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Care for Premies

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Dr Anita
K. Ahluwalia

With progress in medical technology, preemies (babies born prematurely, after less than 37 weeks of

gestation) no longer face as large of a risk to their health as they did a decade ago. In fact, premature babies are quick to catch up, says Dr Anita K. Ahluwalia, consultant paediatrician and neonatologist at Subang Jaya Medical Centre.

“At 23 weeks, babies are fully formed, but their bodies have just not had the chance to fully mature. Therefore, extra care is taken to ensure premature babies’ health, specifically their brains, heart, lungs and digestive system, until they reach 37 weeks, which is considered full term.”

Therefore, Dr Anita advocates for proper antenatal care, especially if the mom is known

to be at risk of premature birth. Some factors to take note of are:

- Gestational/non-gestational diabetes and hypertension
- Stressful lifestyle
- Infections
- Multiple pregnancies
- History of premature births in the family

Premature births are on the rise globally because more women are living stressful lifestyles, undergoing in-vitro fertilisation and having children at a later age. Dr Anita asserts the need for proper medical support for babies born prematurely, starting from the time of birth, to maximise the likelihood of nurturing the baby to full health as fast as possible.

She says, “If your baby is at risk of premature birth, please visit a maternity centre that is well equipped to handle such cases.”

For more information, call +603-5639 1212.

Colorectal Cancer



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Dr Law Chee Wei

Colorectal cancer (CRC) is the development of cancer from the colon or parts of the large intestine.

According to the World Health Organization Globocan database, CRC is the third most commonly diagnosed cancer in males and second in females.

As CRC is multifactorial, consultant colorectal surgeon at ParkCity Medical Centre Dr Law Chee Wei lists a few things that place you at a higher risk:

- **Age** It is advisable to go for screening if you are 50 years old and above.
- **Family History/Genetics** If there is a history of CRC in your family, then you might have to start going for screenings at an earlier age.
- **Smoking.**
- **Unhealthy Lifestyle**

He strongly advises screening should you have the above risk factors and shares that the most common symptoms to look out for are rectal bleeding, change in bowel habits like diarrhoea and constipation, abdominal discomfort, loss of appetite and anaemia.

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