan and administer radiation treatment accurately and safely to cancer patients.

The most recent example is our Next Generation Sequencing (NGS) service. Compared to traditional methods, NGS offers advantages in accuracy, sensitivity, and speed. Because NGS can assess multiple genes in a single assay, it eliminates the need to order multiple tests to identify the causative mutation and has the potential to make a significant impact on the field of oncology.

The hospital facilities house the latest radiotherapy equipment like TrueBeam Linear Accelerator, Tomotherapy, High Dose Rate Brachytherapy, Wide Bore CT Simulator, and Intraoperative Radiation Therapy System. This year, SJMC became the first private hospital in Malaysia to offer digital PET/CT and TomoTherapy with Synchrony services.

These technologies enable the team of medical experts to deliver from simple to complex high-end radiotherapy techniques such as:

- 3D Conformal Radiotherapy
- Bone Marrow Transplantation
- Brachytherapy



Subang Jaya Medical Centre (SJMC) at dusk

- Image-guided radiation therapy (IGRT)
- Intensity-modulated radiation therapy (IMRT)
- Intraoperative radiation therapy (IORT)
- Stereotactic Body Radiotherapy (SBRT)
- Stereotactic Radiosurgery (Frameless)
- Stereotactic Radiotherapy
- TACE – Transarterial Chemo Embolization
- Volumetric Arc Therapy (VMAT) or RapidArc® Radiotherapy Technology

The combination of quality imaging capabilities within the radiotherapy treatment systems allows precise matching of daily treatment with the planned treatment. This resulted in

high patient survival outcomes that established SJMC's position as one of the best globally.

Excellence in Clinical Outcomes

SJMC conducts clinical studies to determine cancer survival rates of patients who seek treatment at the hospital. The award-winning hospital has published two papers on its cancer survival rates with the aim to compare its performance with national and international cancer care providers, continuously measure its cancer care performance and help improve its services to patients.

This year, the hospital earned its title as the winner of GlobalHealth Award for Advanced Genetic Service Provider of the Year in the Asia-Pacific in its second year running.

“We take pride in our world-class proven clinical outcomes from published works which demonstrate that the breast cancer relative survival rate (all stages) is 90% and nasopharyngeal cancer relative survival rate (all stages) is 73.2%. This puts us on the world map in the field and delivers the best possible outcomes for our patients not just locally, but regionally too,” said Catherine Lee, Director of Cancer & Radiosurgery Centre.

In 2020, a collaboration between SJMC doctors and Cancer Research Malaysia scientists with the University of Cambridge, UK built the largest genetic and genomic database of Asian breast cancers to date. This significant milestone helps doctors to diagnose patients more precisely and offers the most effective treatment option, espe-

cially for patients in Asia. Prior to this, most characterised genomes (the sum of an organism's DNA) used in breast cancer research were from Caucasian women with less than 5% Asians.

This collaborative effort led to mapping the genomes of 1,000 breast cancer patients. As a result, Asian representation in genomic studies has now increased exponentially. Asians had only made up 2% of breast cancer genomic research in 2015. By the end of 2020, Malaysians accounted for nearly 20% of total breast genomic maps that have been published globally so far, with Korea and China at 13%.

The role of genetics and genomics is crucial in cancer care, especially in complex cases. For example, breast cancer is a heterogeneous disease, which means there are many types that cannot be diagnosed just by looking under a microscope. This is where genetics and genomics come in to help analyse the genome or DNA of cancer cells and determine what has gone wrong. Even though some cancers may look the same under a microscope, they are different in the genomes, and this helps doctors decide on the best targeted treatments and interventions.

Genomic information enables doctors to be more precise in diagnosis, as well as choosing the right treatment for the right patient. The study published in the Nature Communications science journal was a collaboration between Professor Dr Pathmanathan Rajadurai and Professor Emeritus Datuk Dr Yip Cheng Har from SJMC, Cancer Research Malaysia and Professor Carlos Caldas and Dr Suet-Feung Chin from the University of Cambridge Cancer Research UK Cambridge Institute.

SJMC will continuously embark on clinical research and publish more papers to play an active role in advancing this field of medicine with the advent of technology and personalised care.

Patient-Centric Robotic Rehabilitation

The rehabilitation centre at SJMC is considered to be one of the most comprehensive when it comes to private hospitals in Malaysia—covering a range of services which include physiotherapy, occupational therapy and speech therapy. While most hospitals consider speech therapy as a standalone service, SJMC recognises that it's an integral part of rehabilitation, especially when it comes to stroke patients who need to regain more than just their physical strength and motor skills.

“Since rehabilitation is all about helping patients restore their ability to conduct daily tasks, putting these three modes of therapy under the same roof means our therapists are able to provide a more holistic environment for our patients' rehabilitation,” said Eliza Basir, Senior Manager of Pharmacy, Rehabilitative & Diagnostic Services.

Since expanding their robotic rehabilitation services in mid-2020, **this is the second year running that SJMC has been awarded the GlobalHealth Award for Robotic Rehabilitation Service Provider of the Year.**

The availability of robotic tools and cutting-edge techniques, alongside a dedicated interdisciplinary team of physiotherapists, occupational therapists and speech therapists who are led by rehabilitation medicine physicians offer comprehensive and coordinated rehabilitation programs for patients ranging from children to adults.

SJMC believes that the patient plays a pivotal role when it comes to their own recovery process and is empowered to take charge with the support of the therapists. The robotic rehabilitation devices available in the hospital are carefully sourced to reflect this. For example with the Keeogo, a lower-limb robotic rehabilitation device, the

sensors at the hip and knee joints are made to detect user-initiated movements, and then the robotic system will work instinctively to support that movement and help the patient maintain stability. This is key, because the patients know that they are ultimately still in control of their movements, and the device supports them in succeeding with the movement intended.

Using such devices also allows SJMC's trained physiotherapists to customise the settings according to the patient's needs and capability. Throughout the rehabilitation process, patients are constantly being guided and assisted by physiotherapists, not just by artificial intelligence (AI).

“I see a lot of room for growth in this area, and with this award recognition, we're excited to keep learning and exploring new methods of therapy to become one of the leading service providers in this area,” Eliza added.

The senior management team of SJMC is confident that there is more to come for the hospital and SJMC will continue to be a trailblazer to chart the path forward for medical advancement, clinical excellence and value-based healthcare.

AIR AMBULANCE SERVICES OF THE YEAR IN ASIA PACIFIC

ASH-CHARTER

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

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Dr Ravi Shrestha & Pin Netra

ported 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

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AMBULANCE SERVICE OF THE YEAR IN ASIA PACIFIC

LIFESAVER AMBULANCE

Pre-hospital care has always played a vital role in the healthcare sector, with COVID-19 further emphasising the need for professional and efficient pre-hospital care services. In Malaysia, for instance, the surge of COVID-19 cases required private ambulance service providers to step up to the task and help the rest of the healthcare sector provide for patients through their medical expertise and advanced medical equipment.

Being an ambulance service provider, we acknowledge the heavy responsibility we carry on our shoulders in fulfilling our duties with utmost diligence. In realising the same, we take it upon ourselves to embark on a continuous journey towards ensuring that our role sufficiently serves the community. Our tireless efforts over the years have now enabled us to be prepared and equipped for any eventuality, 24 hours a day seven days a week, through the mobilisation of our experienced paramedics and state-of-the-art medical equipment.

Since its inception, our company has demonstrated exponential growth, as evidenced by our current fleet of over 25 ambulances and over 50 qualified medical staff servicing both the local and international community. We take pride in our growth over the years as it signifies our determination and perseverance in providing leading-edge, professional, and prompt services.

Being the first point of contact



Dr Ravi Shrestha & Nesan Balakrishnan

between patients and hospitals, it has always been our mission to provide the best possible care for all our patients on par with global standards. Our vision stems from our deeply rooted desire to transcend the existing norms of ambulance service providers by becoming key players in the evolution of the healthcare sector through continuous learning and the leveraging of technology.

As a step towards achieving these missions and visions, we have now implemented telemedicine services on board our fleet of ambulances, making us one of the pioneers in offering

such services within the industry. We have further expanded our services to include International Cross Border Patient Transport Services via ground and air.

As a leading ambulance service provider, our top priority remains the well-being of our patients, while our track record with numerous clients, institutions, and companies from around the globe serves as a testimonial to our high level of service.

We are truly honoured to be recognised as the Ambulance Service of the Year in the Asia-Pacific at the prestigious Global Health Asia-Pacific Awards 2022. This highly acclaimed award plays a vital role in driving us towards attaining the missions and visions of our humble establishment while we pledge to strive towards contributing to the global community through our pre-hospital care services.

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BARIATRIC SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES KUALA LUMPUR

Gleneagles Kuala Lumpur (GKL) earned the distinction this year of being named the Bariatric Service Provider of the Year in the Asia-Pacific, a rigorous accreditation that recognises high standards of excellence in the field of bariatric surgery. “This award is a testament to the hard work and skills of our experienced team of bariatric specialists who are much sought after,” said Ms Hoo Ling Lee, CEO of GKL. “Additionally, our hospital retains its reputation for high-quality bariatric care that leads to better outcomes for our patients,” she added.

Bariatric surgery can literally change one’s life — it doesn’t only treat obesity, but also other conditions such as diabetes, high blood pressure, and heart disease. Here at GKL, we provide several options for bariatric weight loss surgery, including Laparoscopic Roux-en-Y Gastric Bypass Surgery, Laparoscopic Mini Gastric Bypass Surgery, and Laparoscopic Sleeve Gastrectomy Surgery. Each procedure has its pros and cons, and the best fit will be determined after discussion and in-depth consultations with our specialists.

The team at the GKL Bariatric Centre is devoted to providing patients with a high-quality comprehensive weight loss approach and aims to ensure top-quality bariatric surgical care for patients. GKL takes a multi-pronged approach to tackling weight loss issues, including:

- Cutting-Edge Technology: Integrat-



Dato’ Dr. Nik Ritza Kosai Nik Mahmood, Dr. Yeap Chee Loong and Ms Hoo Ling Lee

ing cutting-edge technology within the bariatric surgical pathway, for example, the use of keyhole procedures for less invasiveness with greater safety measures which has simplified many complicated and time-consuming surgeries.

- High Safety Standards: Ensuring appropriate controls are in place for safe, effective, and high-quality care by comprehensively screening eligible patients. This is because bariatric surgery is not intended for cosmetic purposes but rather to improve the quality of life for patients suffering from obesity-related diseases.
- Priority in Care by Qualified Staff: Providing coordinated care to ensure that patients are at ease, right from admission to post-operative rehabilitation. In addition to our well-

trained and qualified professionals, we also stress the importance of a multidisciplinary team-based approach in developing bariatric treatment plans tailored to patients’ needs.

“The GKL Bariatric Centre is committed to helping people achieve their goals by offering them a chance at a healthier lifestyle. We believe in the power of healing and caring for our patients by providing them with the needed support to achieve results,” explained Ms Hoo.

Deciding to undergo bariatric surgery involves a great deal of consideration and preparation. With that in mind, we have a team of weight management physicians, bariatric surgeons, endocrinologists, nurses, dietitians, physiotherapists, and psychologists to guide and support our patients through the weight loss journey. Currently, there is a growing demand for weight loss surgery, so the expansion of the bariatric surgical field needs thoughtful, comprehensive, and thorough planning. “These procedures can change people’s lives and help prevent future health problems. Our plan for GKL is to broaden its services both nationwide and overseas for the benefit of patients with obesity-related issues so that they will be able to enjoy a better quality of life,” Ms Hoo summed up.

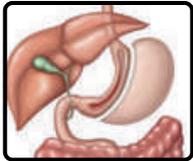


Gleneagles Hospital
KUALA LUMPUR

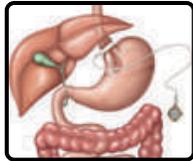


Make a Positive Change for Yourself

Bariatric surgery can change your life for the better - particularly when used to combat long standing obesity issues. The surgery doesn't only treat obesity, but other conditions like diabetes, high blood pressure and heart diseases. Here, in Gleneagles Hospital Kuala Lumpur, we provide several options of bariatric weight loss surgeries including:



Laparoscopic Sleeve Gastrectomy Surgery



Laparoscopic Mini Gastric Bypass Surgery



Laparoscopic Roux-en-Y Gastric Bypass Surgery

Each procedure has its pros and cons, and the best fit will be determined after discussions and in-depth consultations with our specialists.

BENEFITS OF BARIATRIC SURGERY

The main benefits of Bariatric Surgery include:



Reduction in food intake



Increase energy level



Improve physical and lifestyle conditions



Heightened self-esteem and self-worth



Reduced risk of developing life-threatening diseases

WORKING TOGETHER, FOR YOU

To ensure you receive the best and most coordinated care, we take a multidisciplinary team-based approaches which consists of:

- Bariatric nurse coordinators
- Internal medicine specialists
- Endocrinologists
- Laparoscopic surgeons
- Dieticians
- Physiotherapists
- Psychologists
- Anaesthetists
- Gastroenterologists
- Diabetic educators
- Cardiopulmonary therapists
- Pharmacists

Book an appointment today.

Bariatric Surgery and Obesity Management

Dato' Dr. Nik Ritza Kosai

Dr. Yeap Chee Loong

Diabetic and Obesity Management

Dr. Saiful B Kassim

Gleneagles Hospital Kuala Lumpur

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ADVANCED CARDIOLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITALS

At Mount Elizabeth Hospitals, we have one of the region's highest concentrations of experienced heart specialists who have been trained at established medical institutions worldwide. Many subspecialise in their areas of expertise and interests, such as interventional, structural interventional, electrophysiology, and heart failure, among others. Such a diverse breadth of speciality affords patients greater confidence in the care they receive.

With two locations across Singapore (Orchard and Novena), Mount Elizabeth has a long history of innovations and treatments, with specialists supported by a team of specially-trained nursing staff. This provides a legacy of world-class patient care and positive clinical outcomes.

Our facilities are equipped with the latest technologies, so our heart patients get quality specialist treatment. For example, Mount Elizabeth Novena Hospital is fitted with a purpose-built hybrid operating theatre that enables collaboration between surgeons and interventional cardiologists.

Some examples of our advanced treatment procedures include:

Cardiac electrophysiology procedures such as catheter ablation, a minimally invasive procedure to control or eliminate irregular heartbeats, are performed using a thin catheter with electrodes. These are carefully inserted into a patient's blood vessels while a 3D mapping system that identifies and guides the catheter to the exact site in the heart causing the irregular heartbeats.



Dr Ravi Shrestha & Mr Yong Yih Ming

Left ventricular assist devices (LVADs) improve survival and quality of life in patients with advanced heart failure. Mount Elizabeth Hospitals are among the few private hospitals in the region to offer LVAD, a state-of-the-art artificial heart pump that helps increase blood flow to the body, improving organ function and relieving the disabling symptoms of congestive heart failure.

Our structural interventional cardiologists are also among the first in Singapore to be formally trained in transcatheter aortic valve replacement implantation (TAVI). TAVI is a minimally-invasive procedure for treating severe aortic stenosis (AS), a narrowing of the aortic valve opening which restricts blood flow. If left untreated, the survival rate for severe AS is 50 percent within two years.

With TAVI, an aortic valve is implanted through a very small incision made in the groin, avoiding the need for open-heart surgery. A minimally invasive heart surgery like TAVI may involve a shorter hospital stay, quicker recovery, and significantly less pain and trauma than traditional open-heart surgery.

In December 2021, the Impella heart pump was introduced at Mount Elizabeth. A tiny heart pump – one of the smallest in the world – it sustains blood pressure and protects the body's vital organs during heart procedures, making high-risk heart procedures safer by functioning as a 'backup heart'. It supports the circulation of blood around the body and allows our specialists to carry out various procedures safely.

Cardiologists at Mount Elizabeth Hospitals are part of an integrated, multidisciplinary group. Its cardiovascular team collaborates with experts in many specialities to provide comprehensive care, such as with doctors trained in surgery, radiology, respiratory, neurology, and other disciplines.

Having all this expertise in a single place means that care happens under one roof and among the patient's care team of specialists. Test results are also available quickly, and appointments can be scheduled in a timely manner. We recognise that speed is of the essence, and our efficiency means that patients can worry less about their condition and focus on treatment and recovery.

COLORECTAL CANCER SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

SAMITVEJ SUKHUMVIT HOSPITAL

The Liver and Digestive Institute at Samitivej Hospital in Thailand has shown a continued commitment to raising the level of treatment we provide. One way we have done this is by entering into a new partnership with Sano Hospital, a leading hospital from Japan noted for its high level of expertise in the field of digestive endoscopic procedures, as well as in the analysis of the digestive mucosal wall, especially through image enhanced endoscopy. Professor Yasushi Sano, Director of Sano Hospital and Director of the Liver and Digestive Institute, has a proven track record in his native Japan and is an innovator in terms of epithelium classification methods used to diagnose colonic polyps, making him highly regarded among Western physicians.

Most recently, Samitivej Hospital adopted two techniques from Japan which raise the standard of our services. The first technique, Narrow Band Imaging (NBI), is used to assist in the diagnosis of colorectal polyp irregularities that have the potential to develop into colon cancer. Not only can this technique detect polyps that are not yet protruding from the mucosal wall, but it also works up to two times faster than traditional detection techniques.

The second technique we adopted from Sano Hospital is endoscopic submucosal dissection (ESD), a form of minimally invasive, one-time surgery aimed at removing large polyps. The surgery, which does not involve open-



Dr Ravi Shrestha & Dr. Nisarath Jaidee

ing up the patient's abdomen, can be used to treat colon polyps and early stage stomach cancer. Crucially, the Liver and Digestive Institute is one of just a few private hospitals capable of carrying out liver transplants for patients suffering from serious liver conditions. Success rates for our liver transplantation procedures are as high as 90 percent, and most patients are able to make a full recovery.

Tested since 2020 and introduced in 2022, Artificial intelligence (AI) is now being used to assist in colonoscopy procedures as a way of developing higher quality detection through increased accuracy when identifying polyps, which are the most common cause of colon cancer. Some polyps are so tiny or hidden away that they are difficult to spot with a traditional

colonoscopy. However, doctors using AI technology are now more likely to detect such polyps. Additionally, AI can also help to reduce colonoscopy procedure times, giving doctors the feeling of having an extra pair of hands and eyes when trying to spot polyps located in the patient's colon. This allows for the polyps to be removed immediately during the colonoscopy, avoiding unnecessary hospital stays and surgeries for patients.

The results from this medical affiliation between Sano and Samitivej hospitals are a clear improvement in health outcomes for the benefits of our patients:

- 97 percent satisfaction rate among colonoscopy recipients.
- AI-assisted colonoscopy prevented 5,634 cases of colon cancer.
- 1.5 times more accurate diagnosis.
- 53 percent increase in cancer cases prevented.
- Cure rate increased 90 percent.
- 20-fold reduction in cancer treatment costs due to early detection.

BREAST AND BODY CONTOURING SURGERY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

SLC HOSPITAL

SLC Hospital is a boutique hospital that offers an exceptional experience with personalised attention and state-of-the-art technology and capabilities for those who would like to do plastic and cosmetic surgery in Bangkok, Thailand.

With the increase in demand for cosmetic and plastic surgery, patients' unsatisfactory rate is on the rise from receiving plastic surgery procedures from unverified clinics and hospitals. But here at SLC Hospital, customer safety and satisfaction are our top priorities. SLC Hospital is certified by the Ministry of Health and surgery is conducted by board-certified plastic surgeons, anaesthesiologists, registered nurses, and professional staff. By choosing SLC Hospital, patients can be assured of receiving the highest medical standards and services.

With more than 17 years in business, SLC offers full-service cosmetic and plastic surgery procedures. Every surgical procedure is tailored to enhance natural beauty and to help patients feel more confident about themselves than ever before. In doing so, SLC has always been alert and ready to lead the beauty trends by creating a surgical technique that became a signature of SLC Hospital. And this is the forte of SLC which makes it stand out from the other hospitals.

Body Signature Surgery

- Secret Lock™
- Victorian Waist Surgery™
- and Diamond Shape™



Dr Ravi Shrestha, Dr. Pimpida Warunyooratana & SLC Team

Body contouring at SLC Hospital is very popular among local and international patients. Secret Lock™, Victorian Waist Surgery™, and Diamond Shape™ are the surgeries loved by many women and mothers after giving birth. After an incredible and transformative process, clothing size, breast, waist, and hip width can be different. And to get back in shape, SLC Hospital has a way out for all mummies out there.

The Secret Lock™ is a cosmetic procedure to reshape sagging breasts that occurred due to pregnancy, breastfeeding, and rapid weight gain and loss. And for women with a mommy tummy and a lot of excess fat on their waist and back, Victorian Waist Surgery™ and Diamond Shape™ liposuction are the solution. Those two surgeries work well together by removing excess skin and fats on the waist, back, and butt. They involve an incision hiding under the bikini's line

and suturing the wound with medical glue to make the wound smooth without centipede marks after surgery.

In addition to the procedures mentioned above, many other surgeries are also very popular at SLC Hospital, such as breast augmentation, buttocks augmentation, Sexy Line, and Six Pack surgery. To achieve the best possible outcome with a high degree of safety, highly skilled plastic surgeons play a crucial role. Thus, SLC has it all for you because its surgeries are performed by highly skilled plastic surgeons supported by cutting-edge technology and professional staff.

The recognition from Global Health Asia-Pacific is an honour and encouragement for SLC Hospital to raise our standards for our patients. As an appreciation, SLC Hospital is committed to providing the best medical equipment, innovations, and medical technology for the patients.

BREAST AUGMENTATION

Motiva 315 cc

VASER LIPOSELECTION

S Line

TUMMY TUCK

Victorian Waist Surgery™



BREAST SURGERY



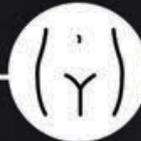
TUMMY TUCK



VASER LIPO
SELECTION



BUTTOCK
SURGERY



REPAIR



SEXY LINE
SIX PACK

BREAST ENDOCRINE SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PRINCE COURT MEDICAL CENTRE

Prince Court's Breast & Endocrine Centre offers patients a comprehensive approach to the management of breast disease.

As a holistic one-stop centre providing high quality consultations, examinations, imaging, and management of breast diseases by trained specialist breast surgeons and radiologists, we are renowned for treating both benign and malignant breast diseases with the latest innovative treatment modalities. This ranges from minimally invasive breast surgeries and sentinel node biopsies to oncoplastic breast surgeries.

The safety and wellbeing of our patients are upheld as Prince Court's top and enduring priority, with our highly trained, multi-disciplinary team working tirelessly and leveraging our advanced technology to ensure a comprehensive approach to patient treatment and care.

Prince Court's Breast & Endocrine Centre's management of early breast cancer is the gold standard in the industry.

Under the care and expertise of our internationally-accredited consultant surgeons and team, we offer our patients comprehensive treatments using a combination of radioactive isotope and blue dye techniques. This ensures our patients' safety, wellbeing, and comfort by minimising their hospital stays through the convenience of day surgeries.

Our centre is also a pioneer at the forefront of radiation therapy for



Dr Ravi Shrestha & Ms Cindy Choe

Using our know-how in breast and endocrine conditions and keeping at the forefront of global developments ensure the best personalised treatments for our patients.

Added to this is our comprehensive suite of superior customer service, medical services, sub-specialities, and quaternary care that ensure that our patients' ultimate comfort and the best outcomes are at the centre of everything we do.

breast and endocrine treatments, providing the INTRABEAM single dose radiotherapy and intraoperative radiation therapy at the time of a lumpectomy or the removal of cancerous tissue.

This targeted dose of radiation, delivered directly to the tissues surrounding the affected site, has been proven to not only reduce treatment times but also cut radiation exposure significantly, once again ensuring that our patients have access to the best and safest treatments.

Technology, knowledge, and personalised care are, and will continue to be, the building blocks of our centre.



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2021

- MEDICAL TOURISM HOSPITAL OF THE YEAR
- ORTHOPAEDIC SERVICE PROVIDER OF THE YEAR
- NEPHROLOGY SERVICE PROVIDER OF THE YEAR
- MEN'S HEALTH SERVICE PROVIDER OF THE YEAR

2022

- BREAST ENDOCRINE SERVICE PROVIDER OF THE YEAR
- PAEDIATRIC SERVICE PROVIDER OF THE YEAR
- ENT SERVICE PROVIDER OF THE YEAR
- NEPHROLOGY SERVICE PROVIDER OF THE YEAR



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CARING FOR YOUR HEART IN MORE WAYS THAN ONE

INSTITUT JANTUNG NEGARA

Institut Jantung Negara (IJN) made history this year at the Global Health Asia-Pacific Healthcare and Hospital Awards 2022 by sweeping up five prestigious awards. These accolades, received during the awards ceremony held in Bangkok, Thailand in August, include being named Cardiology Service Provider of the Year; Paediatric Cardiology Service Provider of the Year; Heart Transplant Service Provider of the Year; Emergency Care Service Provider of the Year; and Most Innovative Hospital of the Year.

The centre is proud to have garnered these awards as they encapsulate some of our core areas of strength that have made us both an internationally renowned brand and South-east Asia's leading provider of cardiovascular and thoracic services.

All things cardiology

When it comes to cardiology, IJN's roots have shaped its drive to remain at the forefront of heart health. The centre was first mooted by Malaysia's then Prime Minister Tun Dr Mahathir Mohamad after he successfully received a heart bypass surgery carried out by local specialists. It was his vision to see a local heart facility that was capable of delivering high-quality and world-class heart care that is accessible to all Malaysians.

Working with this mandate in mind, the IJN brand has become synonymous with numerous clinical "firsts" — the centre's specialists were the



En Akmal Akmal Arief Mohamed Fauzi

first to perform a heart transplant in Malaysia in 1997 and followed this up with the country's first lung and double lung transplants in 2005 and 2007, respectively.

IJN currently offers a host of integrated services that very few Asia-Pacific cardiovascular and thoracic centres can rival — from cardiology services such as interventional cardiology, diagnostics, and non-invasive procedures to cardiothoracic care and other services related to heart problems. At present, the centre has 449 beds, seven invasive cardiac laboratories, nine operating rooms, and 67

consultation clinics.

Thanks to its commitment to clinical excellence and research, the centre is also at the helm of the Malaysia Healthcare Travel Council's (MHTC) push to turn Malaysia into a cardiology hub for the region and beyond.

Transplanting hope for patients

IJN is Malaysia's only hospital to offer heart transplantation and mechanical heart implantation surgery. In addition to the aforementioned milestones, the centre was part of a world-first clinical trial for cardiovascular stem cell transplantation in 2003. IJN

also performed Malaysia's first lung transplantation and first mechanical heart implantation in 2005, as well as Malaysia's first double lung transplantation in October 2007.

As organ donors are hard to come by in the country, the centre has also been proactive in looking at novel solutions for our heart failure patients. IJN was among the first in Malaysia to introduce state-of-the-art technology for patients suffering from end stage heart disease, including the left ventricular assist device (LVAD) and the extracorporeal membrane oxygenation (ECMO). These systems offer patients full circulatory support and are lightweight enough to offer patients the freedom of mobility to continue carrying out their daily activities.

Care from infancy to adulthood

IJN's Paediatric and Congenital Heart Centre (PCHC) is currently Malaysia's go-to centre for complex heart surgery in children and remains the country's sole provider of proven services for paediatric heart rhythm problems.

Quality follow-up care is especially important for congenital heart patients as they grow up, as this determines their quality of life as adults. To this end, PCHC offers cutting-edge treatments, particularly minimally-invasive procedures. Such options help patients avoid undergoing open heart surgeries and reduce the need for repeat procedures as they get older.

The centre's achievements in recent years include the implantation of a bioabsorbable stent for infants with heart complications and a device closure of patent ductus arteriosus (PDA) procedure for preterm babies (weighing at least 1.5kg). In August 2022, the centre successfully carried out transcatheter pulmonary valve (TPV) replacement therapy on five patients.



En Akmal Akmal Arief Mohamed Fauzi & Varun Panjwani

This non-surgical method restores function of the pulmonary valve in children and adults, particularly those who need to replace their existing surgical valves or conduits.

PCHC also works closely with the Malaysian Paediatric Cardiac Society on its critical congenital heart disease registry. This collaboration ensures that congenital heart disease patients who urgently require surgery or other interventions are able to receive their treatment without undue delay, thus leading to better long-term outcomes.

Immediate emergency care

The IJN Heart Attack Centre provides 24-hour emergency treatment to heart attack patients through a procedure called Primary Percutaneous Coronary Intervention or Primary PCI. This is a specialised procedure that opens blocked arteries in the heart via balloon angioplasty or stents and is performed in the cardiac catheterisation

laboratory by a cardiologist.

