

Collaborating for healthier M'sian hearts

IN CONJUNCTION with World Heart Day 2019, Cardiac Vascular Sentral Kuala Lumpur (CVSKL) is embarking on a campaign to offer free electrocardiogram (ECG) tests to the public in partnership with Qualitas Health.

From now until Dec 31, Malaysians over the age of 40 can walk into 10 selected Qualitas clinics in Klang Valley for a free test.

It is aimed specifically at those with cardiovascular diseases in their family, have high cholesterol, are hypertensive or have a high body mass index.

"At CVSKL, we have noticed more young patients coming in for treatment of heart diseases.

"We are referring to those even younger than 58, which is the average age of patients with heart disease in Malaysia.

"This is worrying because they are younger than the average age of patients in other countries like Thailand (65), Singapore (61) and the United States (66)," said CVSKL chairman Tan Sri Dr Yahya Awang.

"The Health Ministry lists heart disease as the leading cause of death among Malaysians between 2005 and 2017.

"As a provider of heart health

treatment, we feel that it is likely that the average age for contracting heart diseases will only get younger despite advancements in the detection and treatment of heart disease.

"This is mainly due to the unhealthy lifestyle of our people.

"Many are not eating properly nor healthily, and many more are not exercising enough," Dr Yahya added.

Qualitas Healthcare chairman Datuk Dr Noorul Ameen Mohamed Ishack hoped the free ECG tests would motivate people to get themselves checked so that problems could be detected.

"The selected clinics are equipped to conduct the ECG test.

"We are targeting at least 3,000 throughout the duration of the campaign," Dr Noorul Ameen said.

The campaign is part of a wider range of heart awareness programmes that CVSKL has planned in conjunction with World Heart Day 2019 and under its Heart For Malaysia campaign which runs until November.

For details, visit <https://www.cvskl.com/News-Events/Latest-News/CVSKL-and-Qualitas-Clinics-collaborate-to-push-for-healthy-Malaysian-hearts/News-Details>



CVSKL chief executive officer Anwar Anis (fourth from left) and Dr Noorul (fifth from left) at the heart health campaign launch.