

# Tips on managing heart health

Three doctors provide invaluable insight into cardiovascular disease during talk at Menara Star

## STAR LIVE

TOPICALLY MALAYSIAN

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MORE Malaysians should take advantage of the advances in science and technology to detect and treat heart disease.

According to ParkCity Medical Centre consultant cardiologist Dr Chong Yoon Sin, most heart disease could be prevented or treated with modern medicine, but cautioned that it required active participation of the individual.

Citing research, Dr Chong said heart disease was the principle cause of death among Malaysians, with 13.2% of 85,637 deaths recorded in 2016 from heart disease.

"This averages to about 30 deaths every day due to heart disease, with 70% of them affecting Malaysian males.

"Many symptoms of heart disease tend to go undetected, and it's never too early for us to learn how to identify them.

"Early detection, change of lifestyle and early treatment will help in giving you a greater chance of a longer and healthier life," he said.

In his talk entitled "Prevent Cardiac Catastrophe: Early Detection and Treatment of Heart Disease", Dr Chong showed how to identify heart attack symptoms and the types of treatments available.

His presentation was part of the StarLIVE talk themed "A Healthy Heart for a Healthy Life", organised by Star Media Group Bhd and



(From left) Dr Zubin, Dr Chong and Dr Koh at the StarLIVE talk themed 'A Healthy Heart for a Healthy Life'.

Ramsay Sime Darby at Menara Star in Petaling Jaya.

Other presenters were Subang Jaya Medical Centre consultant cardiologist Dr Koh Kok Wei, and Ara Damansara Medical Centre consultant cardiologist and physician Dr Zubin Othman Ibrahim.

Dr Koh presented the warning

signs and how to respond to sudden cardiac arrest while Dr Zubin explained the risk factors for atherosclerotic cardiovascular disease (plaque build-up in arteries) and the correlation between obesity and heart disease.

All three presenters detailed the measures you can take to prevent

heart disease as well as treatment options.

Participant S. Jayapalan, 58, said the talk provided useful information that was easy to understand.

"As someone who recently suffered a heart attack, it was useful to listen to the different types of treatment options," he said.

With a family history of heart disease, participant Nadia Hazwani Mohd Nasir, 30, said there were several good methods to deter heart disease.

Before the talk, participants had a chance to check their blood pressure, as well as cholesterol, blood glucose and uric acid levels.



Dr Chong explaining how to identify symptoms of heart attack during his presentation at Menara Star, Petaling Jaya.



The packed auditorium during the StarLIVE talk.