While Primary PCI is the current definitive treatment for heart attacks, time is of the essence for its success — ideally, heart attack patients should receive the treatment within 90 minutes of their arrival at the hospital. To effectively work within this tight timeframe, the Emergency Department, led by emergency physicians, is supported by round-the-clock cardiologists, cardiothoracic surgeons, and anaesthetists with expertise in cardiac critical care.

This interdisciplinary approach has paid off, as the centre's in-hospital mortality rate for heart attacks has gradually fallen to just three percent in 2019. In contrast, the overall Malaysian in-hospital mortality rate of heart attacks for the same year was 10.6 percent.

Recognising the importance of increasing access to Primary PCI, the centre in 2014 initiated a collaboration

with the nearby Hospital Kuala Lumpur (HKL) on a pilot project named HKL-IJN STEMI (ST Elevation Myocardial Infarction) Network or HISNET. Through HISNET, HKL was able to immediately refer heart attack patients to IJN's Emergency Department via a single phone call activation system. This collaboration drastically reduced patient wait times and enabled IJN to refine its own process. Following the success of this pilot project, the MySTEMI Network was established, where PCI-capable centres are linked to other hospitals with the aim of providing PCI services in a timely manner.

Ongoing innovation

With the goal of maintaining its brand as a pioneer in heart health, IJN has continued to introduce inventive care models and treatments. Even the pandemic of the past two years has seen the centre roll out revolutionary procedures for its patients.

In 2021, the centre performed two first-in-Asia procedures — the Covered Endovascular Reconstruction of Aortic Bifurcation (CERAB) procedure with CO₂ angiogram, a new minimally invasive procedure to treat aortoiliac occlusive disease, and the introduction of a breakthrough bioprosthetic valve called the Tricvalve Transcatheter Bivalves System. Meanwhile, in the first half of 2022 alone, IJN was the first in Southeast Asia to carry out a highly complex electrophysiology procedure using the Acutus heart device, as well as introduce the inventive ballooning device, the POLARx Cryoablation System.

Innovation at IJN is not limited, however, to clinical procedures alone. Rather, the centre has taken forward-



Dr Ravi Shrestha & En Akmal Akmal Arief Mohamed Fauzi

thinking steps to make innovation a part of its entire approach to cardiovascular and thoracic care. Rather than narrowly focusing merely on the heart alone, IJN takes a broad picture view to help patients assess and manage their overall well-being. This integrated approach can be readily seen in the consultation clinics available at the centre. These go beyond the cardiology, cardiothoracic, and paediatric cardiology specialities to also include respiratory, diabetic, and smoking cessation services.

Additionally, digitalisation has also become part and parcel of the centre's management and delivery of care. IJN is currently in the process of implementing a whole-hospital IT system to streamline all its records and processes to enable clinical staff to access and collaborate efficiently.

Having been Malaysia's premiere heart specialist for the past 30 years, IJN has worked hard to stay at the forefront of cardiovascular and thoracic health. We have served over five million patients and advocated for improved health outcomes for millions more in the community.

Being Malaysia's top heart specialist for the past 30 years, and having served over five million patients, IJN continues to work hard to remain at the forefront of cardiovascular and thoracic health. As the centre continues to grow and expand its range of comprehensive services, it looks forward to being the nation's partner in good heart health.

Another Milestone to Drive Us Even Further

We stand humbled and greatly honored by the trust bestowed upon us. This award is a demonstration of our passion and we will continue to pursue excellence in providing the best healthcare services.



2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022

Cardiology Service
Provider of the Year
in Asia Pacific



2018 | 2019 | 2020 | 2022

Paediatric Cardiology Service
Provider of the Year
in Asia Pacific



2020 | 2021 | 2022

Heart Transplant Service
Provider of the Year
in Asia Pacific



2022

Emergency Care Service
Provider of the Year
in Asia Pacific



2022

Most Innovative
Hospital of the Year
in Asia Pacific



2020

Advance Imaging Service
Provider of the Year
in Asia Pacific



2020

COVID-19 Fighter



2019

Asia Pacific
Medical Aesthetics &
Wellness Awards



CHILD DEVELOPMENT AND PAEDIATRIC SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PARKCITY MEDICAL CENTRE

ParkCity Medical Centre is a one-stop child development facility with a comprehensive team of experts who can accurately assess and help all children, including those with special needs.

Its staff can boast experienced paediatricians with several sub-specialisations, paediatric nurses, child and adolescent psychiatrists, a clinical psychologist, and skilled allied health professionals who can help children stay healthy during their developmental years and up to adulthood.

The Child Development Centre (CDC) comprises a developmental pediatrician, a child and adolescent psychiatrist, and a clinical psychologist. It's also staffed with a speech-language therapist, an audiologist, an occupational therapist, and a dietitian to support children with special needs.

Its medical team works with parents to understand their children's needs while also aiming to provide holistic care by collaborating with the children's community and school to promote health and mental wellness programmes. It also works to ensure that children grow up in an environment that fosters their physical and psychological development.

Its experts also provide psychological and emotional support as well as useful information to parents, caregivers, and family members of children with special needs.

The centre was built around the idea that the environment of a hospital makes a big impact on children's



Dr Ravi Shrestha Shrestha & Dr Ong Kuo Ghee

healthcare experience, with its soothing natural elements and lush greens providing a comfortable setting tailored towards children's well-being.

In addition, its dedicated hospitality team can cater to the needs of families with a wide range of services such as language interpreters, special hospital tours/visits, doctor referrals and appointments, and any relevant arrangements to ensure a hassle-free experience.

The vast array of medical services available at the centre include paediatric neonatology, neurology, ophthalmology, orthopaedics, and surgery.

In addition to children, ParkCity also provides specialist care for women and the elderly.

In the near future, the centre plans to expand its paediatric wards, which will be equipped with smart features for inpatient safety and convenience. Also in the pipeline are a bigger and more modern child's physiotherapy unit and play and assessment areas.



ParkCity
Medical Centre

EVERY CHILD DESERVES HIGH QUALITY *Healthcare*



Winner of Child Development
and Paediatric Service Provider
of the Year in Asia Pacific



Paediatric
Outpatient
Clinic



Children
Development
Centre (CDC)



Occupational
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Therapy



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COMPLEX PAEDIATRIC SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL SINGAPORE

Strong Surgical Expertise in the Region

Complex paediatric conditions commonly impact multi-organ systems and can be extremely challenging to manage. With a rise in the number of children with complex conditions and illnesses in recent years, Gleneagles Hospital Singapore has continued to build on its strength in management of this distinct group of patients, from the moment they're born through to 18 years of age.

Gleneagles Hospital Singapore's competence stems from experience and its commitment to being on the side of patients. This has seen the hospital and its care teams perform highly complex surgeries for conditions such as rare cancers, like neuroblastoma, and cardiovascular malformation and disorders. To successfully manage and treat children with such conditions, the hospital embraces a multidisciplinary approach that harnesses the experience and expertise of the care team in the diagnosis, treatment, and post-operative care of these patients.

Multidisciplinary Team

Gleneagles Hospital Singapore is noted for our multidisciplinary team consisting of highly experienced surgeons from various medical specialties, paediatricians, oncologists, radiologists, allied health professionals, and a well-trained and highly experienced nursing care team.

We often receive patients from the Asia-Pacific region with limited



Dr Ravi Shrestha & Dr Melvin Heng

treatment options. Our teams are able to collaborate closely on each of these paediatric cases to provide a personalised treatment plan and offer outcomes-driven care to give these children the best possible chance of a good quality of life.

The team adopts a compassionate child-friendly and family-centric approach with the child's comfort in mind. It goes without saying that families will be able to be by the child's side from treatment to recovery.

Complex Paediatric Conditions

Highly complex conditions that we manage include:

High-risk Neuroblastoma

For neuro-oncological conditions, the cancer can be persistent with poor response to traditional chemotherapy and radiation treatments. Neurosur-

gery for children must also be refined to minimise injury to tissue as it may hinder their development.

Complex treatments performed by our team include multimodality therapy consisting of advanced surgeries such as trapdoor thoracotomy, thoracoabdominal surgery, and adrenal-sparing surgery. This is combined with pre-operative chemotherapy, high-dose chemotherapy with autologous stem cell transplant, and immunotherapy with anti-GD2 monoclonal antibody.

Tetralogy of Fallot

Our surgeons have also successfully treated children with the most complex and rare congenital cardiac septal defect such as Tetralogy of Fallot — a combination of four congenital heart defects involving a ventricular septal defect, pulmonary stenosis, overriding aorta, and right ventricular hypertrophy.

Following surgical correction procedures, these patients will be able to recover in our dedicated NICU or ICU facilities where they will be monitored round-the-clock by staff members who specialise in caring for critically ill infants with rare heart diseases. At times when the heart or lungs may require extra support, Gleneagles Hospital Singapore offers various mechanical support options sized appropriately for children. These include our capabilities in advanced technologies such as VADs (ventricular assist devices) and ECMO (extracorporeal membrane oxygenation).

Despite his
failing organs,
he kept fighting.

So did we.

Effendy was struck with multiple organ failure when his wife contacted us. Our team immediately made arrangements for Effendy to be flown from Surabaya to Gleneagles Singapore.

It was a race against time. We battled to identify and isolate the various symptoms, from the first call to the operating theatre, all within 8 hours.

Today, Effendy stands victorious, living life on his terms.

At Gleneagles Singapore, the team-based, multi-specialty approach taken by our dedicated medical specialists allow critically ill patients to receive timely and end-to-end care across the region.



Respiratory Service
Provider of the Year
in Asia-Pacific
(2020-2022)



Spine Care Service
Provider of the Year
in Asia-Pacific
(2021-2022)



Complex Paediatric Service
Provider of the Year
in Asia-Pacific



Endocrinology Service
Provider of Year
in Asia-Pacific



Central Patient Assistance Centre 24-hr hotline: (65) 6735 5000

Visit us at www.gleneagles.com.sg/helpline for your nearest Patient Assistance Centre

COSMETIC SURGERY AND PLASTIC SURGERY HOSPITAL OF THE YEAR IN ASIA PACIFIC

SLC HOSPITAL

SLC Hospital wins three outstanding achievement awards

The impact of these awards is very serious because it reflects the commitment and dedication of SLC medical teams in pushing Thai surgery to the international level. With over 17 years in the cosmetic and aesthetics business, SLC Hospital has been creating a signature technique that has become viral across the globe.

SLC Hospital is located on Sukhumvit 55 Road (Thonglor) in the centre of Bangkok, which is known as one of the trendiest neighbourhoods in Thailand. SLC provides premium plastic surgery for both local and international patients. It has a team of board-certified surgeons, registered nurses, and professional staff supported by state-of-the-art technology and facilities that allow them to offer international medical standards.

Awards and Acknowledgements

Being granted the Cosmetic Surgery and Plastic Surgery Hospital of the Year in the Asia-Pacific at the recent Global Health Awards 2022 is an acknowledgment of the people's trust and satisfaction in the medical teams and services at SLC Hospital. This is an honour that will further encourage SLC to continue providing quality services. But, this would not be possible without the dedication, commitment, and strategic direction of Dr Pimpida Warunyooratana (CEO), Dr Teerachai Warunyooratana (Chief Medical Officer), and K. Nisa Thangthong (Chief Marketing Officer), who are consistently



Dr Ravi Shrestha, Dr. Pimpida Warunyooratana & SLC Team

giving their best to SLC Hospital's patients.

Growth & Advancement

Over the past 17 years, SLC Hospital has gained the trust of local and international patients. SLC offers a wide range of cosmetic surgery such as blepharoplasty, rhinoplasty, forehead augmentation, cheekbone reduction, breast augmentation, jawline reduction, tummy tuck, Vaser lipo selection, buttock augmentation, etc. Thus, patients are traveling from many parts of the world including the Middle East, UK, United States, Australia, Indonesia, China, and Japan to get their plastic surgery at SLC Hospital. The reason is that SLC Hospital is equipped with advanced medical technology and composed of board-certified and highly specialised surgeons who can recommend procedures based on an individual's needs.

Signature Surgery

SLC Hospital is providing a full range of cosmetic and plastic surgery. Surgery is conducted by board-certified surgeons and medical teams to answer

the needs and wants of local and international patients who are seeking top-notch premium plastic surgery in Bangkok, Thailand. With years of experience, SLC has created and refined numerous surgical techniques that are now a signature of SLC Hospital.

- Foxy Eyes Original™
- Black Swan Eyes Surgery™
- Subbrow Age-Delay Lift™
- Total 3D Facelift™
- Secret Lock™
- Victorian Waist Surgery™
- Diamond Shape™

At this point, SLC Hospital proves that there are no shortcuts to real success but it all comes from the hard work and commitment that SLC is committed to taking. And the awards that were granted by Global Health Asia-Pacific to SLC mark another milestone for what SLC has achieved, showing that Thai surgery is on par with international clinics.

This honour will inspire SLC to raise our standards to offer the best cosmetic surgery to help patients gain their self-esteem back.



*“We focus only on
The best technology for you”*



SLC.hospital



@slcclinic



slcclinic



+66 2714 9555

DENTAL SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

BANGKOK INTERNATIONAL DENTAL HOSPITAL (BIDH)

Bangkok International Dental Hospital (BIDH) is managed by Thailand's largest and most established dental clinic network group, Dental Corporation PLC, which is listed on Thailand's stock exchange with a history of over 20 years in the dental services industry.

One of **BIDH's** key strengths is its team of top dental specialists in Thailand. The majority of our specialists are American Board, overseas, or local board certified. Each has over 10 years of experience in their fields of expertise. Many are international speakers and professors that also teach other local dental specialists at top dental universities in Thailand. Our high calibre team of specialists can reassure patients that they will receive not only successful dental treatments at BIDH but also skilled aesthetics procedures for natural-looking teeth.

Patient safety is one of BIDH's core focuses. Equipment at our dental hospital, such as our Planemeca's 3D CT Scans and digitalised imaging, is selected for its lowest dose radiation exposure to patients. Our dental units undergo automated self-cleaning and tracking of maintenance cycle gear in adherence to a strict code of cleanliness. BIDH employs hospital-based sterilisation standards with controlled centralised sterilisation, water quality checks, and biological and chemical checks with the aim of reducing and preventing risks of infection or contamination, as well as increasing



Dr. Otip Chankanka & Dr. Paworn Pornkittitheerakul DDS

patient safety.

The hospital specialises in oral surgery, dental implants, cosmetic dentistry, paediatrics dentistry, and orthodontic braces. It is one of the few providers in Thailand with a specialty operating theatre specifically for dentistry with full arch dental implant treatments, jaw surgery, and major oral surgery cases under general anaesthesia and sleep sedation.

BIDH is also at the forefront of aesthetic dentistry. We are one of the few providers in Thailand with a dedicated **on-site dental laboratory**. This allows for faster treatments and better teeth

aesthetic control over the quality of our ceramic veneers, dental crowns, and implant prostheses. We use a fully digitalised Computer Aided Design/Computer Aided Manufacturing (CAD/CAM) dental laboratory able to customise ceramic teeth for our patients.

As a specialised dental hospital, BIDH is one of the few dental providers able to provide strict and safe dental sedation using ASA hospital standards. We continue to develop and expand our sedation options for patients with dental phobia and dental anxiety. Just this year in 2022, BIDH added nitrous oxide (laughing gas) to its oral, intravenous (IV), and general anesthesia or total sleep dentistry. With improved advanced safety equipment and non-invasive dental techniques, patients now have the option of getting their dental treatments done comfortably without fear.



Award-Winning Bangkok International Dental Hospital (BIDH)

- Advance Dental Implants
- All-on-4 Immediate function Implants
- All Ceramic Crowns & Bridges
- Ultra-thin Porcelain Veneers
- Smile Makeover with Digital Smile Design
- Invisalign Diamond Provider



2022 Dental Service Provider Asia Pacific



BIDH
DENTAL HOSPITAL

DENTAL
Corporation

THAILAND'S SPECIALIZED DENTAL HOSPITAL

Bangkok International Dental Hospital (BIDH) is the top dental aesthetic dental hospital in Thailand. Comprising of a team of highly skilled and well-experienced aesthetic dental specialists and prosthodontists, many of our dentists are American board certified, international speakers and professors at dental universities. BIDH Dental Hospital uses digital dentistry and DSD smile design concepts that customizes each individual smile. BIDH provides a one-stop dental service for both in-patient and day care dental service provision.

THAILAND'S LARGEST DENTAL GROUP NETWORK

Dental Corporation Public Co., Ltd is Thailand's leading dental group network with brands Bangkok International Dental Hospital (BIDH), Bangkok International Dental Center, Dental Signature, Smile Signature and Dental Planet dental clinics. The dental group has a team of over 100 dentists and has advanced technologies including 3D CT-Scan, endodontic microscope, CAD/CAM based dental prosthetic labs, 3D surgical guide and digital impressions taking.

Treatment Enquiries

www.DentalHospitalThailand.com
www.BangkokDentalCenter.com

In alliance with



DIABETES SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

ISLAND HOSPITAL

Managing diabetes can be challenging for both patients and caregivers. A person's daily routine could change overnight with diabetes, and self-management and support can be overwhelming without proper guidance and care.

To help cope, Diabetes Education can play an important role in the overall treatment and management of a patient affected by the disease. Basics such as a healthy diet, regular exercise, monitoring of blood glucose levels, medications, and how to reduce the risk of complications are all crucial to patients and will all be provided as part of a patient's journey to managing diabetes at Island Hospital. Managing diabetes could well prevent a patient from being hospitalised unnecessarily, and the hospital's invaluable Diabetes Education has resulted in significant improved patient outcomes.

Working with a multi-disciplinary team, our approach towards diabetes care at Island Hospital is that we manage patients from end to end — not only through the patient's primary physician, but also across specialties where the patient may need care. With a complete team of Cardiologists, Nephrologists, Ophthalmologists, Surgeons, and Dietitians, diabetes care at Island Hospital is comprehensive.

Over the two-year pandemic period, diabetic patients were kept connected and informed of their treatment and care even when lockdown measures were implemented. Tele-consultations



Dr Ravi Shrestha & Adeline Goh

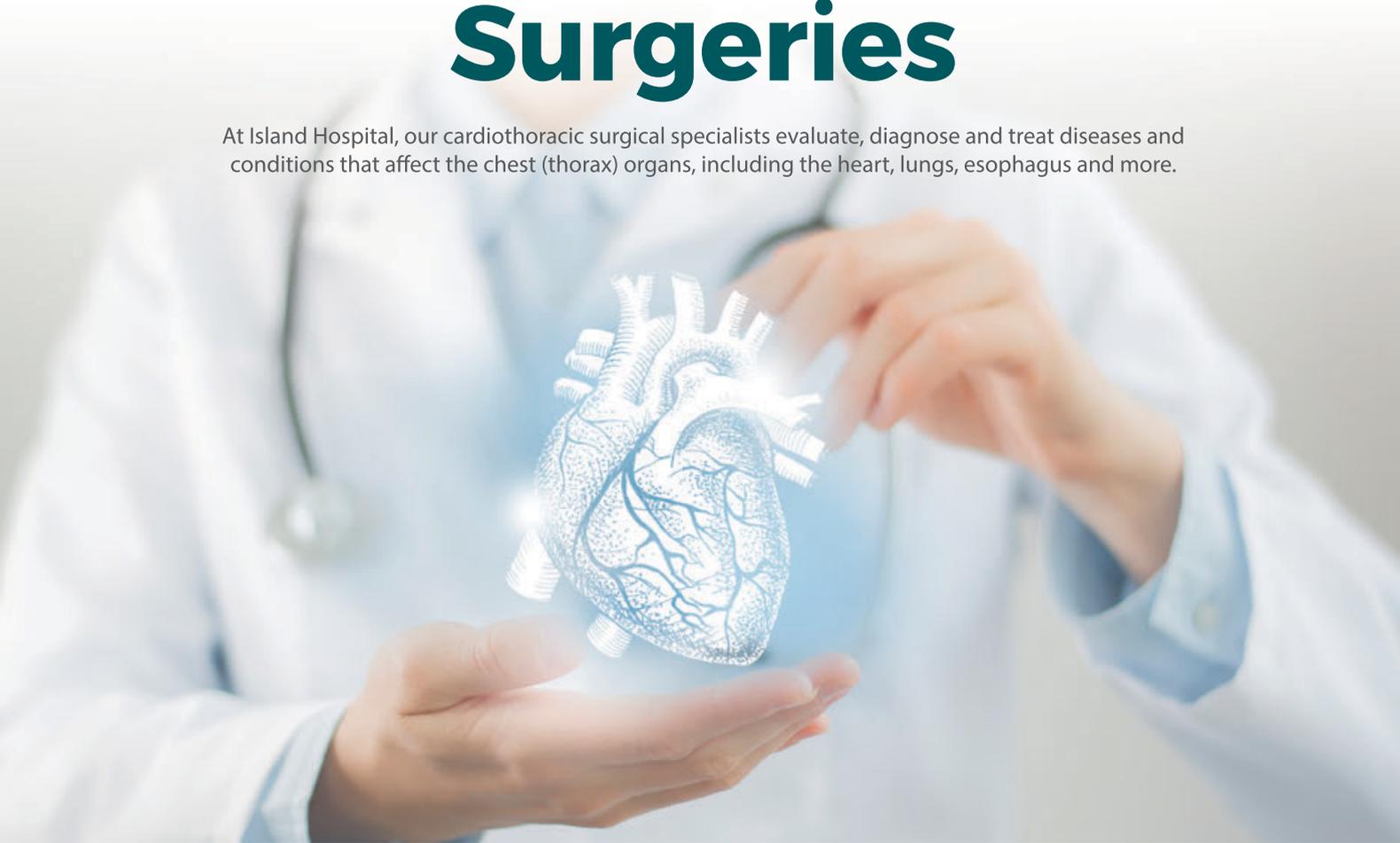
were readily available for existing patients to consult with their doctors while regular virtual and live talks were conducted to keep patients abreast of technologies and treatment options. Driving awareness has in return improved patient treatment outcomes and care as patients are now making their own informed decisions and taking charge of their treatment plans.

The hospital is also actively involved in celebrating the annual World Diabetes Day on a significant scale. During the week-long celebration in November, public forums and talks are

organised for the community alongside activities that create awareness about the disease, its management, and treatment. For healthcare providers, the hospital organises workshops for both nurses and doctors to enable integration between these groups of healthcare providers and to identify areas for improvement in diabetes management and care.

Cardiothoracic Surgeries

At Island Hospital, our cardiothoracic surgical specialists evaluate, diagnose and treat diseases and conditions that affect the chest (thorax) organs, including the heart, lungs, esophagus and more.



Cardiothoracic surgery options include:

Heart Operations

- Coronary artery bypass surgery
- Aortic valve replacement
- Mitral valve repair or replacement
- Surgery on the aorta
- Hole in the heart – atrial or ventricular septal defect
- Tumours in the heart

Chest Wall Surgery

- Chest wall resection and reconstruction
- Correction of pectus excavatum

Lung Operations

- Lung cancers
- Lung abscess
- Empyema
- Pneumothorax
- Airway tumour and obstruction
- Chest injury
- Rib fracture fixation

Mediastinal Surgery

Surgery for Excessive Sweating

Vascular Surgery

- Femoral-popliteal bypass surgery
- Aneurysm surgery
- Embolectomy
- Carotid endarterectomy
- Varicose vein surgery
- Arterio-venous fistula (cimino) for dialysis

DIAGNOSTIC IMAGING CENTRE OF THE YEAR IN ASIA PACIFIC

KPJ JOHOR SPECIALIST HOSPITAL

Centre of excellence for cancer and cardiac care

KPJ Johor Specialist Hospital's two centres of excellence, the Cancer Centre and Cardiac Services, utilise a wide range of high-tech diagnostic imaging equipment and specialists. In Diagnostic Imaging Services, three experienced radiologists and two nuclear medicine specialists, one of whom is also dual qualified as a radiologist, ensure clinical excellence.

To facilitate enhanced patient outcomes, we have invested in cutting edge medical equipment such as the **General Electric Revolution CT scanner for cardiac procedures**. This has enabled our team to conduct **cardiac stress perfusion**, a revolutionary method of assessing heart tissue viability for the planning of cardiac revascularisation strategies such as cardiac bypass and angioplasty. We also have **other high-end cardiac machines** such as the **Canon Infinix angiogram machine and heart lung LivaNova Sorin Stockert S5 machine** which are used in the Cardiac Operating Theatre.

Our **GE Revolution CT scanner** is a 512-slice system which enables the heart's coronary arteries to be imaged in a single heartbeat. It is also one of the first in Malaysia to feature "spectral" or "dual energy" imaging, whereby rapidly switching the x-ray energy during the scan will enable more clinical information to be obtained.

Our **MRI Centre** utilises a Siemens Magnetom Aera 1.5 Tesla system that features one of the widest and shortest "tunnels" in the market to minimise claustrophobia. Its design also assists



KPJ Johor Team

in ensuring the shortest possible scan time for our patients in the scanner.

The **digital fluoroscopy** machine that was purchased in 2021 was one of the first multipurpose fluoroscopy/interventional systems introduced in southern Malaysia. It enables the performance of basic fluoroscopy services such as barium studies but is also capable of performing diagnostic and interventional vascular procedures as well as orthopaedic and pain management procedures.

Contrast Enhanced **Digital Mammography**, a new development in modern mammography, was introduced at KPJ Johor in 2019. In regular mammography procedures, cancerous lesions can sometimes be hidden by or appear similar to normal breast tissue. Our 3D mammography is an improvement, but CEDM takes this improvement further and can in some cases eliminate the need for biopsies. It is also a cheaper, faster alternative to the breast MRI.

The launch of the **PET-CT scanner** in November 2015 established KPJ Johor as the first hospital in the KPJ group to offer Nuclear Medicine/Molecular Imaging services to the public.

KPJ Johor also offers the only hospital-based Nuclear Medicine service in the state of Johor. PET-CT scan is the nuclear medicine in Diagnostic Imaging used to image biological functions at a cellular level using radioactive substances that are designed to travel to specific areas of the body once injected into the bloodstream. It is now an essential part of cancer management as it greatly assists our specialists in diagnosing, staging, and monitoring cancer. It is also used to diagnose certain infections, metabolic disorders, and bone/joint problems.

Our new **Versa HD** system installed in 2022 complements our existing treatment platforms. The linear accelerator is capable of performing a wide range of treatment techniques, from simple 2D conventional and 3D conformal radiation therapy to more complex techniques, e.g., IMRT, VMAT and SBRT. A 3D conformal radiotherapy uses 3D images to shape beams of radiation around the tumour to allow high doses of radiation to be given accurately which reduces the damage to the surrounding healthy tissue.

ENT SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PRINCE COURT MEDICAL CENTRE

The team at Prince Court's Ear, Nose and Throat (ENT) centre are honoured to be selected as the ENT Service Provider of the Year in the Asia-Pacific for 2022.

Our leadership in this field is founded on providing precision, passion and a commitment to clinical excellence, quality, and personalised care for each and every patient that steps through our doors.

Prince Court's ENT doctors, nurses, and medical professionals work tirelessly as a team to provide comprehensive care for both our adult and paediatric patients alike.

With a complete suite of services that range from otology, audiology screening, and diagnostics to treatment for rhinology- and allergy-related conditions, we ensure that all our patient's ENT needs are covered.

Be it clinical or surgical, our centre continues to ensure excellence in all that we do. For example, our hearing aid centre provides state-of-the-art bone anchored hearing aids, while other services offer comprehensive care in laryngology, vertigo, rehabilitation, and head and neck malignancies. We also have a complete sleep clinic.

All of this is with the aim of upholding our reputation for offering the ultimate hospital and ENT centre experience in Malaysia, through our delivery of excellent clinical outcomes and outstanding personalised care in a healing environment.

Beyond our hospital walls, our team



Cindy Choe

of consultant ENT surgeons are renowned and continue to be acclaimed as key opinion leaders by their peers.

With its expertise and care, the centre has distinguished itself in the industry, providing outstanding service and quaternary care by performing highly specialised consultations and treatments, such as cochlear transplants and minimally invasive ENT surgeries.

As a leader in the industry, Prince Court has been hosting the ENT summit for the past nine years with the primary aim of harnessing the high ENT standards of care in Malaysia and

elevating them in the international arena.

Today, we continue to forge ahead by expanding our expertise, know-how, and reputation, which is validated by the ENT summit now recognised as one of the premier conferences within the region.

It is this very commitment to clinical, operational, and service excellence that ensures our patients and their loved ones have peace of mind knowing that they are in trusted and competent hands and will receive the highest standards of quality and personalised care from the moment they arrive at Prince Court.

DIGESTIVE HEALTH SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PANTAI HOSPITAL KUALA LUMPUR

Pantai Hospital Kuala Lumpur (PHKL) acknowledges the importance of and takes pride in the measures it has taken to ensure and improve value-based care and patient health outcomes. The new healthcare delivery model of value-based care stresses a team-oriented approach to patient care whilst ensuring coordination and effective communication between patients and healthcare professionals in the hospital.

Value Driven Outcomes (VDO) is a fundamental concept for improving patient care while aiming to save costs. Reaching this goal requires several adjustments in the ways patients receive medical care, with its essential components centred on total patient wellness and preventive measures. Preventive screenings, overall wellness, and care quality are all taken into account, which ultimately leads to better healthcare outcomes.

Looking to make healthcare proactive instead of reactive, PHKL has initiated and successfully implemented VDO. Using targeted quality indicators as benchmarks, VDO was implemented for colonoscopy procedures performed at PHKL starting in 2019 when pre-set quality indicators were used to determine cost rationalisation.

Colonoscopy enables visual inspection by a medical examiner of the entire large bowel (also called the colon or large intestine). The procedure is a safe and effective means of evaluating the large bowel. A clear image of the



Ooi Zhen Yang

inside of the bowels can be visualised through a video camera attached to the end of the scope. The camera connects to a computer that can store and print colour images selected during the procedure.

When cancer is discovered early, while it is small and has yet to spread, it frequently allows for additional treatment options. Some early cancers may have detectable signs and symptoms; however, this is not always the case. As such, by applying the fundamental concepts of VDO in colonoscopy, we are able to detect early if there is a polyp, after which it can potentially be removed, and at once eradicate the potential cause of cancer, which then results in reducing the burden and cost for cancer treatment.

The majority of the clinical indicators used in PHKL's colonoscopy procedures are found to be above the target standard and the IHH MY Mean.

PHKL clinical outcomes have consistently shown good improvement since the initiation of VDO.

The colonoscopy quality indicators and benchmarks or targets achieved by PHKL are:

Quality Indicators	International Benchmark	PHKL
Bowel Prep BBPS (>6 total scores)	95%	96%
Caecum Intubation Rate (CIR)	95%	98%
Mean Withdrawal Time (min)	>6-10 min	9 min
Poly Detection Rate (ff150yo)	40%	53%
Adenoma Detection Rate (ff150yo)	25%	26%

The benefits of VDO at PHKL not only resulted in lower costs for patients but also provided higher patient satisfaction rates, better care efficiencies, reduced risks, and lower overall healthcare expenses.

PHKL is continuously finding ways to improve both its healthcare institution and the way it provides care to its patients. As it looks to the future, PHKL will continue to work on implementing more VDO initiatives across all its institutions and procedures, such as Total Knee Replacement (TKR), Anterior Cruciate Ligament Surgery (ACL), and Percutaneous Coronary Intervention (PCI).



Global Health Awards 2022

ENDOCRINOLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL KUALA LUMPUR

Gleneagles Hospital Kuala Lumpur's (GKL) recent recognition as Endocrinology Service Provider of the Year in the Asia-Pacific is indeed a truly humbling honour. "We are thrilled to be recognised for the second year in a row as Endocrinology Service Provider of the Year with our dynamic multidisciplinary team providing education, support, and treatment to individuals with complex endocrine-related issues," said Ms Hoo Ling Lee, Gleneagles Kuala Lumpur's CEO.

GKL is equipped with all the related specialties needed to run a comprehensive endocrine service on a single hospital site and is thus able to provide a full spectrum of consultant care and research in the areas of diabetes, hyper and hypothyroidism, metabolic disorders, menopause, osteoporosis, hypertension, and cholesterol disorders. As diabetes is a major health concern in Southeast Asia, Gleneagles Hospitals takes a multi-tiered approach to evaluation, management, and education of patients across all diabetic types, allowing us to help every individual adapt to their condition effortlessly and provide top-quality care to our patients.

The concentration of advanced clinical facilities along with highly qualified specialists has been a major benefit in the care of complex Endocrine cases. Equally, because of the informal network of specialists at GKL and their excellent colleagues in General Practice, hospitals in other states and those with overseas links in Indonesia, amongst others, have



Dr. Saiful B Kassim, Dr. Leslie Charles Lai Chin Loy, Dr. Kelvin Lim, and Ms Hoo Ling Lee

streamlined the central referral of more complex Endocrine conditions, as well as enabled peripheral management of many others. GKL's Endocrinology Centre is able to provide proper Endocrinology testing protocols for conditions such as acromegaly, Cushing's syndrome, and primary hyperaldosteronism, amongst others. Our main sub-specialty interests lie in the secondary causes of hypertension, such as pheochromocytoma, primary aldosteronism, and Cushing's syndrome, with dedicated investigational and management protocols for all.

Our multidisciplinary team consists of seven dedicated Pituitary neurosurgeons, a Consultant Interventional Radiologist who carries out all aspects of Endocrine Radiology, four dedicated Endocrine surgeons who undertake thyroid and parathyroid surgery, and nine Urologists who perform adrenal surgery with our Endocrinologists. Moreover, we have an on-site Paediatric Department with whom we work closely on Growth Hormone disorders

as well as Diabetes, Thyroid Disease, Ophthalmology, and Vascular Surgery, showcasing a truly comprehensive unit.

GKL places great importance on training and strongly encourages medical students to undergo a week-long attachment in the Endocrinology & Diabetes Centre at GKL to gain real-life experience. Additionally, to maintain a critical mass of research activity, our Endocrinology Centre is involved in collaborative studies with other centres allied to the pharmaceutical industry.

"In 2021, we were still dealing with various Movement Control Orders, but as a team, we worked hard to focus on protecting our staff and extending medical services to people at home via our e-health portal," explained Ms Hoo. "This comprehensive infrastructure ensured our patients were able to maintain communication with their healthcare providers even throughout the pandemic, offering to bridge the gap by ensuring they had access to healthcare and medication," she concluded.

ENDOCRINE SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL SINGAPORE

Patients from around the region travel to Gleneagles Hospital Singapore for our strong expertise in the diagnosis and management of hormonal problems and their complications.

Hormonal conditions are diverse and can arise from a diseased pancreas, thyroid, and other endocrine glands, and their impact on a patient can be extensive.

That is why Gleneagles Hospital Singapore adopts a team-based approach to treating endocrine disorders. These can range from common diseases like diabetes and thyroid conditions to rare disorders. Our doctors from endocrinology, surgery, oncology, and other specialties collaborate with a patient-centric focus to develop optimal outcome-driven treatment plans.

For example, specialists from different medical specialties can be readily involved whenever the endocrine disorder causes complications or other comorbidities, from musculoskeletal conditions to neoplasm or cardiovascular problems.

This multidisciplinary team-based approach, coupled with experience, ensures that our patients have access to a wide scope of expertise and services in the management of their condition.

Strong Surgical Expertise

Each year, hundreds of patients undergo endocrine procedures in the hands of our experienced surgeons. Where feasible, they are performed using a



Dr Melvin Heng

minimally invasive approach through small incisions. This results in patients experiencing reduced scarring, less pain and blood loss, and quicker recoveries as a result.

Here are some key examples of our expertise:

Minimally Invasive Whipple Surgery

Our team is knowledgeable in the management of rare but significant tumours of the pancreas. Whipple surgery is the surgical treatment of choice to stop the growth of pancreatic

tumours and their spread within the head of the pancreas. In minimally invasive whipple surgery, the procedure is performed laparoscopically through several small incisions in the abdominal wall, unlike the long midline or rooftop incisions in open surgery. Minimally invasive whipple surgery therefore results in shorter recovery times and hospital stays, with less blood loss and post-operative pain. The small incisions also mean a better cosmetic outcome for patients.

Scarless Thyroid Surgery

Thyroid disorders are more prevalent in women, and scars from a neck surgery are one of the key concerns for these patients. Without the need for any external incisions on the neck, the scarless thyroid surgery, or transoral endoscopic thyroidectomy, is performed laparoscopically through three small incisions in the inner surface of the lower lip. These incisions are closed after the removal of the thyroid gland and heal completely over time, leaving no visible scarring on the neck.

FACE LIFTING SURGERY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

SLC HOSPITAL

Dermal fillers, Botox, injectables, and other non-surgical techniques may provide temporary relief from the sign of aging, however, cosmetic and plastic surgery presents long-lasting results. With over 17 years of trust and satisfaction from the local and international patients, SLC Hospital has launched and trademarked many of its signature procedures of facial and body contouring surgeries.

SLC Hospital has gone viral on the internet based on the satisfaction of the patients who shared their surgery experiences on SLC Hospital Facebook, Tiktok, and Youtube. Indeed, many of SLC Hospital's signature surgeries have gone viral on the internet. For instance, Foxy Eyes Original™, Black Swan Eyes Surgery™, Total 3D Facelift™, and Subbrow Age-Delay Lift™.

To avoid unnatural or unrealistic facial shapes post-surgery, the patient needs to find the most reliable surgeons and hospital to do a face-lifting surgery. SLC Hospital has it all for you. All surgeries are performed by highly skilled board-certified surgeons and plastic surgeons, registered nurses, anaesthesiologists, and professional staff so that patients can expect satisfactory results.

Facial Signature Surgery

- Foxy Eyes Original™
- Black Swan Eyes Surgery™
- Subbrow Age-Delay Lift™
- Total 3D Facelift™

These surgeries are those that are becoming famous internation-



Dr Ravi Shrestha, Dr. Pimpida Warunyooratana & SLC Team

ally thanks to Facebook, TikTok, and Youtube. Foxy Eyes Original™ is designed to change the shape of your eye to mimic the appearance of fox eyes (almond-shaped eyes). After SLC launched this technique, many Thais and Asian women came in to SLC Hospital to do the surgery to change the appearance of their eyes. Black Swan Eyes Surgery™ is another surgery that became viral instantly after posted on social media platforms. The video about Black Swan Eyes Surgery™ has gotten millions of views on Tik-tok from around the world.

In addition to the two surgeries mentioned above, anti-aging surgery is also very popular at SLC Hospital. Many middle-aged women have come to do the Total 3D Facelift™ and a Subbrow Age-Delay Lift surgery™ to correct upper and middle face features. For these two techniques, the surgeon will do the surgery at the SMAS level to correct the sagging appearances of the face combined with a neat incision line that is hiding at the back of the patient's ear and eyebrows.

Within the past several years, SLC

Hospital has successfully proved itself by providing high-quality cosmetic and plastic surgery, becoming very popular among the local and international patients. Thus, patients are traveling across the globe to receive plastic surgery at SLC Hospital. With the increasing in popularity and satisfactory rate, SLC Hospital is now expanding its facilities to welcome more patients.

Dr Pimpida Warunyooratana, CEO of SLC group, has revealed that 2023 will be a challenging and exciting year. Therefore, SLC Hospital aims to increase its market share in Thailand by 5 percent per year and expand its presence in the international market. In addition, SLC Hospital will strengthen its business by listing the company in "Stock Exchange of Thailand, SET" to support the expansion of SLC Hospital in Asia.

To ensure that our patients continue to receive high-quality cosmetic and plastic surgery, SLC Hospital will always set patient safety as our top priority and provide the best cosmetic and plastic surgery possible.

FACIAL SURGERY



ENDOTINE

FOXY EYES ORIGINAL™

SUBBROW AGE-DELAY LIFT™

EYEBAG SURGERY

MICRO FAT TRANSFER STEMCELL

VASER LIPOSELECTION CHEEK AND NECK WATTLE

TOTAL 3D FACELIFT™



LIFTING



FACIAL RESHAPING



NOSE SURGERY



EYES SURGERY



FOREHEAD - PLATE



CHIN SURGERY

FERTILITY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

ALPHA IVF GROUP

Collectively with Genesis IVF & Women's Specialist Centre (Penang), Alpha IVF (Kuala Lumpur), and Alpha IVF (Singapore), the Alpha IVF Group was once again awarded with the Fertility Service Provider of the Year in the Asia-Pacific by Global Health Asia-Pacific. It was its fourth consecutive year bagging this award. Let's take a closer look on how it manages to boost the success rate for its patients through artificial intelligence (AI).

Boosting IVF Success Rate with AI

In line with today's fast-paced digital transformation where AI-powered automation software has become the mainstream, Alpha IVF Group has taken an avant-garde approach by utilising AI for In-Vitro Fertilisation (IVF) to optimise and increase its patients' success rates. Its active involvement in the research and development of AI in IVF practice since 2018, along with other AI innovators from Australia, the USA, Denmark, Israel, and Poland, has produced fruitful results where its AI-enhanced embryo selection is demonstrating a 25 percent improvement in accuracy in choosing the embryo for transfer as compared to the conventional embryologist morphology assessment.

Alpha IVF achieved the first healthy live birth following the transfer of embryos selected using AI in Southeast Asia in 2021 (Lim AYX et al, OGSM 2021). Subsequently, in June 2022, Alpha IVF and Presagen (USA & Australia) published a groundbreaking result where a novel AI algorithm called 'Life



Margaret Wong

Whisperer Genetics' was developed to assess the genetic integrity of embryos non-invasively using only images. This study was published in the *Human Reproduction Journal* (Diakiw et al, 2022), and its results brought new hope to IVF patients.

The development of an AI model for predicting the likelihood of human embryo euploidy based on blastocyst images from multiple imaging systems during IVF will greatly assist physicians and embryologists in selecting the most viable embryo for transfer. Built using deep machine learning, the AI algorithm identifies traits from huge embryo databases worldwide with previous successful pregnancies. Through an assessment of the known

components of the embryo that indicate its quality and the more complex patterns of the embryo that are too difficult to assess through human eyes, the AI software combines these different contributions in the right proportion and generates an AI Score.

In a nutshell, it means that embryo images taken from the time-lapse imaging system will be collected and analysed by the AI-enhanced embryo selection software. The software algorithm scans the images and generates a score of up to 10 based on the implantation potential and likelihood of creating a pregnancy, whereby a higher score indicates a higher chance of implantation. Besides its in-house embryo selection system, Alpha IVF Group uses three types of AI tools that correlate with embryo viability, euploidy prediction, and likelihood of implantation to assist in selecting the best embryo for transfer with the aim of achieving a successful pregnancy in the shortest time.

With centres located in Kuala Lumpur, Penang, and Singapore, Alpha IVF Group is one of the premier conception clinics in the country, with one of its centres having recorded an IVF success rate of 82.9 percent. Topped with cutting-edge technology and a revolutionary AI approach, Alpha IVF Group aims to bring new hope to women undergoing IVF through selection of the best embryo at a faster speed for a quicker conception, which ultimately lessens the strain of IVF on them, their spouse, and families.

WINNER FOR 4 CONSECUTIVE YEARS



Fertility Service Provider
of the Year in the Asia-Pacific



Outstanding Fertility Medical Group
of the Year in the Asia Pacific

Fertility Service Provider
of the Year in the Asia-Pacific



Best Fertility – Excellence in Technology
Service Provider of the Year in the Asia Pacific

Fertility (IVF) Service Provider
of the Year in the Asia-Pacific



Fertility Service Provider
of the Year in the Asia-Pacific



FOR BEING:

A Fertility group with sustainable evidence-based pregnancy results in all their 3 centres.



Leaders in innovative & effective IVF technologies

e.g.: OVA-PRP, ENDO-PRP, AI-Enhanced Embryo Selection, Saviour Sibling Programme.



Pioneers in collaborative works with other
international IVF centres on Endometrial Receptivity Analysis, and Genetic Artificial
Intelligence in IVF.

THE ALPHA IVF GROUP



PENANG



KUALA LUMPUR



SINGAPORE

www.alphaivfgroup.com

IVF SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

TMC FERTILITY & WOMEN'S SPECIALIST CENTRE

Due to the high quality of IVF treatment standards and the availability of qualified fertility doctors in the region, it's no surprise that Malaysia is one of the top places for couples to consider when they decide to embark on their fertility journey. As the region's leading fertility treatment centre, backed by over 25 years of experience, TMC Fertility has always been at the forefront in supporting Malaysia's aspirations to become one of the top medical tourism destinations in Southeast Asia.

TMC Fertility is always exploring the latest advancements in fertility technology and looking for new ways to enhance our services to stay ahead of the curve in our quest to be the industry leader. Rapid advancements in Assisted Reproductive Technology (ART) help us offer the best possible solutions to our patients. Some of the ground-breaking techniques we are offering include our Fertility GeneCode and My GeneCode screening, Microfluidic Sperm Selection, artificial intelligence (AI) application to IVF, and miRNA-based receptivity analysis to find the best implantation window. By using the latest fertility technologies, we are confident that we have left no stone unturned in offering our absolute best to our patients, especially couples who entrust us with making their dreams a reality.

TMC Fertility understands that providing outstanding care for our patients entails more than just de-



Irene Kwan

livering excellent medical care using cutting-edge technology. The journey towards parenthood is often a long and frustrating one filled with many uncertainties along the way, leaving couples with a sense of helplessness. We go the extra mile by providing patients with holistic treatments that are proven all over the world to not only complement, but also improve the effectiveness of IVF procedures.

We are one of the few fertility centres in Malaysia to offer an in-house wellness programme that includes Traditional Chinese Medicine (TCM) services like acupuncture and cupping.

Data from a systematic review that combined the results of high-quality studies on acupuncture found that it can increase pregnancy chances by 65 percent for women undergoing fertility treatment. Meanwhile, cupping helps in reducing stress levels and improves circulation by removing stagnation in the fallopian tubes to provide a better environment for conception. In addition to TCM, we support patients by offering other effective modalities such as healthy eating, weight management, and psychological and emotional support.

As a one-stop centre that offers a full spectrum of fertility and gynaecology treatment options, we're ready to welcome all international travellers looking to start their treatment in Malaysia. Our team will assist with all their travel needs through our comprehensive concierge services, including planning of their holiday throughout their stay. Whether it's for hotel bookings, interpretation and translation services, currency exchange, or airport transfers, travellers can be assured of a fuss-free and pleasant experience, every step of the way.



THE IVF SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC 2022

IVF Service Provider

TMC FERTILITY & WOMEN'S SPECIALIST CENTRE



TMC FERTILITY



Thank you for your support!



WOMEN'S HEALTH AND WELLNESS
SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC



FERTILITY SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC



WOMEN'S HEALTH AND WELLNESS
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WOMEN'S HEALTH AND WELLNESS
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FERTILITY SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC



FERTILITY SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC

from
HOPE
to
JOY

HEALTH SCREENING PROVIDER OF THE YEAR IN ASIA PACIFIC

PANTAI HOSPITAL KUALA LUMPUR

Pantai Hospital Kuala Lumpur (PHKL) has always believed that early detection saves lives. With that as a goal, we offer extensive screening facilities and customisable screening packages that are complemented by a dedicated team of specialists who help patients analyse and understand their results.

PHKL's Health Screening Centre (HSC) is a one-stop facility where patients from all over come to have their health check-ups, ranging from basic to comprehensive screening packages, all in one place. The journey of these patients, from having their blood investigations done, imaging, and right up to consultations with doctors, is seamless and convenient.

With early detection and the importance of prevention in mind, PHKL offers not just resident medical officers but also a team of experienced consultants across various specialities who work closely with patients to help them understand their health status better.

As a value-added benefit to corporate clients and external stakeholders and to ultimately encourage a healthy workforce, PHKL can create tailored screening packages to meet the needs of clients, deliver competitive corporate rates, and participate in corporate health talks, health camps, and on-site health screening campaigns.

PHKL's passion for preventive healthcare is perhaps most evident in our "Screen to Be Sure" campaign, which raises awareness of the impor-



Ooi Zhen Yang & Varun Panjwani

tance of early detection of cancer for the best outcome. The goal is early detection, lifestyle improvements, or surveillance to reduce the risk of getting the disease or to enable early enough diagnosis to treat patients most effectively. Screening tests are not just diagnostic. They also identify who should undergo additional testing to determine the presence or absence of disease.

Cancer remains one of the toughest codes to crack in the medical world. Carcinogenic characteristics (the way cancerous cells behave) develop subtly, often undetectable behind the scenes

of normal bodily functions. And when symptoms appear, the disease may already be too complex to treat if cancer has metastasised across the body.

At PHKL, we believe that regular cancer screening helps to detect abnormalities, remediate early diagnosis and treatment, and provide insights into other aspects of patients' health when done alongside consultations. PHKL's intention through this campaign is to educate patients to understand that getting cancer is not the end. Rather, detecting cancer in its earliest stages gives the best chance of survival. Therefore, PHKL offers a range of extensive and comprehensive screening packages, such as preventive women's health screenings, chest X-rays, colonoscopies, and comprehensive blood tests.

SCREEN
TO BE SURE



Health Screening Provider

Of The Year In Asia Pacific

Global Health Awards 2022

HEALTH INSURANCE PROVIDER OF THE YEAR IN ASIA PACIFIC

FORTE INSURANCE

A leading insurance company in Cambodia, Forte received this year's Health Insurance Provider of the Year in the Asia-Pacific Award from Global Health Asia-Pacific, a recognition of the company's commitment to bringing the best services to its customers by providing financial protection and peace of mind.

Forte is one of the few insurers in Cambodia to offer both innovative general and life insurance products to individuals and corporate clients. As a forward-thinking and progressive organisation that puts people at the heart of everything it does, this award is a recognition of the immense hard work of its employees at all levels and the continuous trust of its customers, clients, and partners. The company's diverse pool of talented employees come from various backgrounds and nationalities working together to represent Cambodia in the region as a market leader in insurance.

Forte's purpose today remains the same as it was when it was established over twenty years ago — to be a trusted business partner offering tailored and innovative products, superior customer service, and financial stability to clients. Staying true to its vision has enabled the company to continue expanding its business and developing the largest market share in Cambodia for general insurance.

As the premier insurance company in Cambodia, Forte is committed to providing high quality client servicing



Vannary Meng & Sharliza Rahman

and comprehensive customer-focused insurance solutions. It offers dedicated professionals, a 24-hour hotline for emergencies, efficient claims services, and strong financial security. Forte's full range of insurance products include Group Personal Accident, Fire, Home, Property, Marine and Cargo, Contractor's All Risk/Erection All Risks, Aviation, Automobile, Health Insurance, Public Liability, and other policies. It also provides comprehensive life insurance products, including Life Protect, Life Education, and Group Term Life.

With over two decades in the

business, Forte has developed strong partnerships with hospitals and medical centres, with currently over 75,000 such partnerships worldwide.

Forte has also expanded its offerings in the agricultural sector, extending the firm's outreach to low and middle-income groups as well as investing in insurtech initiatives. Some projects include working with the farming community to build up aquaculture insurance expertise, supporting the growth of key crops such as mangoes, bananas, cashews, vegetables, and rubber, and partnering with micro-finance insurers to provide protective financial solutions to their customers.

Penetration in the insurance sector is still relatively low in Cambodia compared to neighbouring countries, so strong continued growth in the market is expected. Forte's status as Cambodia's largest general insurer also facilitates the building of good relationships with international insurance partners. The company is focusing on its core strengths to develop unique, localised offerings and create further awareness of how insurance can positively impact people's lives in the Mekong region.

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.

Kasemrad Hospital, Prachachuen

first started its operation on 15 of July 1997 under the administration of Bangkok Chain Hospital Public Company Limited and has reached its 16th anniversary with determination in global standard medical services. Adhering to medical service and occupational standards fully equipped with hospital rooms and facilities and just as important, affordable costs the hospital takes into account ethical and occupational integrity, as well as the determination to develop a standard medical service for the people, environment and for the awareness of natural resources.

In addition to medical services, Kasemrad Hospital provides support to various agencies and organizations in order to create direct and indirect social benefits such as mobile medical unit, health advice, promoting traditional activities and festivities, and cooperating with the public sector in natural preservation. Furthermore, the hospital also regularly organizes various free-of-charge seminars to give knowledge to participants.

Kasemrad Hospital, Prachachuen, has policy that ensures the majority of the country receives equal medical services, which in turn meets various government policies.



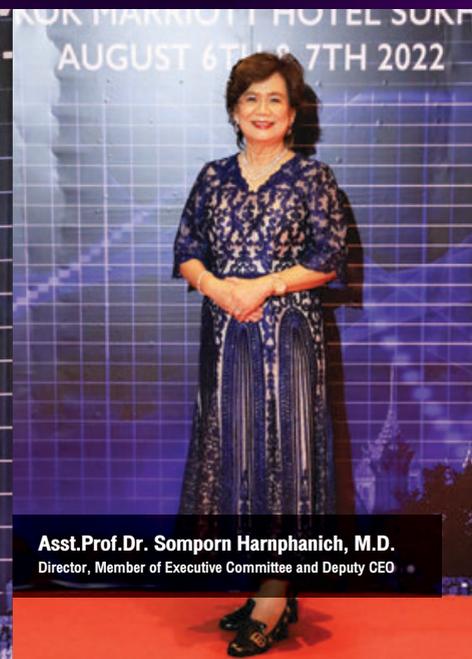


Bangkok Chain Hospital Public Company Limited (“BCH”)

Kasemrad Hospital Prachachuen

was awarded as the winner of Heart and Vascular Service Provider of the year in the Asia-Pacific from Global Health Asia-Pacific Awards 2022. This highlighted the efficiency of CVD patient care, with experiences and professionalism of physicians at Kasemrad Hospital Prachachuen.

In Global Health and Travel Award 2022, continuously hosted for 7th year by Global Health and Travel, a top tourism and health promotion magazine in the Asia-Pacific based on the judgement criteria of the collected survey from readers worldwide and scoring from the committee of the experts in health and tourism businesses of Global Health Asia Pacific. Kasemrad Hospital Prachachuen received Global Health Award 2022 in the field of Heart and Vascular Service Provider of the year in the Asia-Pacific. Asst.Prof.Dr. Somporn Harnphanich, M.D., Director, Member of Executive Committee and Deputy CEO, Bangkok Chain Hospital Public Company Limited (“BCH”); Mr. Kantaporn Harnphanich, Director, Member of Executive Committee and Chief Marketing Officer, Bangkok Chain Hospital Public Company Limited (“BCH”); and top executives of Kasemrad Hospital Prachachuen also received Global Health Award 2022 in Global Health ASIA-PACIFIC 2022,” an Asia Pacific conference and awards at Bangkok Marriott Hotel Sukhumvit on 6 August 2022.



Asst.Prof.Dr. Somporn Harnphanich, M.D.
Director, Member of Executive Committee and Deputy CEO



Mr. Kantaporn Harnphanich
Director, Member of Executive Committee and Chief Marketing Officer



HEALTHCARE AUTOMATION PROVIDER OF THE YEAR IN ASIA PACIFIC

OMNI-HEALTH

Omni-Health is a leading provider of automation solutions in the healthcare industry. With a passion for operational efficiency, we aim to provide the best solutions in the market to every customer.

Having been a player in the Asia-Pacific healthcare industry for over 15 years, Omni-Health has expanded into the Automation and Robotics and Supply Chain Logistics industries aiming to better support non-healthcare organisations in enhancing their operational efficiency.

By bringing in the latest technology in workflow management, along with our in-house ability to customise solutions to each organisation's needs, Omni-Health sets itself apart from the competition.

Together with our principal partners, Omni-Health brings a fresh and innovative approach to consulting services, acting as liaison between end-user and automation technology provider. We strive to exceed the expectations of every client by offering outstanding customer service, increased flexibility, and greater value, thus optimising system functionality and improving operational efficiency. Our associates are distinguished by their functional and technical expertise combined with their hands-on experience, thereby ensuring that our clients receive the most effective



Niiru Baran & Varun Panjwani

and professional service.

With offices across the Asia-Pacific region and partners from around the globe, we continue to grow our reach

and fulfil Omni-Health's mission of being the leading integrator of automation solutions across various industries.

Omni-Health[®]

“Enhancing Patient Care Through Operational Efficiency”



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HEALTHCARE TECHNOLOGY INNOVATION LEADERSHIP AWARD

ISLAND HOSPITAL

Digitalisation of the hospital has always been one of the top priorities for Island Hospital. By making a shift from a system burdened by old papers and files to one using advanced Electronic Medical Records (EMR), the hospital is able to reduce reliance on manual labour and the opportunity for human error. Information within the hospital travels faster and is more easily accessible for doctors, nurses, and staff.

With EMR, having consolidated patient records essentially means that clinicians are getting better accessibility and a more timely and consistent overview of patients' health conditions, which ultimately leads to more tailored treatments for better clinical outcomes.

Reducing reliance on paper and moving towards a paperless environment is future-proof and will improve the overall safety and reliability of the hospital. In effect, it can:

- Reduce the margin for human error (less handwritten and mathematical errors)
- Pick up errors in the system that were overlooked by staff (over-dosage of medicines prescribed or allergies are immediately highlighted in the system)
- Reduce the time patients spend in the hospital (through faster and more efficient workflows)
- Make tele-consultations possible and much more convenient (doctors can access patient files/information on the spot rather than wait for physical reports)



Adeline Goh & Varun Panjwani

Remote retrieval of information is significantly sped up with the use of EMR. It demands less time chasing charts and reports and ensures legible content, resulting in faster treatments and better diagnosis. With a central repository of patient records, time and cost are significantly reduced by reducing paperwork through less duplication of tests and better access to coordinated care. Paper-based files are easy to destroy, manipulate, and impossible to track who accessed the records before. Besides reducing the wait-times for patients, the hospital is also able to increase the safety and security of patient data.

The EMR system is **patient centric** and coordinates the entire patient journey from admission to discharge. With built-in medical billing, a pa-

tient's discharge process is considerably faster when charges can be quickly consolidated for the final bill.

Integration of our online appointment-making system and the hospital's EMR has made it possible to get real-time confirmation online as opposed to when appointments are made offline. Through EMR, individual clinics can also easily keep track, schedule a follow-up, set reminders, automatically notify patients, and view doctors' schedules at one glance.

Communication with patients has similarly been made seamless and more effective with key information readily and easily accessible. Patient experience is further improved as:

- Wait-times at clinics are significantly reduced as retrieval of a patient's health records can be accessed with a click compared to being physically retrieved. With time saved, clinics are also able to slot in walk-in patients without prior appointments.
- Records are accessible to the multiple doctors that a patient may consult, reducing tests which may be duplicative and lessening unnecessary burdens on the patient. All of the patient's tests and imaging results, as well as allergies, are now easily accessible on the EMR system.
- Overall, the hospital has been able to **provide better clinical and medical outcomes** for patients as the EMR has improved communication between clinicians on their patient's medical history as a whole.

Make the Invisible Visible

Mammomat Revelation 3D mammography for early breast cancer detection

Now available at Island Hospital



The latest innovation in mammography with 50° Wide-Angle Tomosynthesis gives the highest depth resolution 3D imaging so that our doctors can have an even more detailed view than before.

Miss nothing: Mammomat Revelation delivers exceptionally clear 2D and 3D breast imaging that can help to see through overlapping breast tissues – giving patients a confident, accurate diagnosis faster.

Its cutting-edge **Contrast Enhance Mammogram (CESM)** feature delivers additional diagnostic information for more confident decision-making and helps to detect or rule out lesions – reducing unnecessary need for biopsies and surgeries.

- **Very precise**
- **Quick, reliable results**
- **More comfortable**
- **Less radiation dose**
- **Reduce unnecessary need for biopsies and surgeries**

HOSPITAL DESIGNER OF THE YEAR IN ASIA PACIFIC

SHAHNAZ HEALTHCARE INTERIORS

When Shahnaz Healthcare Interiors started out as a healthcare interior design company, we wanted to achieve the impossible by creating a positive difference in the healthcare industry.

After COVID-19, the healthcare industry was forced to transform and a new trend was born. Hospitals are no longer about treating diseases but also about preventing them. With the latest trend in place, healthcare facilities are beginning to relook at how convenient and comforting their facilities are to attract the post-COVID-19 type of patients.

Healthcare interior designs now offer patients a range of facilities within their designs to make them comfortable and relaxed, such as dimmed lights in patients' wards to reduce anxiety, soundproof wall for privacy, and creating a space for family areas in patients' wards and waiting areas.

We aimed to raise ourselves to the height of our potential by becoming a distinguished healthcare interior design firm in Malaysia. Behind the face of Shahnaz Healthcare Interiors lies a powerful, passionate, and experienced team with the right strength, knowledge, courage, and will to embrace the possibilities of our potential as one of the top local healthcare interior designers.

As a healthcare interior design company in the post-Covid-19 era, we are fully aware that our services must be fully scalable to suit the various needs of our clients, from single hospital projects to nationwide design applications. We are at the forefront of the healthcare planning field, developing new innovative solutions for architecture and interior, and striving to provide high-quality services.



We have managed to create an excellent track record of successfully serving over ten hospitals in Malaysia, including KPJ Manjung, Settera Islamic Age Care Residence, Selgate Hospital, Pusat Darah Wilayah Utara, Pusat Perubatan Universiti Malaysia (PPUM), Port Dickson Hospital (New Wing), Nilai Hospital and KPJ Perda, Metro Hospital, Pendang Hospital, and Selgate Ra-wang Hospital. We are currently in the process of working with Baling Hospital, Seberang Jaya Hospital, and Kota Bharu Hospital.

While the healthcare industry is highly regulated by KKM and JKR, the guidelines are frequently revised to meet the sustainability, safety, hygiene, and infection-control requirements. As interior designers, adapting to these regulations does not compromise our creativity.

Through our vision, dedication, and determination, Shahnaz Healthcare Interiors has not only succeeded in creating medical offices and spaces but also went one step ahead by providing world-class services and creating a place of well-being, purpose, and comfort with every given space.

As an interior design company, we believe our job is not just about the

planning and drawings but also about helping our clients build stronger and better businesses that improve patient care and create a positive patient experience. We can discern quickly the clients' needs and move efficiently to provide smarter healthcare through better healthcare interior design.

Our main objective is to create a healing environment for everyone, including stakeholders, patients, staff, and visitors. People come to the hospital with various emotions, anxiety, fear, shattered, with no hope, and sometimes mixed emotions. Interior design is not just pretty in colours and materials, it is also about achieving comfort and instilling positive feelings in a particular space, which help to contribute to the healing process.

Our commitment to excellence remains unchanged and our enthusiasm is still the nurturing force that fuels our dream of standing tall, making Shahnaz Healthcare Interiors one of the top market leaders in healthcare interior designs.

In the near future, we hope to provide the latest technology resources that create awareness, connect people, and most importantly, empower the healthcare business.

MENTAL HEALTH AND REHABILITATION SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

BANGKOK HOSPITAL

Bangkok Mental Health Rehabilitation and Recovery Center (BMRC) is dedicated exclusively to mental health and addiction disorders and it was established in 2014 as part of the award-winning Bangkok Dusit Medical Services (BDMS) network – Thailand’s largest with more than 50 facilities in Thailand and Cambodia.

Located at the main Bangkok Hospital in Bangkok, we offer comprehensive care for all patients. BMRC is built according to leading international design standards for mental health care facilities that maximise safety through evidence-based design. Additionally, our design and decoration emphasise the needs of the patient because the centre imparts a sense of relaxation and warmth that is more like home than hospital ward. BMRC consists of an outpatient clinic, an inpatient unit that can accommodate up to seven patients, a Special Care Unit (SCU) for those at risk and in need of close monitoring, an area for group exercise, recreational activities and therapeutic learning of skills that may be impaired as a result of mental disorders.

We thrive to provide the best care and apply the innovative Recovery Oriented Services (ROS) concept to a wide range of issues, from mild anxiety depression or addiction to more serious psychiatric disorders

We utilise the world standard level of care to provide the best psychosocial rehabilitation. Our therapeutic



Anothai Soonsawat, M.D. & Varun Panjwani

approaches include group therapy, individual psychotherapy, cognitive behavioral therapy, interpersonal therapy, etc. Our facility is designed to accommodate various types of therapeutic activities such as music therapy, art therapy, yoga and cooking therapy.

The value at BMRC is to provide the best care in consideration of both physical and mental wellbeing.

One of our core values is **Good health begins with a healthy mind.**

We have the capacity to care for patients with complicated medical problems such as heart disease, stroke and cancer who may develop mental

health problems. This group of patients is often at higher risk of depression or behavioral problems, which could affect their recovery, and it benefits profoundly from the specialised care of our multidisciplinary team.

BMRC has an expert team devoted to boosting mental wellbeing and helping people realise their full potential.

BMRC is the result of collaboration among Bangkok Hospital’s top-flight team of psychiatrists, psychologists, psychotherapists, occupational therapists, psychiatric nurses and pharmacists, all of whom have extensive experience in providing care and treatment for patients with mental health and substance abuse problems. With our care, the patients are treated as a member of our family.

We also support a strong communication network among psychiatric patients. We make it a priority to educate family members and caregivers through our Consumer and Caregiver Consultation and Community and Family Reintegration programmes.

This is an important and innovative approach to supporting, restoring and improving the health and mental wellbeing of patients so they can successfully return to their families, rediscover their own values and live in the world happily.

ONCOLOGY (MEDICAL) SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

KPJ AMPANG PUTERI SPECIALIST HOSPITAL

For almost three decades, KPJ Ampang Puteri Specialist Hospital has consistently earned the trust of local and international patients by maintaining its reputation as one of the preferred medical hubs in Malaysia.

As a testament to this achievement, KPJ Ampang Puteri received the coveted Oncology (Medical) Service Provider of the Year in the Asia-Pacific award at the Global Health Asia-Pacific Healthcare and Hospital Awards 2022.

At KPJ Ampang Puteri, we provide a holistic, compassionate approach to cancer care from diagnosis to full recovery. Our commitment to treating and caring for cancer patients is the cornerstone of who we are.

The hospital's Chief Executive Officer (CEO) Muhammad Badri Hussin said the award was made possible due to the trust of patients throughout the years, as well as the support from oncology specialists, nurses, and colleagues working tirelessly and selflessly behind the scenes.

"This is a great tribute to our talented and passionate team of doctors from multiple medical disciplines, efficient and competent nursing teams, and staff who have contributed to the growth and success of KPJ Ampang Puteri," he said.

Modern technologies and advanced procedures

Launched in 2019, our Cancer Centre has become a one-stop facility fitted with state-of-the-art equipment that provides a more extensive range of radiotherapy and diagnostic technolo-



Encik Muhammad Badri Hussin

gies to cancer patients.

Our Cancer Centre houses the **PET/CT (Positron Emission Tomography/Computed Tomography) scanner**. By combining these two scanning technologies (PET Scan and CT Scan), small tumours can be found even if they are undetectable by other imaging procedures, which can have a major impact on early health screening.

The Centre is also equipped with the latest chemotherapy drugs and radiotherapy technologies, which complements its successful proven experience in modern treatment methods, including targeted therapy, hormone therapy, immunotherapy, and surgery.

We also house radiotherapy facilities to treat cancer. For example, the **Discovery RT**, an advanced radiation therapy planning CT simulator, offers a unique set of features that enables flexible patient positioning while addressing challenges presented by

patient motion and metal. It also supports precise treatment planning and enhances workflow efficiency. This enables the oncology team to have faster access to more information.

Another fascinating advanced radiotherapy system is the **Elekta Versa HD Linear Accelerator (Linac)**, a sophisticated system that delivers accurate doses of radiation to target tumours that are hard to reach or located close to vital organs.

Oncology Team and Oncology Centre

The Cancer Centre benefits from a full-scale team of oncologists, medical physicists, radiation therapists, radiologists, oncology nurses, surgeons, and physicians. Our oncology specialists work together with consultants from 29 other medical specialities.

Additionally, we have a support group called **H.O.P.E** which offers a safe space for patients and their families to cope emotionally by providing an avenue to share and work through feelings and challenges during each stage of their cancer journey.

In fact, our hospital's motto, "Care for Life", is not just a culture but is ingrained in the mindset of each of our team members.

"You'll discover that KPJ Ampang Puteri Specialist Hospital is more than just a place to visit when you're unwell. We wanted to build a hospital with a patient-first approach, a hospital that allows us to celebrate the healing journey together," concluded Muhammad Badri.

PATIENT EXPERIENCE SATISFACTION HOSPITAL OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITAL

At Mount Elizabeth Hospital (MEH), our commitment to patient care is focused on upholding the highest standards of quality and safety while delivering it with empathy.

Taking care of our team, so they can care for our patients

Throughout the COVID-19 pandemic, our hospital colleagues and nurses were in a constant state of alert keeping up with the everchanging COVID-19 guidelines. As our commitment to patients is dependent on the human touch they receive during their stay with us, it inspired a campaign to say thank you and salute our health-care workers. While there are countless patient testimonials that have thanked our doctors, nurses, and colleagues working behind the scenes, we identified one particularly outstanding patient story that was depicted in a film that exemplified our commitment.

While the patient experience is most evident when they are being cared for in our hospital, our attention has extended to improving the digital journeys that aid patients before and after their visits to our hospital. While the pandemic accelerated the digital transformation of businesses around the world, Mount Elizabeth Hospital was no exception. MEH embraced it and charged ahead with improvements to our ongoing digital patient experience initiatives.

Aiding self-discovery

We recognised the importance of a credible resource portal that would



Varun Panjwani & Mr Yong Yih Ming

aid self-discovery, especially during the pandemic, as most of Singapore's health-seeking population feared visiting hospitals. Our regional patients, too, had limited access to medical care from our specialists as there were travel restrictions to Singapore during that period.

To mitigate this, we expanded our range of articles available on **Health Plus** to provide access to up-to-date and accurate health and wellness information, accredited by specialist healthcare practitioners.

Specialist teleconsultation

Teleconsultation is uncharted waters for most Singapore-based specialists. We partnered with Doctor Anywhere, a pioneer in teleconsultation, through their app interface for General Practitioner consultations during Singapore's 'Circuit Breaker' period. We then

built a Specialist tab for users of their app to seek second opinions from our Specialists.

Educating the masses online with health financing tools

We introduced a Bill Estimator to help guide patients on bill sizes and out-of-pocket costs, taking into account their Integrated Shield plans, and launched a social media channel to support insurance agents in understanding health insurance so they could support queries from their customers.

Cultural inclusiveness

Mount Elizabeth Hospital's patients come from countries near and far. Given the rich cultural diversity of our region and the diverse backgrounds of our patients, we are committed to embracing the cultural differences of everyone we serve. For example, our International Patient Services colleagues provide translators on request to mitigate miscommunication during consultations with doctors, particularly during the explanation of key treatments and administrative and billing details. Our hospital wayfinding signs are also in multi-languages to cater to the needs of our key customer groups. Most importantly, all staff attend regular cultural workshops to keep up-to-date with commonly used phrases by our international patients to ease any anxieties they might have when receiving care in a foreign country.

MOST RESILIENT HOSPITAL OF THE YEAR IN ASIA PACIFIC

ISLAND HOSPITAL

From the onset of the pandemic, Island Hospital has maintained its commitment to providing the best healthcare possible despite all the restrictions and lockdown rules imposed by the government. And while it continued to provide medical support to its patients, it also served as a pillar of strength to the community in managing the COVID-19 situation.

During these uncertain times, the management of Island Hospital have not stood still or scaled back their outlook, choosing instead to innovate and forge ahead with their Island Medical City (IMC) project for the future. With Penang being one of the largest medical tourist hubs in Southeast Asia, the IMC project is a reflection 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 around the needs of health travellers.

The IMC development recently took a pivotal step towards fruition with the completion of its 1st phase — a new expansion block connected to the current hospital building via an underpass walkway. Aptly named Peel Wing because of its location on Peel Avenue, it 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, as well as Dental treatments. It will also house a complete rehabilitation and physiotherapy centre while continu-



Adeline Goh

ing 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 centres 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 promises to be a 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 will have access to multidisciplinary care based on international standards.

During the pandemic, the hospital saw little reduction in the quality of its patient care as it nimbly embraced the latest online platforms to communicate with patients, colleagues, and vendors virtually. Tele-consultation was especially fruitful, allowing 1-to-1 sessions between doctors and patients as well as the extension of medicine delivery services that ensured patients could replenish their regular supplies of prescribed medicines from a trusted source. An online presence via social media and the hospital website became the primary source of communication with patients abroad, enabling them to stay in touch.

Island Hospital was also one of the first few hospitals in Penang to offer drive-through COVID-19 swab testing with quick turnaround times, while also providing an isolation ward for patients with the disease. No doubt such services posed risks to both staff and patients, but the hospital stayed resilient throughout the pandemic and pushed forward on its promise to provide the best in healthcare services to its patients.

The hospital was also appointed by the Penang State government as the first private healthcare provider to administer vaccinations for medical professionals and frontliners in Penang, with almost 5,000 frontliners receiving their vaccinations here. The hospital was also later approved as a centre for the paid Sinovac vaccination programme for both adults and teenagers.

Opening Soon: Peel Wing

PHASE ONE OF ISLAND MEDICAL CITY

KEY CENTRES OF EXCELLENCE

- Cardiology
- Dental (**new**)
- Diabetes & Endocrinology
- Digestive Health
- Neurology & Movement Disorder
- Nuclear Medicine & Radiotherapy (**new**)
- Obstetrics & Gynaecology
- Oncology & Chemotherapy
- Orthopaedic & Spine
- Paediatrics
- Plastic Surgery / Aesthetics
- Urology & Men's Health
- Wellness & Health Screening



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OBSTETRICS AND GYNAECOLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

SUNWAY MEDICAL CENTRE VELOCITY

Sunway Medical Centre Velocity (SMCV) opened its doors in September 2019, and, underpinned by continuous growth, has already made remarkable achievements since its inception. SMCV is located in Cheras, Kuala Lumpur, Malaysia within Velocity Township which is connected to two MRT stations by link bridges and supports a diverse mix of residential, educational, commercial, retail, and hospitality developments.

SMCV offers a wide array of medical services, including advanced medical technologies and state-of-the-art facilities for outpatient and inpatient specialty care, health, and wellness programmes, as well as 24-hour emergency services. In addition, SMCV provides a comprehensive range of treatments for the well-being of females of all ages. The hospital is also equipped with the latest medical technologies, enabling our consultants to carry out procedures with ease and ensure a smooth recovery journey for



Complemented by a team of experienced consultants with various subspecialties, Sunway Medical Centre Velocity provides holistic care and treatments for females of all ages.



Velle Lee, Varun Panjwani, Dr Wee Tong Ming, Derrick Chan, Chee Lee Wun

patients.

In 2021, SMCV launched its Women & Children Centre as an addition to its centres of excellence. This was another step towards providing holistic care and treatment for women from the stage of family planning to pre-natal and post-natal care. The centre is complemented by a team of experienced consultants with various sub-specialties, which include assisted reproductive techniques, more commonly known as in-vitro fertilisation (IVF), maternal fetal medicine (high risk pregnancies), and obstetrics and gynaecological treatments.

As a major healthcare industry player, SMCV plays a pivotal role in sharing accurate and educational information to the public. Articles relating to the importance of early detection and gynaecology-related topics, such as endometriosis and polycystic ovarian syndrome, are shared in multiple languages to further amplify the information to the public. Workshops

and virtual talks are also conducted throughout the year as an engagement initiative and as further progress together with our patients in their journey.

To better improve our obstetrics and gynaecology services, SMCV organises Continuing Medical Education (CME) virtual meetings which include attendees from overseas, such as Spain and Germany, and other contributors in the obstetrics and gynaecology field to discuss fertility cases and engage in knowledge sharing.

SMCV is proud to receive this year's Obstetrics and Gynaecology Service Provider of the Year in the Asia-Pacific award from Global Health Asia-Pacific Awards 2022 and is honoured to be named alongside other top healthcare industry players. This achievement represents another milestone in SMCV's efforts to achieve its goal of becoming the preferred Women & Children Centre in Kuala Lumpur.



Your Trusted Partner For
Women's Health



**OBSTETRICS AND
GYNAECOLOGY
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC**



ONCOLOGY (SURGICAL) SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PANTAI HOSPITAL KUALA LUMPUR

Two years in a row now Pantai Hospital Kuala Lumpur has received the Oncology (Surgical) Service Provider of the Year in the Asia-Pacific Award. With more than 45 years as a trusted healthcare partner, Pantai Hospital Kuala Lumpur (PHKL) has now equipped its recently rebranded Cancer Centre @ PHKL with state-of-the-art medical equipment and highly skilled, experienced surgeons to ensure that patients receive world-class treatment with the best clinical outcomes in mind.

Surgical oncology can help patients both during the early stages of cancer or when the condition is more advanced. Some common reasons for this type of treatment include cancer prevention, cancer identification, or cancer treatment. Surgery remains an effective treatment for cancer patients and is still used as the main option to remove a tumour from the body before it metastasises to other organs.

At PHKL, we employ different types of surgical procedures depending on the needs of the patient. These can include diagnostics via biopsy, staging, primary surgery (removal of tumours), debulking, palliation, reconstruction, and prevention.

As a leading tertiary hospital with comprehensive facilities and a strong team of healthcare professionals, PHKL fully utilises a Tumour Board which involves weekly meetings during which consultants across various specialties gather to discuss each case. The multidisciplinary team of oncologists,



Ooi Zhen Yang & Varun Panjwani

gists, surgeons, radiologists, consultants, and allied health professionals discusses and prepares possible treatment options with the aim of producing the best clinical outcomes for individual patients.

Besides surgical oncology, PHKL also offers a range of other cancer care:

Chemotherapy services:

- Chemotherapy - Oral and IV Chemotherapy
- Immunotherapy
- Targeted Therapy
- Intrathecal Chemotherapy
- Ommaya Reservoir Chemotherapy
- Intra Arterial Chemotherapy

- Subcutaneous Chemotherapy
- IM Chemotherapy
- Trans Arterial Chemoembolization

Radiotherapy services:

- Gamma Knife (GK) radiosurgery
- Body Surface Image-Guided Radiation Therapy (SIRGT)
- Toshiba Aquilion Large Bore CT System
- SagiNova High-Dose Rate Afterloader Brachytherapy
- The Intraoperative Radiation Therapy (IORT) IntraBeam 600

Nuclear medicine therapy is another option available for patients at PHKL. It uses radioactive tracers (radiopharmaceuticals) to assess bodily functions and help diagnose and treat disease. Tumour cells are recognised by using radioactive molecules that act as a drug (molecular radiotherapy) which sticks to the tumour cells. Radiation is delivered directly, causing the tumours to shrink.

In the near future, PHKL will be acquiring MR-Linac and Proton Beam Therapy which will enable us to offer better treatment options to cancer patients. As one of the oldest private healthcare providers in Malaysia, PHKL is continuously modernising and upgrading its facilities by recruiting experienced specialists, researching medical advancements, and providing patients with welcoming healthcare professionals from the moment they first step onto the premises.



Oncology (Surgical) Service Provider

Of The Year In Asia Pacific

Global Health Awards 2021 & 2022

MULTI-DISCIPLINARY ONCOLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITAL

Advancements in the realm of medical oncology are tipping the scales in the patient's favour. Equipped with an arsenal of medicines growing in range and effectiveness, the oncologists practising at the Mount Elizabeth Hospitals & Parkway Cancer Centre (PCC) are more proficient than ever in achieving optimal outcomes for cancer patients.

Cytotoxic chemotherapy, targeted therapy, immunotherapy, and personalised medicine are just some of the promising anti-cancer treatments that offer improved overall results with reduced or no side effects.

Cytotoxic chemotherapy are medicines that are either taken orally or injected into the body to treat cancers. They work by interfering with the ability of cancer cells to grow and divide.

Targeted therapy involves the use of specific drugs to block key genetic pathways in cancerous tumours. As these drugs are specific to the cancer signalling pathways, they will cause less damage to normal healthy tissue.

Immunotherapy is a type of cancer medication that harnesses the body's own immune system to fight cancer. As it does not directly destroy cells, there will be fewer side effects from immunotherapy than cytotoxic chemotherapy.

The same type of tumour may harbour different genetic mutations in different individuals. This is why response and resistance to the same treatment differ between patients. In **personalised medicine**, blood or tumour tissues from the patient are



Varun Panjwani & Mr Yong Yih Ming

collected and sequenced to look for specific cancer-causing genes. This enables our doctors to understand the cancer and make treatment decisions customised for each patient.

For patients who require advanced care, bone marrow or stem cell transplantation is also available. The Mount Elizabeth Hospitals & Parkway Cancer Centre houses Singapore's highest concentration of haematologists in private practice, many of whom have extensive experience in autologous and allogenic transplants for both adult and paediatric patients. Together, they cover a wide range of niche subspecialties — from stem cell transplants to malignant haematology, benign haematology as well as lab-based haematology.

Multi-Disciplinary Approach

In cancer care, medical oncologists often work with surgical and radia-

tion oncologists, from the diagnosis and staging of tumours to planning out appropriate treatment modalities individualised for patients.

Surgery is a vital treatment modality for many patients with cancer, especially during the early stages for solid tumours. This is usually considered an effective way to remove the tumour and affected tissue surrounding it.

The team at the Mount Elizabeth Hospitals have a wide repertoire of surgical treatments for cancer. Procedures can range from radical surgery for advanced cancers to conservative techniques using minimal access surgery, such as laparoscopy and robotic surgery. In addition, the hospitals also offer oncoplastic and reconstructive surgery and Hyperthermic Intraperitoneal Chemotherapy (HIPEC).

Radiation therapy is another treatment modality that uses ionising radiation to treat suitable cancers with minimal damage to surrounding healthy tissue. The most common form is external beam radiation therapy. A machine known as the linear accelerator generates and delivers sharp-edged beams of ionising radiation to the cancer. In early 2023, the Mount Elizabeth Hospitals will become one of the first private hospitals to provide Proton Therapy for patients in Southeast Asia. This presents another cutting-edge treatment option to deliver the best possible treatment outcomes for patients.

A **minute** is all you need to

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Take a selfie

Savour your favourite snack together

Make the good times last
with a cancer screening



Cancer can threaten to rob us of life's beautiful moments. The only way to detect it and secure more 'best days ever' is through a screening.

For more information, reach our Concierge at (65) 6812 3396.

All it takes is one minute to book yours today.



Scan to get started

OPHTHALMOLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

EAGLE EYE CENTRE

“Helping the blind to see and restoring vision to many. There’s no higher calling for me,” says Dr Julian Theng, Founder and Medical Director of Eagle Eye Centre Singapore. “Looking back, I was taught at a young age by my parents to administer daily insulin jabs for my grandmother who had diabetes. I have a soft spot for old folks, and it warms my heart to bring joy to them. That’s probably what led me to practise medicine, a field where genuine love and care for others is pivotal.”

Dr Theng saw the world of opportunities for holistic eye care more than 10 years ago. “Myself and Dr Lim Wee Kiak, my best friend, co-founder and fellow practicing ophthalmologist, saw many new emerging technologies in the world especially for presbyopia, or what we call ‘lau hua yan’. Most doctors at that time hardly thought of making patients independent of reading glasses. We felt that we could gather the right team and help embrace these technologies more promptly and thus founded Eagle Eye Centre in 2006, based on the principle of providing the best comprehensive and patient centric care and spearheading advances in technology to bring the highest level of eyecare to Singapore and the region, affordably,” Dr Theng explained.

It has been 16 years now and with dynamic leaders Eagle Eye Centre (EEC) has seen year-on-year growth of about 15-25 percent. Today, EEC sees close to 7,200 patients a month alone.

Beyond LASIK and Presbyopia, EEC



Dr Julian Theng & Eagle Eye Team

has expanded to seven branches in Singapore with 17 eye doctors. Each is specially trained in different subspecialties in order to provide comprehensive eye care services. EEC’s senior consultant surgeons sub-specialise in:

- Corneal Services and Transplants
- LASIK and Refractive Surgery
- Medical and Surgical Retina Services
- Uveitis, Ocular Inflammation and Immunology
- Oculoplastics, Orbit and Lacrimal Services
- Paediatrics Ophthalmology and Adult Strabismus
- Neuro Ophthalmology
- Comprehensive and Complex Cataract Services

EEC is able to handle complex cases where multiple specialists within the group can come together to discuss what is the best solution for the patient, instead of the patient going around different specialists at different centres. These services are spread

out over seven clinics in Singapore, with branches at Mount Alvernia Hospital, Parkway East Hospital, Mount Elizabeth Hospital at Novena, Mount Elizabeth Hospital at Orchard, Royal Square Medical Centre at Novena, Westgate Mall, and King Albert Park Residences Mall, giving patients’ locational convenience.

Dr Julian Theng and Dr Lim Wee Kiak are driven by the same motivation to help as many people as possible through their work. “I am humbled and grateful that we have many patients who have developed a trust in Eagle Eye Centre and become like family to us.” Dr Julian says. “They advocate our warm and heartfelt services so much that over 80 percent of our patients come in through strong word-of-mouth referrals, knowing well that it’s a one-stop-shop here where patient-care is always first on our minds.”



for appointments, visit: <http://bit.ly/GHT-EEC>

ACHIEVING THE VISION YOU DESERVE

OUR SERVICES

LASIK, ReLEX SMILE, Implantable Collamer Lens (ICL) & Refractive Surgery; Presbyopia Treatment & Management; Glaucoma Management, Lasers & Surgery; Cataract Surgery; Corneal Diseases Management & Transplantation; Ocular Inflammation & Uveitis Treatment; Diabetic Retinopathy Treatment; Age-related Macular Degeneration (AMD); Retinal & Surgical Retina Services; Paediatric Ophthalmology & Adult Strabismus Services; Myopia Control Programme for Children; Removal of Pterygium; Oculoplastics, Orbit & Lacrimal Services (Botox, Fillers, Facial Rejuvenation); Neuro-Ophthalmology; Contact Lens Fitting and Optical Services

One-Stop Eye Care Centre

Eagle Eye Centre offers a wide array of eye care services catered to each patient's needs.

Myopia Programme for Kids

(FROM ORTHO-K TO ATROPINE DROPS)

A customised programme dedicated to help reduce the progression of myopia in kids, adopting an early intervention strategy.

Full Refractive Suite

Offering a wide array of refractive procedures to date. From PiXL, TransPRK, Epi-LASIK, Bladeless LASIK, ReLEX SMILE, and Implantable Collamer Lens (ICL) Surgery.

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Medical Centre D
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Singapore 574623
TEL: (65) 6456 1000

Mt Elizabeth (Novena)
38 Irrawaddy Road
Mt Elizabeth Specialist
Centre
#08-22/23/24
Singapore 329563
TEL: (65) 6570 1000

Mt Elizabeth (Orchard)
3 Mount Elizabeth
Mt Elizabeth Medical
Centre
#08-08
Singapore 28510
TEL: (65) 6836 0001

Parkway East
319 Joo Chiat Place
Parkway East
Medical Centre
#05-03
Singapore 427989
TEL: (65) 6348 1000

Westgate Mall
3 Gateway Drive
Westgate
#02-42A
Singapore 608532
TEL: (65) 6255 0002

KAP Residences Mall
9 King Albert Park
KAP Residences Mall
#01-42/43/44
Singapore 598332
TEL: (65) 6475 1000

Royal Square @ Novena
101 Irrawaddy Road
Royal Square @ Novena
#11-07 to 13
Singapore 329565
TEL: (65) 6456 1010



PAEDIATRIC SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PRINCE COURT MEDICAL CENTRE

Hospital visits can often be a daunting experience for little ones, which is why Prince Court's Paediatric Centre has been specifically designed and equipped to make our little guests and their families feel right at home and cared for.

Being selected as the Paediatric Service Provider of the Year in the Asia-Pacific is a wonderful recognition of all the teamwork, dedication, and aspirations of the Prince Court Paediatric Centre in being amongst the largest and best in the field of paediatrics within the region.

This relentless pursuit of distinction at our centre allows us to deliver a precise and passionate commitment to clinical excellence and quality. We make sure that the care provided in our space has been thoughtfully personalised to all our newborns and new parents.

Our centre of excellence provides the A-to-Z of healthcare services for children of all ages. With an experienced staff comprised of paediatric specialists and sub-specialists, ranging from neonatology and intensive care to inborn error metabolism and genetics as well as paediatric neurology and developmental paediatrics, we ensure that all the needs of our young patients are taken care of. This includes paediatrics in the areas of cardiology, nephrology, dermatology, ophthalmology, ear, nose and throat (ENT), and orthopaedics.

At Prince Court, our highly-trained



Cindy Choe

paediatric surgical team is equipped to handle the whole gamut of medical conditions, including neonatal and paediatric surgery.

From day one, the primary driver for our centre has been team-based care. It is this principle that has allowed our centre to flourish in providing exemplary service throughout a wide range of cross- and multi-functional expertise. This is based on one goal — to ensure all patients receive top-notch care with the best clinical outcomes.

Alongside our one-stop Paediatric Centre lies a dedicated neonatology

unit, a top referral centre in the Klang Valley. Facilities include a dedicated paediatric ward as well as a fully-equipped nursery with three levels of care, including special care and a neonatal intensive care unit (NICU).

With the well-being of our new parents at the forefront, our facilities boast the right technology, equipment, and experienced specialist neonatologists as well as paediatricians.

Each baby born under our roof is given a radio frequency identity (RFID) system tag that connects mother and baby and acts as the baby's personal bodyguard. This promises peace of mind for all new parents, ensuring that the baby is safe throughout his or her stay.

Our care is holistic, meaning that all parents are provided with complete guidance on baby care prior to leaving the hospital. Assistance and advice are given by our experienced midwives and nurses, ranging from breastfeeding, massage, and bathing techniques to baby cardio pulmonary resuscitation (CPR) and car seat management.

High quality paediatric care will continue to be the cornerstone of our Paediatric centre of excellence. Life begins in our centre, and quality clinical care and engagement can be life changing for our paediatric patients and their families. These drivers are amongst the reasons we will always remain dedicated to the health and wellbeing of the little ones in our care.

NEUROLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITAL

Neurology is a branch of medicine that deals with brain disorders and the entire central, automatic, and peripheral nervous system, including the brain and spinal cord. Any disorders in these areas will impact the rest of the body, making diagnosis complex and difficult.

Mount Elizabeth Hospital's (MEH) neurologists are able to offer expert diagnosis and management of neurological symptoms associated with the nervous system by combining interdisciplinary synergies with modern technology and allied health support.

Patients have complete access to our team of neurologists, neuroradiologists, and neurovascular specialists with patient-centered clinical experience in conditions such as stroke, brain tumours, brain aneurysms, movement disorders, carotid stenosis, epilepsy, and spinal disorders. Patient treatments are not only guided by our overseas-trained specialists, but also with the use of extensive diagnostic tools such as the PET-MRI system, which provides accurate images of the internal body to spot potential concerns.

Should surgical intervention be required, neurosurgeons of various subspecialties, including paediatrics, oncology, and the spine, are on hand to perform both emergency procedures and advanced surgeries such as awake craniotomy, deep brain stimulation, and non-invasive radiosurgery. Gamma Knife radiosurgery, in particular, has been shown to provide reliable results with a high degree of safety, a shorter hospital stay, and faster recovery.



Varun Panjwani & Mr Yong Yih Ming

Deep brain stimulation (DBS) surgery offers life changing relief to patients diagnosed with Parkinson's disease, essential tremor, epilepsy, and obsessive compulsive disorders. It is a reversible procedure which involves inserting an implantable device into the clavicle to generate electrical pulses to specific parts of the brain causing the neurological disorders. DBS helps to preserve function and improve the quality of life for patients. It has also been proven to reduce medication usage for over a decade, which can help to offset the cost of the surgery.

Awake craniotomy is performed to treat tumours located near areas of the brain that control language, movement, or cognition. Patients are able to provide in-the-moment feedback to the surgeons during surgery by making movements or answering questions when requested by the operation team. This highly specialised surgical procedure helps to remove the maximum amount of tumour while

reducing the risk to critical areas as the surgeon constantly receives immediate feedback.

Gamma Knife is a form of radiotherapy that can treat both benign and malignant brain tumours. These include acoustic neuromas, meningiomas, and other benign non-tumoural indications such as epilepsy, arteriovenous malformations, trigeminal neuralgia (a form of chronic pain in the face and brain), and other neurological problems.

A wide range of neuro-rehabilitation services are also available to help patients better recover from neurological disorders. We have occupational therapists who will train patients in the activities of daily living and vocational counselling; physiotherapists will help them work on balance activities, gait training, and vestibular rehabilitation, while speech therapists oversee the patient's progress in communication with a focus on speech, language, and swallowing rehabilitation.

Following a neurological event, patients often face problems that affect their speech, language, and ability to swallow. A rehabilitation physician conducts a holistic assessment of a patient's condition to personalise a treatment plan aimed at improving the patient's quality of life.

MEH's dedicated medical team and personalised recovery regimes go a long way towards helping patients regain their health and return to their lives in society as soon as they can.

RESPIRATORY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL SINGAPORE

At Gleneagles Hospital Singapore (GEH), respiratory physicians play an indispensable role in the care of patients with diseases affecting the airways and lungs. Our respective specialists have received extensive training through long overseas stints which have given them invaluable experience that has been integrated into the holistic way we deliver medical care to our patients.

Respiratory conditions can range from relatively simple problems like asthma and chronic cough to more complex diseases like pneumonia, interstitial lung disease, and lung cancer.

Ensuring that patients receive all-rounded holistic care in their journey towards recovery, GEH's respiratory-trained intensivists adopt a multidisciplinary approach that taps into the expertise of peers, such as infectious disease specialists, thoracic surgeons, radiologists, and even the professionals from the allied health services.

Our specialists are also trained in intensive care medicine, a medical subspecialty that deals with the diagnosis and management of patients who are critically ill, such as those with organ failure.

GEH's respiratory physicians believe in honing their skills and are constantly on the lookout for innovative methods and new technologies that can help save patients from life-threatening diseases. Our hospital is also well equipped with state-of-the-art diagnostic and therapeutic equipment



Dr Melvin Heng

to support our doctors.

The extracorporeal membrane oxygenation (ECMO) treatment, for example, has been adopted at GEH since 2002 for clinical intervention.

This procedure has proven to be effective in resuscitating patients who have lost consciousness due to respiratory or cardiac arrest. ECMO circulates the patient's blood through a device that removes carbon dioxide from the blood and adds oxygen, before subsequently returning it back to the patient's body. This bypasses the functions performed by the heart and lungs, allowing these vital organs

a measure of rest. It serves as a bridge to recovery while the doctors focus on treating other underlying issues.

The hospital has also refurbished its endoscopy suites and is able to provide C-arm fluoroscopy with radiographic capabilities for patients. Fluoroscopic intra-operative imaging is used during surgical and emergency care procedures to provide high-resolution X-ray images in real time, allowing the surgeon to monitor progress and make any necessary corrections efficiently. It also enhances the effectiveness of GEH's respiratory physicians in therapeutic investigations, like percutaneous transthoracic lung biopsies, where diagnostic accuracy, sensitivity, and specificity are imperative to an accurate diagnosis and subsequent treatment.

GEH is committed to standing on the side of patients when it comes to their treatment and care. The hospital's Intensive Care Unit makes no compromises in the care of all patients and strives to provide a comfortable stress-free environment for patients, their families, and visitors.

SPINE CARE SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL SINGAPORE

Spine surgery is a clinically complex and technically challenging field. It's a mixture of art and science where achieving the best patient outcomes is the result of teamwork across the spectrum of patient care. This includes the collection of medical history, examination skills of the attending specialist, accurate diagnostics, and a competent operating and nursing team.

In recent years, innovations and advancements in spine surgery have enabled surgeons to play a pivotal role in a patient's recovery and in improving their quality of life.

At Gleneagles Hospital Singapore (GEH), we are committed to providing the best medical care that best addresses each patient's spinal condition(s).

Surgical innovation embraces cutting-edge diagnostics systems and enhanced treatment facilities, complemented by a competent team of nurses and allied health professionals. This enables our Orthopaedic surgeons, all of whom possess extensive training from prestigious local and overseas medical institutions, to work with the best tools in an environment optimised to enable them to operate in and provide the best possible care for our patients.

As an example of this consistent ongoing commitment to providing a high level of care to patients undergoing spine treatment at GEH, our operating theatres are equipped with modern imaging technology and



Varun Panjwani & Dr Melvin Heng

surgical navigation systems which guide surgeons in successfully placing delicate implants while reducing the patient's exposure to radiation. This leads to a reduced risk of complications and nerve injuries as surgical procedures can be completed with precision and safety.

Spine care includes the management of conditions such as a degenerative spine, lumbar spinal stenosis, nerve compression, slipped discs, and spondylolisthesis. In the treatment of these conditions, GEH's orthopaedic and spine surgeons turn to procedures such as decompression laminectomy,

lumbar discectomy, and transforaminal lumbar interbody fusion to stabilise the spine through minimally invasive means and with computer-navigated assistance.

A particular area of expertise is the use of minimally invasive surgical procedures. Fast becoming one of the standard treatment options for conditions such as degenerative disc disease, disc herniation, and spinal stenosis, it can also be used in the treatment of complex spinal conditions such as grade 2 to 3 spondylolisthesis, spinal deformities, and revision surgeries.

Compared to traditional open surgery, minimally invasive surgery uses smaller incisions. This causes less pressure or injuries to nearby muscles and tissues and offers advantages such as reduced post-operative pain and scarring, less blood loss, and faster recovery after surgery. Patients typically experience improved recovery and mobility post-surgery, enabling them to quickly resume daily activities.

Beyond operative procedures, GEH adopts a multidisciplinary approach with key teams of doctors, nurses, and allied health professionals in physiotherapy, occupational therapy, orthotics, and rehabilitation medicines working together in support of patients throughout their treatment, rehabilitation, and eventual recovery with us.

SMART HOSPITAL OF THE YEAR IN ASIA PACIFIC

THOMSON HOSPITAL KOTA DAMANSARA

Thomson Hospital Kota Damansara (THKD) is known for its innovative approach to healthcare, using cutting-edge technology combined with compassionate care to deliver high quality service to its patients and customers.

Its win of Smart Hospital of the Year in the Asia-Pacific is testament to its endeavours to constantly improve its systems and processes. Ever since the COVID-19 pandemic and ensuing lockdowns, THKD has escalated its digital upgrades which had already been in place.

Telemedicine

These initiatives include telemedicine. Digital consultations are quickly gaining increased usage globally and has been forecasted to be an integral part of medical care in the near future. Named Thomson Hospital Online, this telehealth platform allows patients to connect with doctors directly via video consultation from the comfort of their homes or wherever they choose. The online consultation by THKD and TMC Fertility lets patients get follow-up consults and second opinions from our specialists.

Drive Thru Services

Another smart hospital initiative was to create a range of drive through services. This enabled patients and customers to spend little to no time inside the hospital, thus reducing the spread of infections especially during the COVID-19 period. The Drive Thru range of services at THKD included Drive Thru COVID-19 test, Drive Thru Blood Draw and MedEx (Medication



Irene Kwan

Express) which consist of Drive Thru Medication Dispensing and home delivery of medication.

Queue Management System

With THKD's more advanced online appointment and live queue system, our patients and customers will enjoy a faster, more convenient journey when visiting our hospital. Using the system, customers can track their place in the queue, all the way from making an appointment to settling the bill. With the live queue tracking service, patients can plan their time in going to their designated clinic or counter, thereby cutting down on queues and waiting time.

Patient Flow

THKD rolled out the THKD Xperience Flow app, which provides real time updates to patients as they go through the outpatient, admission or discharge process.

Digital Transformation

Currently, THKD is in the process of upgrading its hospital systems, which is to implement an integrated HIS-EMR-ERP system. This integrated system comprises of three main sections: ERP (enterprise resource planning), HIS (hospital information system) and EMR (electronic medical record). The ERP module relates to the management of stock and inventory, HIS on the management of patient and patient accounting, and EMR on ordering of medication, tests and charting. Taken together, the system integrates every flow throughout the hospital, from the time the patient makes an appointment, to the amount of consumables and drugs being used to treat them, to the final summary of what happened to the patient in the hospital throughout their journey.

Taken together, these smart systems will allow THKD to gain an advantage in this increasingly digital world, and create speed, efficiency and better services to patients and customers.

Delivering The Future of Healthcare

We began in 1994 as a fertility centre serving the community of Petaling Jaya. In 2009, we developed into a fully-fledged hospital, offering a wide range of services. Our rebranding in 2018 saw us widening our scope – becoming an international healthcare hub, growing in specialties and capabilities.

Over the years we have served thousands of patients and customers and won numerous awards, yet our mission remains consistent: to provide high quality, value-based medical services, and compassionate care.

This marks a new milestone in our journey. We have an additional 2 new hospital blocks housing the new Oncology & Nuclear Medicine, Eye Health and expanded facilities for ENT, Head & Neck Laser Surgery, Gastroenterology & Digestive Health, Cardiology & Cardiothoracic, Neurology & Stroke and others. With a capacity of 11 operating theatres and 559 beds, Thomson Hospital Kota Damansara will be amongst the largest private hospitals in the region. The new building is also the 1st hospital in Malaysia to receive the Silver Green Building Rating from GreenRE, a testament to our commitment towards environmental stewardship and sustainable growth.

We are now open and ready to serve you as part of our calling to help people live better lives.

Celebrating Life



SILVER GREENRE CERTIFICATION
HEALTHCARE CATEGORY 2020



SMART HOSPITAL OF THE YEAR
IN ASIA PACIFIC



GASTROENTEROLOGY
SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC



HOSPITAL COVID-19 HEALTHCARE
SERVICE PROVIDER
OF THE YEAR IN ASIA PACIFIC



WINNER
Best Quality
Initiative



2018 Highest Number of
IVF Babies Produced by a Single
IVF Practice - 5,388 IVF Babies



Thomson Hospitals Sdn. Bhd. (478738-A)

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SPORTS REHAB AND PHYSIOTHERAPY SERVICE OF THE YEAR IN ASIA PACIFIC

ISLAND HOSPITAL

At Island Hospital, the approach to patient wellbeing places strong emphasis on the continuity of care following treatment. This ensures that the hospital promotes patient safety and quality of care over time. Concise medical and other information is shared amongst the patient's healthcare team in order to ensure smooth coordination and transition between one department to another.

The sports rehabilitation and physiotherapy centre is an integral part of the hospital, offering professional care in its state-of-the-art facility, paying the utmost attention to every detail of the rehabilitative experience. Regardless of whether the patient needs rehabilitation or simply maintenance of the body's functions, each programme is tailored to suit the individual's needs and personal goals.

Highly trained specialists and physiotherapists at the hospital's rehab centre cater to both adults and children of all ages. Here, patients learn to regain independence, function, and confidence after an illness or injury. Experienced physical therapists, occupational therapists, and speech-language pathologists work one-on-one with each patient to help them reach their personal goals and improve activities of daily living.

With the opening of the Peel Wing extension building, Island Hospital was able to expand its rehab and physiotherapy centre by moving to a more spacious and conducive space which



Varun Panjwani & Adeline Goh

spans over half of an entire level. Aiming to provide the most advanced physiotherapy exercise machines in the region, the hospital also equipped the new centre with the DAVID medical exercise equipment and rehabilitation software to help patients recover faster and in a more effective and structured manner.

The DAVID, which stands for Device Assisted Viewing Information Data, is the first and only rehab exercise equipment series available in the northern region of Malaysia. The hospital has acquired the full suite of the David Solution which provides relief and

treatment for back pain, neck pain, hip and knee pain, and shoulder pain. The utmost attention to every detail and aspect of rehab is covered in this series of machines, which caters to patients who are recovering from surgery, stroke, or simply seeking to maintain their core muscles.

Following consultation with the rehab physician, patients' personalised treatment regimes will be crafted by their physiotherapists using the EVE platform (eValuated Exercise) — a rehabilitation software that manages the whole treatment process by helping to stratify patients, automate treatment programme creation, guide patients through individual exercises, and collect all data for reporting. As a result, therapists will be able to make better treatment choices and inspire patients on their journey to recovery.

Total Knee Replacements Using **Robotic Assisted Technology**



At Island Hospital, our surgeons are able to perform a knee replacement surgery assisted by robotic technology. Getting a knee replacement can now be a personalised journey with added level of accuracy and precision tailored to each individual knee implant.

Before Surgery

A 3D model of your knee anatomy is created to enable the surgeon to plan your surgery to the most minute detail.

During Surgery

Your surgeon is in control with a robot assistant. An added level of precision can now be achieved as data about your knee will be provided throughout your surgery, and your skilled surgeon will be able to position your implants as accurately as possible, based on your unique anatomy.

After Surgery

With its level of precision and accuracy, healing takes place quicker as you bleed less and there are less complications post-surgery, with lower risks of infections.

Get a fresh start with a 'new' knee that feels more natural with restored functionality.



STROKE CENTRE OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITAL

A stroke is a serious medical emergency where parts of the brain are deprived of blood. Being starved of oxygen and other nutrients for a mere six minutes is the critical window before brain cells rapidly die and are irretrievably lost, giving rise to the phrase 'time is brain'. If the stroke is not attended to and treated quickly, permanent damage to the brain, or even death can occur.

As Asia-Pacific's Stroke Centre of the Year, Mount Elizabeth Hospital (MEH) has both the facilities and multidisciplinary team required to deliver effective care to patients across the stroke pathway. This team includes doctors, nursing professionals, and allied health professionals specialising in stroke rehabilitation.

MEH has a significant clinical history in treating strokes, supported by a team of over 20 neurologists and neurosurgeons experienced in modern medical and surgical techniques. These specialists are capable of managing any type of acute stroke and can perform a wide range of emergency procedures, including endovascular clipping, decompressive craniotomy, embolisation, and stereotactic radiosurgery, as well as preventive stroke procedures.

Technological innovations complement surgical expertise in guiding the treatment of stroke patients at MEH. Our neurosurgeons are among the pioneers in the Asia-Pacific region trained in using the minimally invasive Brain-Path integrated surgical approach.

This technique allows them to overcome some of the key limitations of traditional surgery by accessing the



Mr Yong Yih Ming

patient's brain through a small tube the size of a straw that is navigated by a computerised guidance system. This minimal disruption to brain function allows for safe evacuation of deep intracerebral haemorrhages, the deadliest form of stroke.

Our hospital also houses a Gamma Knife Centre where Gamma Knife radiosurgery is often used to treat arteriovenous malformations (AVMs), an abnormal collection of blood vessels that can cause haemorrhagic strokes. This unique method delivers extremely focused radiation beams to targets in the brain and prevents injuries to surrounding normal brain tissues.

The procedure is carried out under local anaesthesia and lasts no more than one hour, which translates to lower risks of infection and bleeding, a shorter hospital stay, and faster recovery for stroke patients.

Following a neurological event such as stroke, patients often face prob-

lems that affect daily living, such as muscular weakness and poor cognitive function. MEH provides rehabilitation services designed to help them recover and regain lost functions.

Our Neurological Rehabilitation Centre consists of a multi-disciplinary team of Rehabilitation physicians and allied health professionals that work together with the patient's primary care physician to manage any medical and/or rehabilitation issues affecting the patient's physical and/or cognitive psychosocial functions, including creating a comprehensive and tailored rehabilitation programme.

This includes exercises to improve muscle strength and coordination, mobility and gait training using assistive aids such as walkers and treadmills, and functional electrical stimulation (FES) for muscle recovery. Caregiver training is also provided to ensure a smooth and safe transition when patients return home from the hospital. The patient's condition is continually evaluated and goals are adjusted based on rehabilitation needs.

Because recovery is a lengthy process that can take years — with some strokes being disabling while others only temporary with recovery in less than 24 hours — a stroke is never taken lightly, with the first few days after a stroke being extremely important. With early treatment and rehabilitation, however, patients can recover as much function as possible. That is why our team at Mount Elizabeth Hospital remains committed to treating and caring for stroke patients, just as they have been doing for the past four decades.

NEPHROLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

PRINCE COURT MEDICAL CENTRE

World-class excellence meets exclusive care at Prince Court's Nephrology Centre of Excellence. A complete and holistic centre for kidney treatments, we are dedicated to ensuring that all patients receive an exclusive and personalised healthcare experience tailored to their individual needs.

At the heart of our dedicated team of nephrologists, vascular surgeons, nurses, and medical professionals is the desire to care and do good. This, paired with the best-in-class medical expertise, service, and technology, makes us best equipped to offer the entire spectrum of kidney-related services, ranging from general to rare, for both adults and little ones.

Every year we continue to work together to provide unparalleled expertise and care for our patients.

With our patients' comfort and well-being a top priority, Prince Court upgraded its haemodialysis facility to accommodate 21-bedded bays instead of the typical dialysis chairs to support our patients, many of whom suffer from long-term kidney disease or failure and require an average of three dialysis treatments per week.

This bold move earned us the accolade of being the first, and only, private hospital in Malaysia to make this change.

Not willing to rest on our laurels, we continue to lead the way and be pioneers in our field. Through the differentiation of techniques and our clinical approach, we created the



Varun Panjwani & Cindy Choe

Kidney Transplant Programme ten years ago. It has benefitted many, particularly those who require blood group incompatible (ABOi) kidney transplants.

The key to our success in establishing this programme continues to be the involvement and cooperation of multiple teams and departments at Prince Court, including the nephrologists who work in collaboration with their surgical and anaesthetic colleagues, as well as the laboratory team. So complicated is this process that, even today, ABOi transplants are still rarely done anywhere in the world.

Our team-based care also ensures that many of our patients have had successful and healthy pregnancies, despite having only one kidney. Another feather in our cap was the successful transplant for Malaysia's oldest kidney donor, a 79-year old Sarawakian. Prince Court successfully completed its 100th kidney transplant in 2021, and continues to push forward with more successful procedures in 2022.

It is in our DNA to offer unparalleled nephrology treatment and care in Malaysia, by delivering excellent clinical outcomes and outstanding personalised care in a healing environment. This is due to the unwavering commitment of Prince Court's team-based care, with everyone dedicated to pushing the envelope in employing ground-breaking techniques and procedures to better serve our community.

SURGICAL MEDICAL PROVIDER OF THE YEAR IN ASIA PACIFIC

AVISENA SPECIALIST HOSPITAL (ASH)

Elegantly designed in the heart of Shah Alam city centre, Avisena Specialist Hospital (ASH) is a nine-storey hospital building with 120 beds, 36 consultation suites, three operating theatres (OT), one interventional OT, one CT scan, one MRI machine, one rehabilitation and physiotherapy centre, and 30 consultants specialised in surgery.

The hospital provides multidisciplinary medical specialities such as Breast and Endocrine Surgery, Cardiology, Cardiothoracic, Endocrinology, Neurology, Neurosurgery, Nephrology, Urology, Colorectal Surgery, Bariatric Surgery, Ophthalmology, Oral and Maxillofacial Surgery, Dental Aesthetics, Dermatology, Orthopaedics, and Plastic Surgery. We are proud to offer these services in our hospital as some are not readily available in other facilities within our vicinity.

ASH is a clinician-led hospital that has evolved and expanded over the years, but our one overriding purpose remains — serving people. We accomplish this with our unwavering focus on delivering outstanding medical outcomes with compassionate and patient-centric care. Our key strength comes from the determination and commitment of our skilled medical associates, clinical staff, and non-clinical personnel whose unquestionable values and impeccable work ethic have made a lasting positive impact on our patients.

Presently, we have over 30 speciality services supported by more than 70 consultants. We envision a further expansion of our subspecialty ser-



Varun Panjwani & Dr. Razman Abd Karim

vices through the recruitment of more subspecialist healthcare providers and clinical nurse specialists, as well as by acquiring the latest medical equipment to serve our patients.

We are also in the midst of expanding our current facilities by adding an additional 150 beds, 50 consultation clinics, six operating theatres inclusive of a state-of-the-art Hybrid Interventional OT, and 15 day-care beds. New developments to further our Oncology and Rehabilitation services are also currently in the pipeline.

We are also planning to develop an Ambulatory Care Centre (ACC) in our current premises that will be a one-stop centre offering same day care to patients at the hospital. The ACC will consist of three endoscopy suites, one Cath lab, and three Daycare OTs with 20 observation beds and reclining chairs. We foresee the potential of our

ACC as the future of medicine as it will allow us to better cater to our patients' needs and lower the cost of healthcare whilst increasing the turnaround time for each procedure. Moreover, we also plan to strengthen our collaboration with TrueCare2U (telehealth) by offering medical treatments from the comfort of our patients' own homes and providing a complete home-based professional care, combined with smart technology.

Lastly, being crowned as the Surgical Medical Provider of the Year in the Asia-Pacific at the recent Global Health Asia-Pacific Awards 2022 is a recognition of our vision and mission that we strongly believe in. It is also an endorsement from our patients through their positive feedback and satisfaction level of care received from our healthcare professionals and employees. The hospital was chosen for this award based on its highly experienced and skilled surgeons from different specialities, efficient and compassionate nursing teams, and cutting-edge surgical facilities in a caring and professional environment.

Looking ahead, we endeavour to position ourselves well so we are equipped to meet the needs of our clients through strategic investments in advanced innovations, services, and facilities. As we devote ourselves to embracing change, we will keep upholding the values of customer centricity, people engagement, and continuous improvement to serve our esteemed patients who have placed their confidence in our care.

Heart Failure



What is heart failure?

A condition when the heart is unable to maintain with the body's need for blood and oxygen.

What are the symptoms?



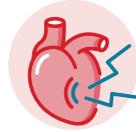
Dizziness



Fatigue



Shortness
of breath



Irregular
heartbeat



Swelling of the
feet, ankles, legs
or abdomen.

Meet our Cardiologists



Col (R) Dato' Dr Abdul Rahman

Consultant Physician & Cardiologist



Dr Mahmood Sabruddin Zulkifli

Consultant Physician & Interventional
Cardiologist



Dr Mohd Firdaus Bin Hadi

Consultant Physician & Interventional
Cardiologist

To book an appointment with our Cardiologists, kindly contact us at 03- 5515 1966.

TRANSPLANT SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

MOUNT ELIZABETH HOSPITAL

Organ transplantation is a challenging field of surgery requiring the combined skillsets from various specialties including surgeons, hepatologists, nephrologists, immunologists, and infectious diseases specialists, among others. Mount Elizabeth Hospital (MEH), a leading private healthcare provider with over 40 years of experience in the Asia-Pacific, is supported by integrated healthcare facilities and experienced and well-trained teams to support these needs, particularly for liver and kidney transplantations.

Both types of transplantations are complex in their medical structures, incorporating multiple different specialties to manage one transplant patient who may present with other significant comorbidities.

As such, the workup for a potential transplant recipient can be a long and complex process. This highlights the importance of a collaborative and multidisciplinary suite of specialists to focus on a transplant patient's comorbidities and how they might affect transplantation outcomes.

The demand for transplants continues to rise with both a growing ageing population and the increased prevalence of renal and liver failure. The wait for organs has also significantly lengthened due to the gap between supply of organs and demand for them. While there are treatments to manage the progression of liver and kidney disease, living donor transplants are a viable life-saving option when these treatments are no longer effective and when faced with organ supply challenges.

The team at MEH comprises physi-



Mr Yong Yih Ming

cians, surgeons, nurses, allied health professionals, social workers, and transplant coordinators who are adept in all aspects of liver and kidney care – from highly complex living donor liver and kidney transplants to the management of patients with liver cirrhosis and chronic and acute kidney diseases.

Besides having a team well-versed in advanced surgical techniques, peritransplant intensive care, and immunosuppressive regimens, MEH also focuses on the management of long-term complications to improve quality of living for liver and kidney patients. At every step of the way through their recovery journeys, our medical teams are by the side of our patients, ensuring they are well-supported, from pre- to post-transplant.

Since transplant patients and donors are more vulnerable to infections due to weakened immune systems, MEH provides an environment that

allows them to focus on their recovery. Our intensive care unit (ICU) features a special airflow system that controls the environment that our patients are in, preventing exposure to airborne viruses and bacteria.

To ensure patient safety and standards of care are met, MEH strictly adheres to the regulations and licensing regime set out by the Ministry of Health (MOH) for organ transplant services. Besides having all living donor transplants approved by the Transplant Ethics Committee, a legal requirement under Singapore's Human Organ Transplant Act to prevent human organ trade, MEH is also responsible and accountable for the appointment of a structured and qualified team of credentialed transplant doctors to manage the transplant patient's pre-admission medical evaluation, and their pre-, post- and in-hospital surgical care, including post-transplant follow-up.

Despite COVID-19, the MEH transplant team remains dedicated to serving the needs of transplant patients. For example, it actively supports patients through emails and video consultations and regularly holds educational webinars for patients to learn more about such topics as maintaining a healthy liver and kidney, monitoring for liver and kidney disease, management of liver and kidney conditions, and the sharing of end-stage replacement therapy options such as transplantation.

TRAUMA CENTRE OF THE YEAR IN ASIA PACIFIC

BANGKOK HOSPITAL

Every second matters in major trauma care

The mission of Bangkok Trauma Center is to raise awareness about the importance of accident prevention and to provide high-quality treatment for trauma patients. Our trauma team at Bangkok Hospital Headquarters strives for the best possible treatment outcomes, the survival and quality of life of patients. The essential parts of patient safety and service quality are the up-to-date standard of care, evidence-based guidelines, regular monitoring of performance and continuous improvement. Our ultimate achievement is the survival rate of major trauma patients that can be benchmarked against the world-class trauma centres. Providing 24/7 trauma care, our scope of services and trauma care facilities includes:

- BDMS Emergency Service (BES) for prehospital trauma care
- Interfacility transfer by ground ambulance and air ambulance
- “Trauma Alert” or trauma team activation (TTA) for timely management of the seriously injured patients upon arrival
- Diagnostic laboratories and blood bank including massive transfusion protocol (MTP)
- Advanced radiologic imaging for rapid evaluation of skeletal and internal injuries
- Hybrid operating theatre with capability to perform minimally invasive procedure, open surgery



Ekkrit Surakarn, M.D.

- and radiologic intervention such as angiographic embolisation for bleeding control
- Surgical intensive care unit for advanced life support of the critically injured patient and organ failure
- Burn unit and burn wound care programme
- Multidisciplinary care team working together to facilitate patient recovery, which includes a clinical pharmacist, a physical therapist, an occupational therapist, a nutritionist, a psychiatrist, and a trauma coordinator nurse.

One Number All Access for Life Care
Call 1724 or +662 226 4565 for trauma care.

Bangkok Trauma Center, Bangkok Hospital Headquarters
Web: www.bangkokhospital.com/en/center-clinic/trauma
E-mail: BHQTraumaCoordinator@bangkokhospital.com

MOST SUSTAINABLE HEALTHCARE INSTITUTION OF THE YEAR

FARRER PARK HOSPITAL

Sustainable considerations such as energy efficiency and water management are central to Farrer Park Hospital's (FPH) DNA from the beginning. Since it went operational in 2014, the hospital has attained optimal energy savings of 30 percent annually.

To minimise wastage of energy, the hospital building uses light fittings with motion sensors that are designed to switch off when not in use. Energy recovery wheels are also in place to convert heat and humidity from the airstream into cool air for the building. Furthermore, the air distribution system in the hospital is fitted with UV emitters to prevent pathogens from entering the building like the clinical areas. This provides guests, patients, and employees access to high quality indoor air, while helping FPH to reduce up to 52.9 percent of energy consumption compared to average systems in the market.

In addition to energy saving, the hospital has also implemented water efficiency management as well as environmental and recycling measures. This includes a rainwater harvesting system to irrigate landscape gardens around the property. The building's piping infrastructure is also ready to receive and take on future water development projects with NEWater, once the option opens up.

On environmental and recycling efforts, FPH uses products with a high percentage of pre- and post-consumer recycled content and with parts that are recyclable.

The hospital and the medical centre



Dr Timothy Low

(FPMC) are housed in Connexion, a building that has been certified Green Mark Platinum by the Building and Construction Authority since 2011.

One notable green feature is the iconic triangular sunshades that shield the medical facility from harsh sunlight, effectively mitigating the overall temperature of the building. It also allowed for natural ventilation and for landscaped gardens to thrive.

To promote green transportation, electric car charging stations have been introduced to priority parking lots in the hospital's car park. Bicycle parking lots are also available to encourage employees and guests to cycle and minimise their carbon footprint. In advocating lower emissions, it helps to ensure cleaner air, water, and food for generations to come.

On September 17, 2020, FPH became the first healthcare facility in Singapore to receive a green loan from Singapore's United Overseas Bank Limited. As of December 2021, about S\$23 million out of the green loan have been used to maintain efficiency of the abovementioned green facilities. Hospital operations will continue to be monitored and refined in the coming years with the support of the green loan.

FPH became the first hospital in Singapore to support the Garden City Fund's Plant-A-Tree program. The sustainability event which took place on March 16, 2021, held in conjunction with the hospital's fifth anniversary saw 50 trees planted along Sungei-Serangoon Park Connector. Volunteers included FPMC specialists, pioneering employees, as well as representatives from the management and board of directors.

Reflecting on FPH's efforts on environmental sustainability thus far, Dr Timothy Low, Chief Executive Officer of FPH, said: "Rising sea levels and increasing temperatures are living proof that global warming is real. While healthcare institutions' priority is firmly rooted in good clinical outcomes and quality patient care, sustainability is often an overlooked area. Daily disposables and medical waste add on to extra waste on earth that may take months or even years to be properly disposed of. Through our advocacy and efforts, we hope to encourage others to do more for sustainability in healthcare."

UROLOGY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

ADVANCED UROLOGY

Advanced Urology is Singapore's largest private urology group and operates across all major private hospitals on the island. This year it received yet another accolade in recognition of its ongoing outstanding quality service.

The group's clinics are conveniently located in the Mount Elizabeth Medical Centre, Mount Elizabeth Novena Specialist Centre, Gleneagles Medical Centre, Farrer Park Medical Centre, Mount Alvernia Medical Centre, and Parkway East Medical Centre. Collectively, they were awarded the top Urology Service Provider of the Year in the Asia-Pacific for the fourth consecutive year by *Global Health Asia-Pacific*.

Established in 2018, the group has grown to comprise six (6) highly experienced urologists who are all respected experts in their individual subspecialties. Their areas of expertise include robotic surgery, minimally invasive surgery, kidney health (including kidney transplants), bladder health, prostate health, and women's and men's health issues.

Guided by their core values of excellence, professionalism, integrity, and compassion, and in constant pursuit of excellence, they leverage on each other's depth of experience to design all-inclusive, evidence-based bespoke treatments for solving all complex and challenging urology concerns.

Their know-how and medical acumen are also complemented by their up-to-date diagnostic equipment and surgical technology solutions.

Within Advanced Urology's own in-house facilities, you can receive various minor surgical procedures such



Dr Ronny Tan Ban Wei & Dr Lewis Liew Choon How

as UroNav®MRI fusion prostate biopsy (Figure 1), flexible cystoscopy, low-intensity extracorporeal shockwave treatment (ESWT), and urodynamic studies.

Other surgical procedures offered include robotic-assisted laparoscopic surgery, kidney transplantation surgery, minimally invasive surgical treatments for prostate enlargement, female urology, penile curvature corrective surgery with prosthetic urology, urinary continence treatment, and endourological treatment of kidney and urinary stones.

Their consistent, outstanding quality of care is rooted in a holistic, balanced, and patient-centred approach. Regardless of the severity of the health

condition, prioritising patients' safety and clinical benefits is always placed first and top of mind.

To facilitate the process and ease patients' financial burden, they work closely with most corporate, local, and international insurers for insurance claims, which enables quick access to treatment. The group offers e-filing for patients' insurance claims and assists them in getting letters of guarantee for surgical procedures. All their clinics are also Medisave-accredited to help patients expedite their treatment claims.

Excelling in Singapore is just the beginning. Advanced Urology aims to expand its presence across South-east Asia in the coming years. Their impeccable bedside manner, diverse backgrounds, and expertise, combined with the clinic's cutting-edge innovations in technique and technology all affirm their reputation as a highly accessible one-stop centre for all urological concerns and conditions.

For any inquiries, do contact them at enquiry@urology.com.sg or call +65 8866 1838.

WELLNESS SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

SUNWAY MEDICAL CENTRE VELOCITY

Steadily growing and achieving one milestone after another since its inception in September 2019, Sunway Medical Centre Velocity (SMCV) is the second addition under the Sunway Healthcare Group, Asia's multi-award winning integrated private healthcare group with a network of hospitals and health services operating in Malaysia and Singapore serving patients from over 135 countries.

Located in the robust and bustling area of Cheras, Kuala Lumpur, Malaysia, SMCV's goal has always been to help the community and provide it with quality healthcare that will enrich its residents' lives. Advocating preventive healthcare and how it can result in better outcomes for recovery, SMCV has specially designed health screening packages for individuals at every stage of their life. We also have condition-focused packages, such as heart screening, lung screening, and post-COVID-19 packages, among others, for patients to choose from based



Sunway Medical Centre Velocity offers specially designed health screening packages with the convenience of on-line purchases anytime, anywhere.



Dr Wee Tong Ming, Derrick Chan, Velle Lee, Chee Lee Wun

on their health condition.

At SMCV, convenience is our top priority in order to ensure a smooth wellness journey for our patients. With our digitalisation initiative, patients can make appointments with our on-line appointment system. In July 2021, SMCV introduced our E-Commerce platform which was inspired by the goal of providing convenience and digitally accessible health products so that individuals could purchase and book their health screenings online anytime, anywhere.

Through this special digitalisation initiative, SMCV has become one of the first private healthcare providers to offer such a service in Malaysia. This has created a seamless experience for patients as they are only required to verify their purchase upon arrival at the hospital before they proceed with their health screening. The platform has also become a popular option among the public as it not only offers convenience but also better crowd control and safety reassurance during the pandemic.

SMCV is also equipped with the latest imaging and diagnostic technology such as the 3 Tesla (3T) MRI, 256 slice CT Scanner, and 3D Mammogram with tomosynthesis which allows for faster scans, greater detail, clearer images, and more accurate diagnosis.

SMCV is proud to receive the Wellness Provider of the Year in the Asia-Pacific award from Global Health Asia-Pacific Awards 2022 and is honoured to have emerged as one of the winners alongside other healthcare industry players. This achievement will further motivate SMCV to encourage our patients to make better decisions about their health as we are here to make a difference and support the community. SMCV is proud to be a part of our patients' lives, and we intend to continue providing quality care to those who need it now and in the future.



Caring For You
At Every Stage Of Life



**WELLNESS
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC**



WOMEN'S HEALTH & WELLNESS SERVICE PROVIDER OF THE YEAR IN THE ASIA PACIFIC

KPJ DAMANSARA SPECIALIST HOSPITAL

Our Women's Healthcare Centre offers a comprehensive and personalised approach to assist women live healthier, longer lives. KPJ Damansara Specialist Hospital's (KPJ DSH) Women's Healthcare Centre provides preventive and corrective care services from women's perspective and focuses on a range of services including fertility, obstetrics and gynecology (O&G), breast and endocrine, geriatrics, clinical oncology, and radiotherapy. Value-added services include virtual consultations, home care, Infant CPR, Parentcraft education, and medication delivery to patients' doorsteps.

The KPJ Damansara Fertility Centre is led by qualified professionals and embryologists who provide basic screenings and comprehensive treatments, including IVF with PGS (Preimplantation Genetic Screening), PGD (Preimplantation genetic diagnosis), Egg Donation, Egg Freezing, and Embryo Freezing. In addition to fertility treatments, our Women's Health Centre features O&G experts who care for our patients, particularly throughout pregnancy and cancer treatments. Most of our professionals are Key Opinion Leaders (KOLs) who engage the community via mainstream and social media on current topics relating to women's health and wellness. We have nine O&G experts, including a Gynae-Onco, and one celebrity doctor, Dr. Imelda Nasreen Nasruddin @ Balchin.

Our commitment to Women's Health is made possible with our experienced specialists, including the



KPJ Damansara Team

supporting medical team, who are able to address severe medical situations, such as breast cancer, cervical cancer, and fibrosis, to name a few. KPJ DSH is equipped with 3D Mammograms, 4D Ultrasounds, 3D Laparoscopies, HD Colposcopies, Breast Ultrasounds, Pelvic Floor Muscle Tighten Machines, CT scans, and Linear Accelerators (LINAC). During the pandemic, we treated a range of international women's health issues, mainly cancer, through medical evacuation.

Acknowledging our responsibility towards lower-income communities, KPJ DSH and Yayasan Warisan Anak Selangor (YAWAS), a State Government Agency via the MammoSel Programme, have delivered free mammograms to more than 2,000 women since 2015.

In order to raise awareness of our Women's Healthcare Centre, we continue to highlight our services and history of success on social media platforms, especially Facebook, Instagram, our official website, SMS drop, and EDMs (Electronic Direct Mail). Furthermore, we also continue to focus

on topics surrounding mental health and pregnancy issues during COVID-19 (vaccines, health, pre- and post-natal health guidelines), as well as general women's health, cervical cancer, and breast cancer.

Social influencers have helped us promote an array of packages offered at KPJ DSH throughout the years, including 3D mammograms, pregnancy, and cancer screenings. Women over the age of 40 have shown the highest interest in our women's wellness packages as a result of these campaigns, while younger women (those under 30) have shown more interest in our mammography, 3D ultrasound, HPV vaccine, cancer, and pregnancy packages.

Down the line and as part of the state government's initiative to promote Malaysia as a healthcare hub in Malaysia, we will continue to promote our services by participating in partnership programmes organised by the Malaysia Healthcare Travel Council (MHTC) in our bid to provide the best possible care and treatment for women.

WOMEN & CHILDREN SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

AVISENA WOMEN'S & CHILDREN'S SPECIALIST HOSPITAL (AWCSH)

Avisena Women's & Children's Specialist Hospital (AWCSH) is Malaysia's first private hospital of its kind that focuses exclusively on first-class care and the treatment of women and children.

This commitment was embodied when the company established AWCSH with 130 beds, four operating theatres (OT), three full-fledge Intensive Care Units (ICU), four Neonatal Intensive Care Units (NICU) and nine High Dependency Units (HDU). Our 19-storey boutique hospital is also the tallest private healthcare facility in Malaysia and is designed to meet all of our patients' healthcare needs. We have over 80 multidisciplinary consultants to ensure better healthcare outcomes and specific Centres of Excellence (CoE) to serve our patients' healthcare needs, including neonatology, women's health, paediatric orthopaedics, child development, and fertility.

A key strength that led AWCSH to become a leading player in the field is that we strongly emphasise customer experience and quality of care by engaging with customers on a personal level with premium and compassionate care. This would not be possible without our highly skilled specialists and employees who work together to ensure patients experience personalised service and reap the benefits of the latest medical technology advancements. Some of the most popular treatments carried out at the hospital include fertility, gynaecology, maternal-fetal medicine, urogynaecology, paediatric surgery, paediatric orthopedics, paediatric oph-



Mohd Azuan Sulaiman, Dr. Fairuz A'Shikin Abd Kadir, Siti Tettie Hidayati Mohyi, Mazidah Umar, Dr. Razman Abd Karim

thalmology, paediatric plastic surgery, and paediatric dentistry.

In the future, AWCSH aims to become a preferred referral centre for women and children in Malaysia across a number of niche services like Paediatric Surgery and Intensive Care, Metabolism Disorders, and also Paediatric Nephrology. We also hope to become a one-stop centre for services like CTEV (clubfoot), Cleft repair, and Craniofacial treatments. We believe that by offering these important services we will be able to help others.

As a healthcare company, we are shifting towards digitalisation and constantly exploring innovative technologies that may be used to fight illness, introduce creative treatments, and assist people in living better lives. Avisena understands that every person is affected by medical innovation, and we always try to find ways to offer new approaches to preventing, diagnosing, and monitoring health issues, as well as new treatments and technologies to treat and cure illnesses. This can be done by engaging with a diverse

stakeholder group, increasing knowledge, and adapting current processes and business models to better fulfil shifting needs and expectations which are also part of medical innovation for more proficiency in our day-to-day operations and administration. As we are a data driven hospital (Big Data analytic), we have implemented in-house apps and a dashboard for easy monitoring and data analysis.

Lastly, we are honoured to be awarded as the Women & Children Service Provider of the Year in the Asia-Pacific at the recent Global Health Asia-Pacific Awards 2022. It reflects our strong core pillars and values that we uphold. We have become an entrusted one-stop centre offering outstanding high-quality services and providing preminent care and treatment for women and children, all delivered with warm hospitality in a caring and professional environment. The award is a true testament to the dedication and strong team effort made by our healthcare professionals and employees to make AWCSH a place to grow and thrive.

NEW HOSPITAL IN ASIA PACIFIC

SUNWAY MEDICAL CENTRE VELOCITY

Sunway Medical Centre Velocity (SMCV) is a comprehensive tertiary care hospital that was established in September 2019 and is nestled in the township of Sunway Velocity in Cheras, Kuala Lumpur, Malaysia in an integrated retail, healthcare, educational, commercial, and residential development. SMCV is the second hospital under Sunway Healthcare Group, Asia's leading integrated healthcare group operating across Malaysia and Singapore.

Aiming to improve healthcare for the surrounding communities, its extensive range of medical services includes outpatient and inpatient services, wellness programmes, state-of-the-art facilities, physician specialist clinics, and 24-hour emergency care. With 240 beds, 62 consultant suites, six operating theatres, and a catheterisation laboratory, SMCV is equipped to provide patients with the best possible care, from consultation through surgery or treatment to follow-up care and rehabilitation.

Providing Quality Healthcare Services for All

Since its inception, SMCV has established several Centres of Excellence, including the Velocity Neurocentre, Velocity Heart and Lung Centre, Women and Children Centre, Orthopaedic Centre, and Weight Management Centre, all of which has enabled the hospital to become the go-to centre for community needs.

There is no doubt that digital technology plays an important role in SMCV's operations, with SMCV being the first private hospital in Malaysia



Velle Lee, Narender Panjwani, Derrick Chan, Dr Wee Tong Ming, Chee Lee Wun

to have its vital sign medical devices completely integrated with the hospital's electronic medical record system (EMR).

As a new healthcare player in the industry, SMCV has proven agile while riding out the wave of the global pandemic. Various COVID-19 management procedures were implemented by SMCV to ensure that the hospital remains safe for everyone, such as facilitating contact tracing, handling positive cases, and opening a COVID-19 ward with advanced ventilator devices in an effort to support the nation in its battle against the virus.

A COVID-19 drive-thru test was introduced to ensure a safe environment for both patients and staff, while post-COVID-19 packages were rolled out to help patients with lingering symptoms. SMCV also participated as a COVID-19 Vaccination Centre to support the National COVID-19 Immunisation Programme as part of an initiative to support the government's effort to flatten the curve.

While battling against the pandemic, its Accident and Emergency (A&E) Department made a significant mark in the community by providing quality healthcare services with its medical and surgical ready team. Combined with modern technology and timely

treatment, SMCV became the preferred centre for urgent medical care.

Celebrating Every Achievement

SMCV is proud to be recognised with three awards from Global Health Asia-Pacific Awards 2022 — Best New Hospital of the Year in the Asia-Pacific, Obstetrics and Gynaecology Service Provider of the Year in the Asia-Pacific, and Wellness Service Provider of the Year in the Asia-Pacific where SMCV stood out among other healthcare industry players from the region.

In 2021, the hospital was also recognised by Healthcare Asia Awards for its consistent health promotion strategies and digitalisation of healthcare to ensure a better patient journey during the COVID-19 pandemic. The three awards were: Health Promotion Initiative of the Year – Malaysia, ICT Initiative of the Year – Malaysia, and Smart Hospital Initiative of the Year – Malaysia.



Derrick Chan, Chief Executive Officer of Sunway Medical Centre Velocity



WINNER
FOR THE CATEGORY:

BEST NEW HOSPITAL IN ASIA PACIFIC

AND



OBSTETRICS AND
GYNAECOLOGY SERVICE
PROVIDER OF THE YEAR
IN ASIA PACIFIC



WELLNESS SERVICE
PROVIDER OF THE YEAR
IN ASIA PACIFIC



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Trust In Us



VALUE BASED HOSPITAL OF THE YEAR IN ASIA PACIFIC

GLENEAGLES HOSPITAL KUALA LUMPUR

For the second year in a row, Gleneagles Hospital Kuala Lumpur (GKL) was recognised as the Value Based Hospital of the Year in the Asia-Pacific, a tremendous honour and source of pride for us. As a patient-centric healthcare institution and a leader in Value-Based Integrated Healthcare, we continue to advocate for patient empowerment which is one of the key themes within the global health and social care strategies of the World Health Organization (WHO). We worked tirelessly in 2021 identifying gaps or areas for improvement to ensure that we provided the best level of care to our patients.

Clinical excellence through integrated and value driven initiatives

In 2021, several new digital tools were introduced to keep our clinicians updated with the latest information and knowledge, including Computerised Physician Order Entry (CPOE) which prioritises patient safety. GKL is among the first batch of hospitals under IHH Malaysia to implement CPOE. “We understand how essential it is that, as technology advances, our clinicians and healthcare practitioners are equipped with the latest knowledge to provide the best level of skill and care for our patients,” said Ms Hoo Ling Lee, Gleneagles Hospital Kuala Lumpur’s CEO.

A great source of pride for GKL has been the data received for our Value Driven Outcome (VDO) initiatives which indicate that patients in GKL received the best clinical outcomes in the areas of Colonoscopy and Percu-



Ms Linda Leong Miao Ling, Ms Anita Victor, and Ms Hoo Ling Lee

taneous Coronary Intervention as we either met or exceeded international benchmarks.

Service excellence through patient satisfaction

Patients are at the centre of all we do, which is why we adopt the 5-Ups Service module of Stand Up, Suit Up, Speak Up, Stay Up, and Step Up. We actively encourage all employees to exceed the expectations of our patients, family members, and visitors in terms of service provision and in turn recognise outstanding employees every quarter via our “Tell Me A Story” channel as well as via Online Customer Feedback. 5-Ups Service training also equips everyone with the skills to keep up with the service standard. “We consistently instill and nurture within our employees the values of compassion, empathy, sympathy, and

competence and provide recognition of their efforts as motivation for them to continuously provide excellent services,” said Ms Hoo.

In December 2021, GKL successfully launched the MyHealth360 app which allows patients to make real-time appointments with their preferred specialist and get instant access to their medical, lab, and radiology reports. Ms Hoo reiterated, “We believe MyHealth360 is one of the key drivers that will enhance patient satisfaction as they have more control over their healthcare needs.”

Investment in advanced medical technologies

In 2021, GKL invested a total of RM40 million (US\$8.4 million) in Capital Expenditures, which included the purchase of new machinery and equipment, upgrading and implementation of IT projects, and refurbishment and renovation of our wards. Some of the state-of-the-art equipment we acquired includes the Curve Navigation Image Guided System, the Zeiss Kinevo 900 Neuro Microscope - the first innovative Robotic Visualisation System, the Orthopaedic Camera System, the latest Radiotherapy with Elekta Versa HD, and the Dual Source Computed Tomography Scan. In addition, we upgraded our existing Gamma Knife Radiosurgery, enabling us to treat more than 590 patients so far. We also expanded our Cardiology Department and refurbished our Oncology, Medical, and Surgical wards. All of this helps ensure our patients experience excellent healthcare with us.

HOSPITAL OF THE YEAR IN INDONESIA

PREMIER JATINEGARA HOSPITAL

Premier Jatinegara Hospital is a leading private hospital strategically located in East Jakarta area which has been operating since March 25, 1989. The hospital is a one-stop service centre for all medical inquiries, including inpatient, outpatient services, surgical treatments, and medical check-ups. Furthermore, the hospital offers a spectrum of other services such as telehealth consultation, diagnostic laboratory, diagnostic imaging, pharmaceutical services, physiotherapy & rehabilitation, Pulmonology Clinic and Dietetic & Wellness clinic.

Supported by multidisciplinary medical specialities and advanced facility, Premier Jatinegara Hospital offers reliable and personalised care with a commitment to high-quality medical outcomes while delivering compassionate patient care. Our Centres of Excellence, which are Neurology & Neurosurgery Centre, Cardiac / Cardiac Surgery Centre, Digestive Centre, and Urology Centre, have become the preferred choice for patients from all over the country. Our Stroke Unit was awarded the Diamond Award 2022 by World Stroke Organisation for excellence in stroke care.

At Premier Jatinegara Hospital, our fundamental purpose is the delivery of exceptional care to all our patients. We are dedicated to being the preferred provider of healthcare through innovation and improving speciality care. To better cater to the growing Indonesian market, we are expanding our services with an Eye Centre, a Geriatric Clinic, a Mother and Children Health Centre, and we are also look-



Dr Susan Ananda

ing at developing a Fertility Clinic and Minimally Invasive surgical centre in the future.

Premier Jatinegara Hospital is part of Ramsay Sime Darby Health Care, which has seven health facilities in Asia. Premier Jatinegara Hospital has obtained national accreditation from KARS (Hospital Accreditation Committee) and ISO, international accreditation from JCI (Joint Commission International), HICMR (Hospital Infection Control Management Risk), as well as MUI Halal certification. The achievements of Premier Jatinegara Hospital since its establishment are the realisation of Premier Jatinegara Hospital's commitment to the quality of health services.

Our Vision:

To be the leading healthcare provider in Asia by delivering world class healthcare and high-quality outcomes to our customers as well as ensuring the sustainability of our organisation.

Our Mission:

Customer-focused preventive, diagnostic and curative healthcare services that deliver superior outcomes and touch all individuals.

Promote, improve and sustain excellent integrated healthcare services where innovation and teaching are integral to the delivery of care.

Quality education that nurtures competent and passionate healthcare personnel. Deliver, improve and sustain all stakeholders' interests and returns.

Dr Susan Ananda, CEO of Premier Jatinegara Hospital, stated that "we are very honoured to have received the Best Hospital of the Year in Indonesia award at the Global Health Asia-Pacific Awards 2022. This award is a regional acknowledgment of our healthcare achievements and marks an important milestone for the hospital's achievements. Our team will undoubtedly continue to work hard to maintain our standards of care. Premier Jatinegara hospital will continue to endeavour and provide the highest level of healthcare service to the Indonesian population."

HOSPITAL OF THE YEAR IN MALAYSIA

KPJ HEALTHCARE BERHAD

Since its inception in 1981 as the first private specialist hospital in Johor, KPJ Healthcare Berhad (“KPJ”) has served communities and neighbourhoods nationwide for over 40 years. Our fundamental purpose since day one has been to provide exceptional diagnosis, health treatment, and care for all our patients.

During the past couple of years, KPJ has been at the forefront of Malaysia’s healthcare sector ensuring the delivery of uninterrupted healthcare services throughout the pandemic. Our top priority during this time was the safety and wellbeing of our patients and their families, as well as all our employees and consultants. As the nation and the world have since stepped into an endemic environment, we will not rest on our laurels — KPJ stands firm in our commitment to Care for Life and continues to demonstrate a spirit of excellence, going above and beyond expectations while delivering what matters most to our diverse stakeholders: quality healthcare service to improve the health of the people and communities we serve.

This commitment has further elevated KPJ into becoming the nation’s preferred healthcare provider as recognised by the award for being the “Best Hospital of the Year in Malaysia” at the Global Health Asia-Pacific Healthcare and Hospital Awards 2022.

“Being bestowed with this award for the fourth time is both an honour and testament of KPJ Healthcare’s commitment in delivering world-class healthcare services and end-to-end patient



Pn Ariesza Noor

experience. This award also acknowledges everyone within KPJ Healthcare who continues to show unwavering and relentless efforts in ensuring our services are always delivered without compromising on quality and integrity. Our sincere and heartfelt gratitude goes out to our dedicated doctors, nurses, as well as all other medical and non-medical staff; thank you - this is for you,” said Dato’ Mohd Shukrie Mohd Salleh, President and Managing Director of KPJ, who was on hand at the awards ceremony to receive this distinguished accolade.

The recent reopening of Malaysia’s borders has allowed quarantine-free travel for fully vaccinated travellers. We have since seen an encouraging rise in international patients returning to our hospitals for various types

of treatments, many of whom are our regular patients. As of July 2022, we have experienced a 173 percent increase in health travellers from countries such as Singapore, Indonesia, Indo-China and Bangladesh to our hospitals as compared to the corresponding month in the previous year. This puts KPJ on track to re-energise our health tourism business owing to the resurgence of the health tourism segment in Malaysia.

In the third quarter of this year, KPJ Healthcare will be opening its 29th hospital in the group known as KPJ Damansara Specialist Hospital 2 (“DSH2”). The 300-bed facility, equipped with the latest connected and smart healthcare technology, will no doubt set a new standard for end-to-end patient experience. The facility has combined the strengths of its medical specialists from KPJ Klang Valley hospitals with a pool of approximately 600 Consultant Specialists. This pool of multidisciplinary teams, comprising experienced medical experts, physicians, pharmacists, physical therapists, and consultants, will integrate quality care and treatments, making DSH2 a preferred, one-stop healthcare destination for both local and international patients.

Today, a reinvigorated KPJ continues to grow from strength to strength and is well positioned to continue creating sustainable value as the biggest private hospital group in Malaysia by bed count capacity and as a regional healthcare player focused on delivering world-class healthcare services, in line with our ‘Care for Life’ tagline.



DELIVERING WHAT MATTERS TO YOU

CONGRATULATIONS!



KPJ Healthcare Berhad



KPJ Johor Specialist Hospital



KPJ Ampang Puteri Specialist Hospital



KPJ Damansara Specialist Hospital

We remain steadfast in delivering quality healthcare services throughout all our 29 hospitals nationwide to improve the health of people and the communities in which we serve.

Our skilled and caring workforce are consistently focused on clinical excellence and innovative technology for seamless, end-to-end patient outcomes.

Our sincere and heartfelt gratitude goes out to our dedicated doctors, nurses, as well as all other medical and non-medical staff; thank you - this is for you. Let's continue to Care for Life.

Care for Life

KPJ HEALTHCARE BERHAD

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HOSPITAL OF THE YEAR IN MALAYSIA

GLENEAGLES HOSPITAL KUALA LUMPUR

Gleneagles Hospital Kuala Lumpur (GKL) is one of Malaysia's premier private healthcare providers. A subsidiary of IHH Healthcare, GKL has earned accreditation from both the Malaysian Society for Quality in Health (MSQH) and the Joint Commission International (JCI). Despite a challenging year, GKL has demonstrated resilience and continued to provide service excellence. "It's a humbling experience to win this award, and we are honoured by this recognition particularly as we weathered many obstacles with COVID-19, numerous movement control orders, and continued strains on the healthcare industry in 2021," said Ms Hoo Ling Lee, CEO of GKL.

A patient-centric hospital: Thriving through obstacles

GKL's growth has been on an upward trend despite a turbulent 2021, recording healthy growth last year according to the latest data. "This growth was made possible by the outstanding work our staff has done in the areas of Clinical Excellence, Service Excellence, the introduction of new services, and continuous growth in capital expenditures and technology," said Ms Hoo.

Introducing new services, continued clinical and service excellence

We believe that new medical technologies are crucial for continued patient care. Thus, in 2021, we introduced a range of new technologies and procedures in our Cardiology Department, including Cardiovascular Magnetic Resonance Imaging and the Cardiac CT Coronary Angiogram.



Ms Linda Leong Miao Ling, Dr. Kelvin Lim, Dr. Lim Wye Keat, and Ms Hoo Ling Lee

Another proud achievement is our clinical pathways, also known as Value Driven Outcome (VDO) initiatives, which track a patient's clinical outcomes from pre-procedure and intra-procedure to post-procedure. There are a total of 50 clinical indicators in the Departments of Gastroenterology, Cardiology, Orthopaedics, Obstetrics, and Gynaecology that are tracked and benchmarked against world-class standards. Our commitment to service excellence with the 5-Ups Service module is also a pivotal component to maintaining our standards as we believe the human touch has the ability to heal.

Digitalisation and mobile health

The pandemic brought about an acceleration in digitalisation which has proven to be a valuable element in healthcare, particularly during movement restrictions. We launched our e-Health platform at the height of the pandemic in 2020 and have continued upgrading it to ensure our patients can virtually connect with their specialists without leaving their homes. Our MYHealth360 Mobile App was also designed for patients to take charge of

their healthcare, allowing their hospital experience to be seamless and efficient.

We also began implementing Computerised Physician Order Entry (CPOE) as another layer for patient safety which includes improving efficiency in the ordering process and reducing human errors. The Imaging, Rehabilitation, and Pharmacy Departments were the first to roll out the programme and have reported improved operational efficiency and patient care delivery.

Quality care and social responsibility despite the pandemic

Throughout the pandemic, GKL helped ease pressure on the Malaysian public healthcare system by accepting non-COVID-19 patients from government facilities.

We also collaborated with the Malaysia Healthcare Travel Council (MHTC) to ensure medical tourists could visit our hospital and receive treatment despite border closures. Across all IHH Healthcare Malaysia hospitals, GKL recorded the highest number of medical tourists from Indonesia in 2021, with the most popular treatments sought being in Paediatric Cardiology and Oncology.

As a responsible organisation, GKL has initiated a number of food waste management initiatives, such as diverting food waste from landfills, converting it to compost/ biodiesel, and then channeling it to the correct agencies. "With proper planning and mutual cooperation from both patients and staff, we can reduce food waste while still providing quality service," concluded Ms Hoo.



Gleneagles Hospital
KUALA LUMPUR



Healthcare You Can Count On

Gleneagles Hospital Kuala Lumpur has been delivering exceptional patient care since 1996. As a part of IHH Healthcare, we are one of the leading private hospital in the metropolitan capital of Malaysia. Gleneagles Hospital Kuala Lumpur is highly respected for its excellent clinical outcomes and has become a reputable healthcare service provider in both Malaysia and the South East Asian region. To date, we have cared for and treated more than 15,000 patients from over 120 countries in 40 clinical specialties.

SPECIALTIES

We offer a comprehensive range of medical specialties through more than 180 qualified and experienced consultants. Our medical professionals are committed to providing quality and personalised healthcare for inpatient and outpatient services.

- Allergy & Immunology
- Anaesthesiology
- Audiology
- Bariatric & Metabolic Surgery
- Breast & Endocrine Surgery
- Cardiology
- Cardiothoracic Surgery
- Dermatology
- Dental Surgery
- Ear, Nose & Throat Surgery
- Endocrinology & Metabolic Medicine
- Gastroenterology
- General Surgery
- Geriatrics
- Haematology
- Hand & Microsurgery
- Maxillofacial Surgery
- Medical Oncology
- Neurology
- Neurosurgery
- Nephrology
- Obstetrics & Gynaecology
- Ophthalmology
- Oncology
- Orthopaedics & Trauma Surgery
- Paediatrics
- Paediatric Surgery
- Pain Specialist
- Pathology
- Palliative Medicine
- Internal Medicine
- Plastic & Reconstructive Surgery
- Psychiatry
- Psychology
- Radiology
- Rehabilitation Medicine
- Respiratory Medicine
- Rheumatology
- Thoracic Surgery
- Urology
- Vascular Surgery

AWARDS & ACCREDITATION

Gleneagles Hospital Kuala Lumpur is one of the first private hospital in Malaysia to be accredited by US-based Joint Commission International (JCI); while locally we are accredited with the Malaysian Society for Quality in Health (MSQH). In addition, other notable awards that attest to the quality of care at GKL included:

- 'International Hospital of the Year' award as well as a 'Highly Commended for Excellence in Customer Service' award from the prestigious International Medical Travel Journal in 2018
- 'Best Urology Service Provider' and 'Health Screening Provider in Asia Pacific' by the Global Health and Travel Awards 2019
- Value Based Hospital of the Year in Asia Pacific 2021, and Endocrinology Service Provider of the Year at Global Health Awards 2021
- Hospital of the Year in Malaysia, Value Based Hospital of the Year in Asia Pacific, Bariatric Service Provider of the Year in Asia Pacific, and Endocrinology Service Provider of the Year at Global Health Awards 2022

Awards:



Book an appointment today.

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HOSPITAL OF THE YEAR IN THAILAND

SAMITIVEJ SUKHUMVIT HOSPITAL

Samitivej has enhanced its medical expertise by partnering with other international hospitals to provide screening, prevention, and treatment to improve an individual's physical fitness based on its vision "we do not want anyone to get sick." Its medical treatment innovations include:

- AI-Assisted colonoscopy technology developed in Japan, which is 50 percent more accurate than traditional colonoscopies. Samitivej has successfully used this technology to detect colon cancer in more than 5,000 cases, reducing the fatality rate by 53 percent, increasing the cure rate to 90 percent, and lowering treatment costs twenty-fold.
- Thailand's first-and-only Preterm Prevention Clinic, offering care for high-risk pregnancies using the "3P concept" of screening techniques that reduces the likelihood of pre-term birth by 50 percent (compared with WHO statistics).
- Neonatal Intensive Care Unit (NICU) Level 4, benefiting from shared expertise with Takatsuki General Hospital, one of Japan's leading hospitals, and providing extensive life-saving assistance in Paediatric Emergency and Critical Care in collaboration with Oregon Health & Science University in the USA.
- Innovative knee replacement surgical techniques in collaboration with Japan's Takatsuki General Hospital.
- Age Friendly Hospital, providing 24-hour healthcare services for elderly



Nicolas Leloup & Dr Nisarath Jaidee

patients in critical condition, and the first hospital in Southeast Asia to be certified with Geriatrics Emergency Department Accreditation (GEDA) from the American College of Emergency Physicians.

- FitLAB by Samitivej, providing care and treatment for more than 1,500 athletes and others who have sustained sports-related injuries, with medical-grade equipment and technology utilised by a highly experienced team of doctors, physiotherapists, and sports medicine specialists.

In addition, Samitivej continually develops new technologies aimed at alleviating customer pain points, such as Samitivej Virtual Hospital which

offers 24-hour video consultation with more than 642 doctors specialising in 51 fields. Consultations are enhanced using TytoCare devices to screen lungs, ears, throat, skin, and temperature, and the Engage Care app which tracks key health data for diabetic patients and those with high blood pressure in real-time, 24 hours a day. For patients wishing to avoid a long hospital visit, the Samitivej Plus app offers real-time access to hospital services, including doctor schedules, appointment requests, registration, and medicine pickup. The app also offers online payment and allows patients to view their medical history.



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Bangkok Dusit Medical Services (BDMS) is one of the most prestigious hospital networks in the Asia-Pacific region. We manage 53 hospitals many of which are internationally accredited. BDMS provides world-class medical care to around 2 million international patients annually, complemented by the latest medical technology and qualified doctors, 13,000 nurses and international teams to take care of patients from patients from different countries.

Website : www.bdms.co.th



MEDICAL TOURISM HOSPITAL OF THE YEAR IN ASIA PACIFIC

ISLAND HOSPITAL

As the preferred medical service provider in the region, Island Hospital in Penang serves the medical needs of more than 100,000 health travellers every year.

This year will be the hospital's 26th year in operation, and with it comes a new milestone: the opening of a new expansion block known as Peel Wing. This development adds 300 more hospital beds to existing capacity, effectively making it Penang's first 600-bed private hospital.

The opening of Peel Wing marks the completion of the first phase of Island Hospital's visionary Island Medical City (IMC) project. IMC is a highly ambitious project driven by the hospital's vision to be the first-of-its-kind medical hub in Malaysia. Designed to centre around healthcare travellers' needs, it will feature state-of-the-art medical equipment and the largest and most advanced tertiary care facility in Penang. When fully completed, IMC will be a first class medical centre housing 1,000 beds, a medical tourism hotel, medical suites, and other ancillary facilities.

In response to the travel restrictions during the pandemic years beginning in 2020, Island Hospital introduced several long-term hospital-without-walls initiatives to meet the needs of healthcare travellers.

These included a tele-consultation service for healthcare travellers to reach out to their trusted doctors in the hospital. Although physical exami-



Adeline Goh & Narender Panjwani

nations were not possible, tele-consultation services ensured continuity of care for patients who were barred from travelling. Those abroad continued to enjoy easy access to their attending physicians regardless of location, something that was very comforting to them.

To complement the tele-consultation service, medicine delivery service was also made available for patients abroad who only required medications. It gave international patients peace of mind to be able to continue to get their prescriptions from a trusted source. These services continued for over two years up until international borders reopened.

For inpatient services, Island Hospital introduced routine chartered flights from neighbouring cities to

Penang, servicing only Island Hospital patients with an affordable airfare. Careful coordination was made with patients prior to travel, smoothening immigration processes and other arrangements, such as COVID-19 screening tests, to make the service as seamless as possible. All of this was made possible with the support of the Malaysia Healthcare Travel Council (MHTC) when it opened borders for international healthcare travellers via medical evacuation.

To facilitate post-travel isolation and treatment care for patients who travelled from abroad, the hospital arranged a dedicated COVID-19 ward for this purpose. This allowed patients to recuperate in total comfort without having to worry about isolation and accommodation during the duration of their travel and treatment at the hospital.

Staying connected digitally was also a top priority for the hospital, as it did not want patients to feel neglected even though they were unable to physically travel. Regular newsletters, e-mailers, and personal messages were sent to patients to keep them abreast of happenings and the situation in Malaysia and at the hospital. This drew patients closer to the hospital and kept them excited about the reopening of borders that would allow them to travel again.

PEEL WING OPENING OFFER

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5. Reporting of results will be by Island Hospital's selected team of Physicians.
6. Online purchase is limited to a maximum of 10 packages per order.
7. Appointments must be made at least three working days in advance and are subject to availability.
8. Official payment confirmation and booking number must be produced on consultation day.
9. Purchase is non-refundable and cannot be redeemed for cash or any other items and services.
10. The decision made by Island Hospital is final and non-negotiable.
11. Island Hospital reserves the right to refuse any requests without giving reasons or change the terms and conditions or cancel any promotions at any time without notice.
12. Free package will be of the same or equal value to the original purchased package value.
13. Consultation for both persons will be with the same reporting Consultant.
14. Appointment for both persons must be made on the same day and time.
15. Only valid for use at Health Screening Centre, Peel Wing, Island Hospital.
16. Package(s) purchased is available for redemption up to **31st December 2022.**

For health screening appointment, please contact +604 238 3398 / 3399

ISLAND HOSPITAL SDN. BHD. (Company No. 199401038023)

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MEDICAL TOURISM HOSPITAL OF THE YEAR IN ASIA PACIFIC

MAHKOTA MEDICAL CENTRE

Mahkota Medical Centre (Mahkota), founded in 1994, is one of the largest and most comprehensive tertiary private hospitals in Southern Malaysia. The hospital is strategically located in the city centre of Melaka, a UNESCO World Heritage Site, with close links to the airport and ferry port. Mahkota's vision is to be the most reputable referral hospital in Southeast Asia by bringing together the most competent medical capabilities from within and outside of our hospitals.

The hospital offers state-of-the-art diagnostics and therapies, along with high-quality medical services with over 120 practising consultants across a wide range of medical and surgical disciplines. Through these specialised programmes, Mahkota strives to provide patient-focused care that integrates the expertise of a multidisciplinary team.

Mahkota has been continuously investing in the latest medical equipment to deliver the best clinical outcomes, such as PET-CT scan, Dual Source CT scan, the first and only High-Intensity Focused Ultrasound (HIFU) treatment in Malaysia and more. It is one of the most comprehensive hospitals, focusing on medical sub-specialties with high and unique surgical workloads. Some of the unique surgical procedures include Kidney Transplants, which Mahkota is one of four private hospitals in Malaysia licensed to perform, Heated Intraperitoneal Chemotherapy (HIPEC) and Pres-



Stanley Lam

surised Intraperitoneal Aerosolised Chemotherapy (PIPAC) for peritoneal cancers.

As one of the pioneer medical tourism players, Mahkota has enhanced its services by having a total of 17 Authorised Representative Offices (AROs) in Southeast Asia. This includes Indonesia, Singapore, Vietnam, Taiwan, and Bangladesh as we understand the challenge of travelling and we aim to facilitate and ease this process for patients. Mahkota also offers shuttle services, visa extensions, luggage storage services, and translation services for international patients. To optimise

the process further, Mahkota set up an International Patient Centre (IPC) in April 2022 to provide a seamless patient experience and improve the healthcare journey of international patients (inpatient cases only). With open borders, more international patients are returning to Mahkota as their preferred healthcare facility to seek treatment.

It is the first private hospital in Melaka to receive the Joint Commission International (JCI)-accreditation, in addition to earning the 6th edition Malaysian Society for Quality in Health (MSQH) accreditation. Mahkota is the flagship hospital of Health Management International Pte Ltd (HMI Group) with more than 25 years of track record and a top medical tourism destination in Malaysia. Mahkota is also an elite member of the Malaysian Healthcare Travel Council, serving around 100,000 foreign patients annually. Recently, Mahkota was awarded the prestigious Global Health Asia-Pacific award for Medical Tourism Hospital of the Year in the Asia-Pacific 2022.

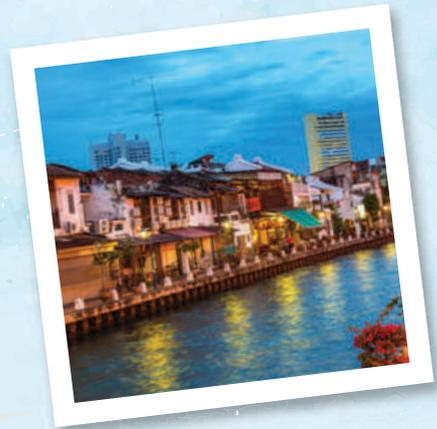
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APOLLO HOSPITALS

Apollo Hospitals was established in 1983 by Dr Prathap C Reddy, a physician renowned as the architect of modern healthcare in India. As the nation's first corporate hospital, Apollo Hospitals is acclaimed for pioneering the private healthcare revolution in the country.

Apollo Hospitals has emerged as Asia's foremost integrated healthcare services provider with a robust presence across the healthcare ecosystem, including Hospitals, Pharmacies, Primary Care and Diagnostic Clinics, and several retail health models. The Group also has Telemedicine facilities across several countries, Health Insurance Services, a Global Projects Consultancy, Medical Colleges, Medvarsity for E-Learning, Colleges of Nursing and Hospital Management, and a Research Foundation. In addition, 'ASK Apollo', an online consultation portal, and Apollo Home Health provide the care continuum.

The cornerstones of Apollo's legacy are its unstinting focus on clinical excellence, affordable costs, modern technology, and forward-looking research and academics. It was among the first hospitals in the world to leverage technology to facilitate seamless healthcare delivery. The organisation embraced the rapid advancement in medical equipment and technologies across the world and pioneered the introduction of several cutting-edge innovations in India. Recently, South-east Asia's first Proton Therapy Centre commenced operations at the Apollo Centre in Chennai.



Dr Harinder Singh Sidhu

Since its inception, Apollo Hospitals has been honoured by the trust of over 150 million individuals who came from 140 countries. At the core of its patient-centric culture is TLC (Tender Loving Care), the magic that inspires hope amongst its patients.

As a responsible corporate citizen, Apollo Hospitals takes the spirit of leadership well beyond business and has embraced the responsibility of keeping India healthy. Recognising that Noncommunicable Diseases (NCDs) are the greatest threat to the nation, Apollo Hospitals is continuously educating people about preventive healthcare as the key to wellness. Likewise, envisioned by Dr Prathap C Reddy, the "Billion Hearts Beating Foundation" endeavours to keep Indi-

ans heart-healthy.

Apollo Hospitals has championed numerous social initiatives, including those that assist underprivileged children such as SACHI (Save a Child's Heart Initiative) which screens and provides paediatric cardiac care for congenital heart diseases, SAHI (Society to Aid the Hearing Impaired), and the CURE Foundation focused on cancer care. To introduce population health into the Indian narrative, the Total Health Foundation, as envisaged by Dr Reddy, is piloting a unique model of healthcare in the Thavanampalle Mandal of Andhra Pradesh. It aims to provide "holistic healthcare" for the entire community, starting from birth and continuing through one's journey into childhood, adolescence, adulthood, and old age.

In a rare honour, the Government of India had issued a commemorative stamp in recognition of Apollo's widespread contributions, the first for a healthcare organisation. In addition, a stamp was also released to mark the 15th anniversary of India's first successful liver transplant performed at Apollo Hospitals. More recently, Apollo Hospitals was again honoured with a postal stamp for having successfully performed 20 million health checks and its pioneering efforts in encouraging preventive healthcare in the country.

Dr Prathap C Reddy, Founder Chairman of the Apollo Hospitals Group, has been conferred with the prestigious Padma Vibhushan, India's second highest civilian award.

EXTENSIVE EXPERIENCE ACROSS SPECIALITIES



200000+
HEART
SURGERIES



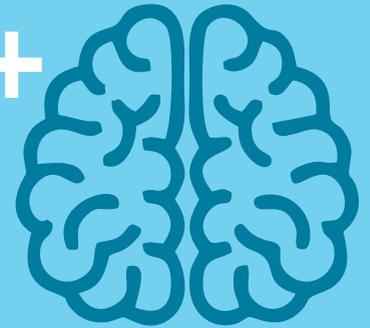
3950+
LIVER
TRANSPLANTS



16750+
KIDNEY
TRANSPLANTS



180000+
NEURO
SURGERIES



370000+
ORTHO
SURGERIES



200000+
ONCO
SURGERIES



300000+
ANGIOPLASTIES

PROTON CANCER
CENTRE
FIRST IN SOUTH EAST ASIA

As Asia's foremost trusted integrated healthcare group, Apollo Hospitals has been honoured by the trust of over 150 million individuals who came from 140 countries, its presence includes over 12,000 beds across 71 Hospitals, 4500 pharmacies, over 250 Primary Care clinics and 1200 Diagnostic centres, 700 plus Teleclinics, over 15 medical education centres and a Research Foundation with a focus on global Clinical Trials.

For over 4 decades, the Apollo Hospitals Group has continuously excelled and maintained leadership in medical innovation, world-class clinical services and cutting-edge technology.

OUTSTANDING LEADERSHIP IN HEALTHCARE TRAVEL IN ASIA PACIFIC

MALAYSIA HEALTHCARE TRAVEL COUNCIL

The current success of Malaysia's healthcare travel industry has been encouraging given that not long ago the industry was severely impacted, a given result of the pandemic that swept across the globe, affecting all industries, directly and indirectly. However, countries have shown signs of recovery, including Malaysia – with the healthcare travel industry's potential to contribute up to RM2 billion to the economy by 2025.

Continuous Excellence in Quality of Care

MHTC demonstrates a firm dedication towards offering world-class quality healthcare, competitive affordability, and ease of accessibility, delivered through a seamless end-to-end patient journey experience.

"We refuse to rest on our laurels. Thus, receiving the Outstanding Leadership in Healthcare Travel in the Asia-Pacific at the GlobalHealth Asia-Pacific Conference and Awards 2022 motivates us to continue our efforts. Strong collaboration across the value chain in our industry proves invaluable as MHTC is built upon public-private partnerships," quips Mohd Daud Mohd Arif, Chief Executive Officer of the Malaysia Healthcare Travel Council (MHTC).

"Malaysia Healthcare's member hospitals collected an impressive 43 awards this year across varying expertise. Let us all go the extra mile, side-by-side, in providing quality healthcare for our patients," he added.



Narender Panjwani & Mohd Daud Mohd Arif

Accessible and Affordable Quality Care

Going beyond 2025, Malaysia aims to be a leading healthcare travel destination in Asia Pacific. Competitors include Singapore, Thailand, Dubai, and South Korea. Rising healthcare costs in neighbouring countries have contributed to Malaysia's position as a healthcare travel destination with world-class quality healthcare services but more realistically affordable. Other factors include strategic positioning as a Muslim-friendly nation, warm hospitality, and well-known tourism attractions.

Hub of Niche Treatments

Malaysia Healthcare brings to the table strength in niche treatments where healthcare travellers seek complementary treatments and alternative options. MHTC focuses on a few key initiatives, to establish Malaysia as (i)

the Fertility Hub of Asia; (ii) the Cardiology Hub of Asia; (iii) the Cancer Care Centre of Excellence; (iv) the Hepatitis C Treatment Hub of Asia; and (v) the preferred Premium Health Screenings centre, among others.

Sustainable Growth for Enhanced Patient Experience

MHTC's sustainable growth was marked with the launch of the Malaysia Healthcare Travel Industry Blueprint 2021-2025 in November 2021. "As we move from the recovery phase (2021 to 2022) of establishing strategic partnership across various stakeholders, to the rebuilding phase (2023 to 2025), we will work towards integrating communication as well as diversifying products and markets. Our plan is to expand to two-tier cities in major markets, strengthen the primary markets, and seed future new markets," he added.

MHTC has begun forging a new frontier to redefine the patient experience through a unified and collaborative approach to digitalisation that allows healthcare providers to improve upon service delivery and reinforce patients' peace of mind.

"Learning from the pandemic, we need to be ready to ensure continuity of patient care is uninterrupted, including entire ecosystems prepped for any moment's notice. Synergy is key in ensuring continuity of care is prioritised, especially for critical patients. Keeping to these standards will elevate us as a safe and trusted destination - not just Malaysia, but our entire region," said Mohd Daud.

Malaysia Healthcare: Minding Matters Of The Heart

Take charge of your heart. The sooner you know the risks and recognise heart failure symptoms, the sooner you will be able to receive a diagnosis and essential treatment. At the same time, tending to your heart through preventive measures is the best love you can give to yourself, your family and of course, your HEART!

Cardiovascular Disease (CVD) Around The World



17.9 MILLION affected by CVD in 2019



4 out of 5 CVD deaths due to heart attacks and strokes



Over 3/4 of CVD deaths occurred in low and middle-income countries

Source: World Health Organization

Journey to Every Beat of Your Heart Through Asia's Cardiac Hub

Over the years, our hospitals have treated healthcare travellers from all over the world, dating back to the 1960s. Known as “The Heartbeat of Asia”, Malaysia is an epicentre of cardiovascular excellence with cutting-edge medical technologies, and affordable treatments in the Asia-Pacific region. Experience Malaysia Healthcare - seamless, world-class quality healthcare offerings every step of the way!



Prevention

Regular Cardiac Screenings as part of an integrated health evaluation



Detection

Heart Examinations, Electrocardiography, and Blood Testing for the diagnosis of heart disease



Treatment

Open-Heart and Thoracic Surgeries, and Transplants as well as other treatments employing innovative technologies



Rehabilitation

Therapeutic Services, Nutrition Counselling, and Post-Surgery Support & Care guiding the way to proper recovery

Why Malaysia?

Excellence and Expertise

- Top-Notch Facilities and Specialists achieving significant breakthroughs in the provision of cardiac care throughout the Asia Pacific
- Malaysia's National Heart Institute has become a training and research Hub, training almost 240 doctors from across the Asia Pacific region

Efficient Accessibility

- Minimal Waiting Period compared to some countries with overcrowded healthcare systems
- Immediate Access to Specialists and Medical Professionals

Affordable, World-Class Treatments

- Cost-Effective Treatment Packages that encompass a wide range of services and amenities
- Treatment costs are regulated by the 13th fee schedule, monitored by the Ministry of Health, Malaysia

#experienceMalaysiaHealthcare

Malaysia Healthcare

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QUALITY CARE
FOR YOUR
PEACE OF MIND

HOSPITAL OF THE YEAR IN ASIA PACIFIC AND SINGAPORE

MOUNT ELIZABETH HOSPITAL

For over four decades, Mount Elizabeth has been entrusted with the care of both local and international patients. This has seen it establish, and even grow its reputation as a trusted health-care provider of choice in Singapore and the region.

As a testament to this achievement, the Mount Elizabeth Hospitals continue to be a winner at each edition of the Global Health Asia-Pacific awards. This year is no exception, with the hospital receiving many coveted recognitions, including the Best Hospital of the Year in the Asia-Pacific and the Best Hospital of the Year in Singapore for the seventh consecutive year.

With two locations across Singapore (Orchard and Novena), Mount Elizabeth is well-known worldwide for its breadth and depth of clinical expertise and medical technology. Both hospitals have repeatedly received the distinguished Joint Commission International (JCI) accreditation for quality care.

With more than 800 specialists, the Mount Elizabeth Hospitals can be relied on to perform complex and delicate surgeries, including minimally invasive and robot-assisted procedures, ethical living donor organ transplants, precise orthopedic surgeries as well as treatment of late-stage cancers.

Uncompromising Quality Healthcare

The Mount Elizabeth Hospitals consistently recruit specialists with new skillsets to provide patients with a wider range of care options. The hospitals also tap on modern medi-



Mr Yong Yih Ming

cal technologies to stay ahead of the competition in providing optimal outcomes for clinical care and patient experience.

Doctors are experienced specialists, trained at established medical institutions around the world. A large number of specialists further subspecialise in their areas of expertise and interests, allowing for patients to receive greater care in a wide area of specialties. Specialists stay on top of their fields by updating themselves with the latest developments in techniques and treatment regimes. With a concentration of specialties and sub-specialties across both hospitals, Mount Elizabeth's doctors are able to work as a team to provide comprehensive care for even the most complex conditions.

Similarly, nurses in the Mount Elizabeth Hospitals have an average nursing experience of 10 years, giving patients confidence and peace of mind in their care and service. The nursing leaders in the Intensive Care and High Dependency Units have an average

of 22 years of experience managing patients with acute conditions.

Modern Technologies and Advanced Procedures

The Mount Elizabeth Hospitals are equipped with modern diagnostic technology, providing enhanced safety and quality service for patients. For example, the advanced PET-MRI system produces detailed scans at much lower radiation levels. This helps the specialists in the hospitals detect tumours with greater accuracy and conduct surgeries more precisely.

Advances in technology also allow patients to opt for less invasive treatment methods, such as laparoscopic surgeries, robot-assisted surgery and even single-port (single incision) surgeries that require specialised equipment inserted through a small incision in the patient's navel.

Another fascinating surgical advancement would be the Da Vinci surgical system, which enables the surgeon to operate using a forceps-like

A **minute** is what it takes to

Tickle your child silly

Blow out birthday candles

Catch the sunset

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All it takes is one minute to book yours today.



master control while viewing highly-magnified 3D images of the body's interior. The robotic arms are inserted through tiny surgical cuts and act as an extension of the surgeon's limbs, mirroring every hand movement. With the Da Vinci surgical system, delicate and complex operations can be performed safely, deftly and accurately.

Mount Elizabeth Novena Hospital (MNH) also houses one of the premier Gamma Knife Centres in Singapore, where Gamma Knife radiosurgery is offered. Performed as an outpatient surgical procedure, Gamma Knife radiosurgery uses precise gamma rays to treat brain disorders without the need for open surgery, thereby allowing patients to return home on the same day.

Well-equipped for Complex Surgeries and Critical Care

The Mount Elizabeth Hospitals also leverage modern equipment and facilities to achieve favourable surgical outcomes. For example, Mount Elizabeth Novena Hospital is fitted with purpose-built hybrid operating theatres that enable collaboration between surgeons and interventional radiologists.

By incorporating surgical facilities in the same space as advanced diagnostic equipment such as computed tomography (CT) and magnetic resonance imaging (MRI) machines, surgeons can carry out complex procedures in an effective way that minimises risks and shortens recovery times for patients.

The Intensive Care Unit (ICU) is located close to the operating theatres so that patients can receive emergency treatment in the shortest possible time. Patients' vital signs are transmitted to a central nursing station manned round the clock by qualified nurses, allowing the ICU team to respond to any changes swiftly and



efficiently.

With a ceiling-mounted service unit to deliver critical power and house medical equipment, the beds in the ICU are no longer tethered to the wall and can be rotated and positioned freely to the most optimum environment. The facility is furthermore well-supported by board-certified specialists and seasoned critical care nurses, nurse practitioners and physician assistants, all of whom are committed to providing a high level of clinical care.

Charting Frontiers in Clinical Treatments

Among hospitals in Southeast Asia, Mount Elizabeth Hospital (MEH) took the lead in launching the Urolift procedure, a minimally invasive day surgery to treat benign prostatic hyperplasia (BPH). As Urolift is performed in the office under local anaesthesia, patients experience a shorter recovery time and can return to daily activities sooner. Urolift is also available at MNH.

In June 2020, MNH started offering **Rezum water vapour therapy**, a minimally invasive procedure to help

treat male patients with enlarged prostates. Rezum makes use of the thermal energy in steam to reduce the size of the enlarged prostate and provides prompt recovery and limited side effects, with no need for medication to manage the condition.

In July the same year, **CorPath GRX** was introduced in MNH. This robot-assisted platform is designed to provide enhanced control and robotic precision for doctors performing interventional procedures such as percutaneous coronary intervention (PCI) and percutaneous vascular intervention (PVI).

In April 2021, MEH spearheaded minimally invasive **parafascicular surgery (MIPS) using the BrainPath approach** among private hospitals in Singapore. With the BrainPath approach, neurosurgeons are able to remove deep and/or previously inoperable blood clots or brain tumours with little to no trauma to the patient. This surgery allows the preservation of brain tissues and is less invasive than traditional craniotomies. There is also reduced mortality with improved clinical outcomes.

Looking forward to the future, MNH will be introducing its Proton Therapy Centre with a **proton therapy system** in late 2022. Proton beam therapy is widely considered to be one of the most advanced forms of radiotherapy in the fight against cancer. The unique dose deposition that proton therapy offers allows cancerous tumours to be targeted more effectively than in other treatments, and consequently offers the potential for reduced secondary effects. The new proton therapy centre will augment Mount Elizabeth's position as the preferred and trusted healthcare provider in Singapore and Southeast Asia.



Mount Elizabeth™

IT'S POSSIBLE

Mount Elizabeth Proton Therapy Centre

One of the first Proton Beam Therapy centres in Southeast Asia with a multi-disciplinary and experienced team of cancer specialists to deliver the best clinical outcome for patients.

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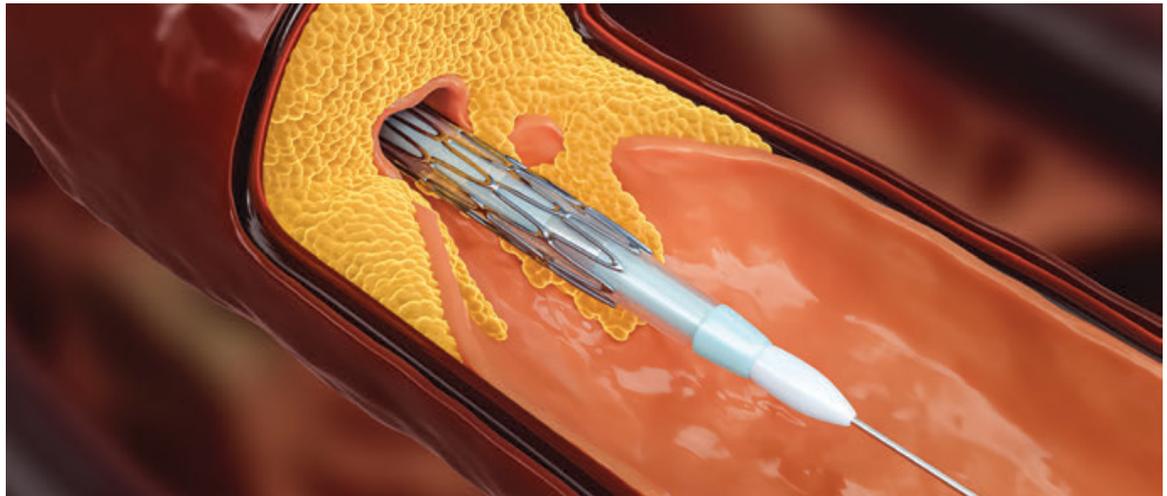
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Coronary Artery Bypass Safer than PCI

Avoiding brain injury during cardiac interventions – Minimally Invasive Heart Surgery Leads the Way



Patients with stents in their coronary arteries are forever at risk of further occlusion of their arteries resulting in myocardial infarction or even death.

Despite recent advances in medicine and surgery, heart disease remains the main killer in most developed and developing countries. The bulk of the burden of care for heart patients remain mainly with general practitioners and cardiologists.

Most patients with severe coronary artery disease would nowadays undergo cardiac catheterization and coronary angiography before proceeding to angioplasty and stenting, often repeatedly in order to relieve them of their symptoms of chest pain or breathlessness. While in the majority of cases, the procedure is straightforward, the risk of complications is always present. One of the major concerns with any cardiac interventions is the possibility of stroke. While the risk of clinically evident stroke is low, the occurrence of silent stroke is much higher than previously thought. Using highly sensitive magnetic resonance imaging techniques, Japanese researchers found evidence of brain injury in 32.1% of patients following routine cardiac catheterizations. The risk is increased in older patients and in those needing multiple catheters, wires, stents and other instruments. Fortunately most of these injuries are not clinically evident. Patients with stents in their coronary arteries are forever at risk of further occlusion of their arteries resulting in myocardial infarction or even death. This explains why in the long-term, patients with stents do not live as long compared to those who undergo coronary artery bypass surgery in the first place.

Heart surgery also carries a risk of stroke from the effects of cannulations, heart-lung bypass and prolonged general anaesthesia. This risk is often quoted as higher than percutaneous interventions like stenting. A new concept has emerged to perform coronary artery surgery without manipulating the aorta since this may dislodge atherosclerotic material which can result in strokes. Anaortic, off pump coronary artery bypass can achieve this aim. By utilising the internal mammary arteries as bypass conduits, there is also no need to

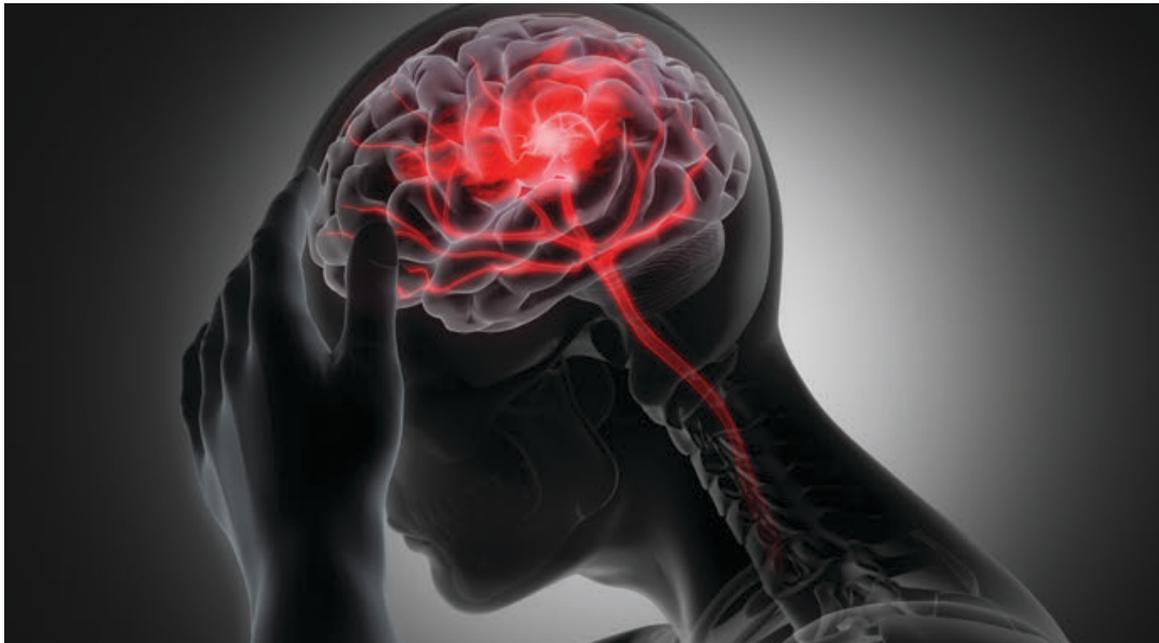
attach any top ends to the aorta. Thus, doing the whole procedure without ever touching the aorta would go a long way towards reducing or eliminating the risk of stroke. This concept of treatment is, in my opinion, the safer option compared to percutaneous interventions including angioplasty and stenting which inevitably involve inserting foreign bodies into the inside of the aorta before they could be introduced into the coronary arteries.

The advantages are combined elegantly in the emerging new concept of minimally invasive coronary artery bypass surgery through a small left thoracotomy which allows harvesting of both internal mammary arteries and off pump beating heart bypass surgery for all areas of the heart. There is no need for sternotomy, cannulation of the aorta or any manipulation of the aorta, no need for heart-lung bypass, and also no need for harvesting leg veins or radial artery. These mean that the recovery of the patient is enhanced, with much less pain and with patients being able to return to their usual occupation and activity within a couple of weeks of the surgery. There is the added bonus of superior long-term outcome with the use of total arterial revascularization.

I believe this minimally invasive coronary artery bypass surgery is the best treatment option for patients with severe coronary artery disease with lower risk and better long-term results including the better survival of patients and the reduced need for repeat procedures.



Dr. Eng Ji Bah
Consultant Cardiothoracic Surgeon



How do I know if this is a stroke? What can be done?

This article aims to refamiliarise the reader with stroke care. The first step is of course getting the diagnosis correct.

The symptoms of stroke include:

- 1) Weakness of the limbs (arms or legs), with or without face ‘drooping’
- 2) Speech difficulty or slurring
- 3) ‘Blurred’ vision
- 4) Dizziness (that is not ‘isolated’ i.e. the dizziness is associated with one of the symptoms listed above).

The use of acronyms like “FAST” (Face drooping, Arm weakness/numbness, Speech difficulty, Time to act!), “BEFAST” (“Balance, Eyes, Face, Arms, Speech, Time”) is catchy and helps to create public awareness. The down side is that the described symptoms are not specific to stroke and may be caused by many other diseases.

So the first important step is for the patient to get to a doctor early, so treatment can start within 4 1/2 hours from the onset of symptoms. The doctor will do what is needed to establish an accurate diagnosis. This includes listening to the patient, examining the patient and a computerised ‘brain scan’ (cranial CT scan or MRI).

If it is indeed a ‘fresh’ stroke, and the cause is bleeding in the brain, the patient is cared for by a neurosurgeon primarily. If it is an ischemic stroke (i.e. blocked blood vessel), the treatment is determined by a few factors, one of the most important being the time that has lapsed since stroke started.

If treatment can be started within 4 1/2 hours, injection of a clot buster (“rTPA”) helps many patients recover well, though there are real risks so the patient warrants careful close monitoring. In some specialised centres, the clot within the artery can be retrieved using intra-arterial catheters.

The path to recovery after a stroke includes

measures to prevent stroke recurrence. Though tablets are important (for example ‘anti-platelets’ or ‘anti-coagulants’ in some), the role of committed sustained improvement in lifestyle cannot be over stressed. Patients who smoke should stop smoking, immediately! Be it traditional cigarettes, electronic cigarettes, cigars or pipes! It is amazing how good people are prepared to pay to buy disease, when they buy cigarettes!

There are many options in dietary care and it is well worth spending time with a dietician/nutritionist to optimise the patient’s diet. Rehabilitation therapy in all its components, namely physiotherapy, occupational therapy, speech therapy play an important role in optimising recovery. The Rehabilitation Physician is ideally suited to ensure this. Regular exercise, stress management, lifestyle modification and other measures are all beneficial; it is best the patient and family discuss these with the attending neurologist.

The spectrum of outcome in stroke survivors can vary from full recovery to challenging scenarios of persisting neurological deficits. Achieving best outcome requires super early treatment and a partnership between the patient, the patient’s family, the attending doctors and supportive medical/health staff.

If it is indeed a ‘fresh’ stroke, and the cause is bleeding in the brain, the patient is cared for by a neurosurgeon primarily.



Dr. Haniffah B. Abdul Gafoor
Consultant Neurologist

Cryolipolysis: The Effectiveness of Fat-Freezing

Datuk Dr Inder explains how the treatment works

One very common method of removing fat is liposuction, but the procedure's hazards, which might even be life-threatening, are regrettably alarming. These dangers can include an infection, a protracted healing process, a hematoma (blood clot), and scarring. Additionally, there's a danger that anaesthesia-related complications after liposuction could also be fatal. Due to these risks, numerous less invasive alternatives to surgery have been developed, one of which is cryolipolysis, sometimes referred to as fat-freezing. This article will explain some of the outcomes obtained from sessions of cryolipolysis in order to illustrate the efficacy of this treatment.

About Cryolipolysis

One of the most often utilised non-invasive fat reduction procedures is cryolipolysis. Besides cryolipolysis, radiofrequency (RF), high-intensity focused ultrasound (HIFU), and low-level laser treatment are the other top energy methods for fat removal. But only two fat-reduction technologies - cryolipolysis and HIFU - have significantly reduced fat levels in only one treatment session.

Since obtaining FDA authorisation in 2010, cryolipolysis has been viewed as a minimally invasive alternative to surgical treatments for reducing subcutaneous fat without causing damage to surrounding tissues. This procedure causes the death of apoptotic fat cells and reduces the thickness of subcutaneous fat. When used to decrease subcutaneous belly fat, it is not associated with changes in blood lipid levels or results of liver tests.

Before the treatment, patients will typically have an initial consultation with a doctor to address any concerns, set reasonable goals for fat reduction, and arrange the locations for applicator placement and the number of cycles based on a whole-body evaluation. Prioritising the therapeutic areas allows for the development of a plan that would satisfy the needs of the patients as well as any financial limitations.

Benefits of cryolipolysis:

- Short treatment duration
- A quicker healing time
- Non-invasive
- No anaesthesia is required

Effectiveness of Treatment

Over six months, patients at the Inder Aesthetic Clinic experienced first-hand the effectiveness of cryolipolysis treatment. The clinical outcomes of the treatment were examined using circumference measurements, digital images, and a patient satisfaction survey. Some underwent procedures on their thighs, buttocks, and upper arms, while others

did their upper and lower backs. The clinic evaluated the effectiveness of the procedures both before and after treatment.

Here are some images indicating the noticeable results of the treatment:



What makes you an ideal candidate

- Your general health is good
- You're close to your goal weight
- You are not pregnant or are not considering becoming pregnant
- You aren't interested in liposuction

Is it safe?

Yes, cryolipolysis is a reliable and safe procedure for removing stubborn undesirable fat from most parts of the body, which includes the thighs, belly, chin, upper arms, flanks, back, and everywhere in between. To know more about what works best for you, talk to your doctor so they can better assess your situation.



Datuk Dr Inder is an aesthetic physician at Klinik Dr Inder in Malaysia.

Age-defying Male Aesthetics

Dr Anna Hoo explains how men can benefit from aesthetic treatment

Nonsurgical facial rejuvenation in men has increased in popularity. The increasing number of products, treatments, and social media coverage has popularised facial rejuvenation utilising hyaluronic acid filler. These days, more men are defying their age by turning to these treatments in their search for a nonsurgical, more sustainable, fresher, and more confident version of their visage.

This is particularly apparent in men aged 40 and above. While they may have finally gotten the experience and confidence to reach the top of their career game, they may still feel like they're starting to lose some ground.

But unlike many women who want to look as young and beautiful as possible, men typically want a rested, relaxed, and comfortable look. They want to maintain their rugged looks, i.e., they don't want to eliminate lines but want to soften the look of ageing and revitalise their skin.

In 2014, Dr. Stephen Marquardt developed the male variant of his Phi Mask, which was developed based on the golden ratio. This male version describes the idealised male face and highlights the slight but significant differences between male and female faces:

1. Prominent supra-orbital ridges, which result in deep-set appearing eyes.
2. Flatter and narrower eyebrow
3. Slightly narrower eyes
4. Heavier eyelids
5. Longer and broader nose
6. Thinner lips (especially upper lip)
7. Squarer and stronger jaws

While performing the hyaluronic acid filler treatment, it's essential to respect the male facial proportions. The aesthetic physician needs to appreciate the difference in approach when treating male versus female filler patients:

1. Understanding the variables between 'ideal' proportions and ratios
2. Differences in the bony structure
3. Differences in beauty ideology, understanding feminisation vs. masculinisation.
4. Thorough understanding of facial anatomy

Approach to the upper face:

In males, the subcutaneous loss of fatty tissue combined with thickened skin and stronger musculature lead to deeper and more severe wrinkles. Deeper lines and volume loss cause men to appear older than women at similar ages.

In the upper face, neuromodulators can significantly soften these lines and wrinkles. Botulinum toxin is the most common cosmetic procedure performed in men.

However, hyaluronic acid can play a vital role in forehead rejuvenation through volume restoration and muscle movement modulation. In men, the eyebrow should be kept low and straight and tolerated no more than a 5-degree elevation at the eyebrow's tail to avoid feminisation.



Approach to the midface:

Male and female cheeks differ in their contour and aesthetic. When treating the male cheek, key differences must be highlighted to prevent feminisation of the face, for example, by ensuring dermal filler augmentation does not raise and lateralise the cheeks. This maintains and enhances masculine features.



Approach to the lower face:

Besides chin enhancement, restoring the mandibular angle and jawlines is essential to create a defined border following volume loss, tissue migration, and bony resorption. A distinct and projected angle, smooth transition between the chin and mandibular body, and assessment of contour relative to the midface provide a framework for optimal aesthetic outcomes.



Men's nonsurgical rejuvenation utilising hyaluronic acid filler is a growing segment of the medical aesthetic industry. The ultimate treatment goal is to empower men to function optimally in their social life. It's never about beautification but empowerment to achieve a more fulfilling life.



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,

Firstly, I trust that everyone is staying safe and heartily amidst the many changes we have had to bold face this year. Having said that, it is encouraging to observe positive indications of pandemic recovery has begun for many industries, including healthcare travel.

As we approach World Heart Day come 29 September 2022, it is fitting that we shine a focus on cardiac diseases, which still stand as a leading cause of death, according to World Health Organization (WHO). It is estimated that 17.9 million lives are taken annually due to cardiac diseases where one third of these deaths occurred prematurely among those under the age of 70, WHO reports. The good news is that now is an excellent time to become more proactive with your healthcare. As a top-of-mind destination for healthcare travellers, Malaysia has a world-class healthcare system that healthcare travellers from all over the world can take advantage of.

Advancing Cardiac Care As Asia's Cardiology Hub

Malaysia has been setting the pace in cardiology for decades. Today, as an excellent cardiology centre in Asia, we are home to some of the greatest cardiac experts in the world, including 84 cardiothoracic surgery specialists and over 300 cardiologists. Additionally, we have 52 centres that provide cardiology services, which are strictly regulated by the Ministry of Health Malaysia and well-equipped to meet the demand for cardiology services, including screenings, diagnostics, therapeutic services, and complex procedures such as open-heart and thoracic surgeries, and transplants.

Accomplishing significant breakthroughs in cardiac care, Malaysia is continuously living up to its moniker, 'The Heartbeat of Asia'. The National Heart Institute, one of the most prestigious cardiac institutions, became the first hospital outside of the United States of America to implant a Micra AV pacemaker and perform comprehensive corrective heart surgery on an infant weighing just 2.3kg.

More recently, Cardiac Vascular Sentral Kuala Lumpur (CVSKL), a leading private healthcare facility for cardiac care, was chosen to participate in the 2nd edition of the Chronic Total Occlusion (CTO) Live Aid, a live-streamed global charity event dedicated to raising funds for Doctors Without Borders.

The integration of emerging advanced technology and world-class expertise has empowered Malaysia's cardiology field to reach new heights. This is evidenced by the presence of prominent heart disease treatment hospitals, including Island Hospital, Mahkota Medical Centre, Subang Jaya Medical Centre, Regency Specialist Hospital, Gleneagles Hospital Kuala Lumpur, Gleneagles Hospital Penang, KPJ Johor Specialist Hospital, Sunway Medical Centre, Penang Adventist Hospital and Pantai Hospital Kuala Lumpur.

Healing Hearts Beyond Borders

Healthcare travellers who opt for Malaysia gain access to high-quality cardiology care at a cost that is nearly six times lower than the costs in countries like the United States of America, according to Patients Beyond Borders.

Most importantly, we elevate the healthcare experience by recognising that heart health is more than just about treatments. From prevention to diagnosis to post-surgery care, we prioritise patient care with the necessary support and offer regular cardiac screenings as part of an integrated health evaluation such as heart examinations, electrocardiography, blood testing and nutrition counselling.

Malaysia Healthcare will relentlessly continue to strengthen our capabilities to ensure that healthcare travellers receive quality treatment and great patient experience. I trust that, through our efforts, you will choose Malaysia as the preferred destination for cardiology treatments in the Asia Pacific. We are with you every step of the way. Come and experience true care with 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

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Our Heart and Lung Centre as well as our Neuroscience and Neurospine Centre are two of six Centres of Excellence at Regency Specialist Hospital, a multi-disciplinary tertiary hospital.

At Regency, we offer quality healthcare services through a comprehensive team of specialists, nurses, and professional healthcare staff using advanced technologies.

OUTSTANDING CARDIOLOGY & CARDIOTHORACIC

Our Cardiology Department offers a wide range of diagnostic and surgical services for patients with cardiovascular diseases.

Conditions that can be associated with the development of heart failure includes:

- Chronic heart disease
- A prior heart attack
- Uncontrolled high blood pressure
- Abnormal heart valves
- Heart muscle disease

Take the road to a healthy heart, find out about your heart health risks today!

PASSION FOR NEUROSCIENCE

Our Neuroscience & Neurospine Centre combines Neurology and Neurosurgery specialties together to deliver broad-ranging services and treatments for Stroke, Disorders of the Nervous System, Brain Traumas, Neck and Spine conditions.

Alongside our specialists, our neurology care team includes neurology-trained staff nurses and several ancillary clinical support team members providing round-the-clock care.

Get the highest quality of neurological care and achieve optimal spine health at our award-winning centre.

We are here to serve you!

Contact us at +6012 736 7008 or scan the QR code to find out more.



WORLD STROKE ORGANISATION ANGELS AWARDS
PLATINUM STATUS 2020



WORLD STROKE ORGANISATION ANGELS AWARDS
GOLD STATUS 2020



NEUROLOGY SPECIALTY HOSPITAL OF THE YEAR 2022 (MALAYSIA)



MALAYSIAN SOCIETY FOR QUALITY IN HEALTH (MSQH) 5TH EDITION



APPROVED BY MINISTRY OF HEALTH, SINGAPORE, FOR THE USE OF MEDISAVE

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Subang Jaya Medical Centre

WE'RE PAVING THE WAY



BEST PRACTICES AWARD
MALAYSIA HOSPITAL
COMPANY OF THE YEAR



Global Health
ASIA-PACIFIC
AWARDS
2022

STAND-OUT JURY
AWARD HOSPITAL
OF THE YEAR
IN ASIA-PACIFIC



Global Health
ASIA-PACIFIC
AWARDS
2022

ADVANCED GENETIC
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC



Global Health
ASIA-PACIFIC
AWARDS
2022

ONCOLOGY (RADIATION)
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC



Global Health
ASIA-PACIFIC
AWARDS
2022

ORTHOPAEDIC
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC



Global Health
ASIA-PACIFIC
AWARDS
2022

PAEDIATRIC ONCOLOGY
SERVICE PROVIDER
OF THE YEAR
IN ASIA PACIFIC



Global Health
ASIA-PACIFIC
AWARDS
2022

REHABILITATION
SERVICE PROVIDER
OF THE YEAR



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