

MEDIA RELEASE

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IJN CELEBRATES HEART HEALTH IN JOHOR BAHRU

JOHOR BAHRU, Sept 28, 2019: As part of World Heart Day, Institut Jantung Negara (IJN) today organised a free public forum on heart health here to raise awareness on heart disease and healthy living.

Held at the Amari Hotel, the forum titled “All About Heart and Diabetes” offered participants critical information about the link between the two illnesses and preventive measures they can take to avoid both conditions.

Speakers for the session included IJN’s senior diabetes educator Siah Guan Jian and clinical cardiologist Dr Tan Kin Leong.

Forum participants also received complimentary specialist consultations based on their medical reports by IJN’s medical professionals.

The event was the culmination of IJN’s month-long celebration of World Heart Day, which falls on Sept 29.

For this year’s celebration, IJN focuses its awareness-raising efforts on four major heart problems; peripheral artery disease; valvular heart disease; pulmonary hypertension; and atrial fibrillation.

IJN’s also participated in global “White Sock Campaign”, an initiative to raise public awareness on peripheral artery disease (PAD). The campaign takes place every September, and encourages the public particularly those in medical profession, to wear a single white sock to represent late-stage PAD patients who have lost their limbs to the disease.

As part its annual WHD celebration, IJN actively reaches out to the public via its roadshows. This year, IJN brought its the celebration to the state of Johor, where it held its roadshow from Sept 26 to Sept 29 at Komtar Johor Bahru City Center.

Members of the public visiting the roadshow were offered health screenings to assess their risk of heart disease, including testing for blood pressure, glucose and cholesterol levels. Electrocardiography (ECG) screenings and the ankle brachial index (ABI) test for PAD were also available.

In addition to these, there were numerous activities such as interactive games, demonstrations, and informative educational materials on heart disease available at IJN's roadshow booth.

The public also had an opportunity to see for themselves how heart interventions are carried out through a simulation of IJN's Invasive Cardiac Lab (ICL). This simulation of the ICL gave visitors a "live" view of how various heart procedures are done.

Through public education initiatives such as these, IJN hopes to play a proactive role in combating heart disease by educating Malaysians on ways of living healthier, better, and more productive lives.

About Institut Jantung Negara Sdn. Bhd.

Institut Jantung Negara (IJN) was set up in 1992 and is dedicated to the management and treatment of heart diseases by providing cardiology, paediatric cardiology and cardiothoracic surgery services for adults and children.

Today, IJN is reckoned to be among the best medical centres for cardiovascular and thoracic care in Malaysia and the region. IJN has kept abreast with the latest medical advances, from handling a simple hole in the heart surgery to heart and lungs transplantations.

With a strong commitment to be a global heart care centre of excellence, IJN has paved the way by creating many "firsts" for cardiovascular and thoracic care in the country, namely:

- 1. 1st in SEA to introduce AXXESS Stent to treat bifurcation lesions*
- 2. 1st in Asia to introduce Renal Denervation – a radio frequency ablation procedure to treat patients with resistant hypertension*
- 3. 1st in the SEA to implant Bio resorbable Vascular Scaffold – a new stenting device*
- 4. 1st in the country to implant the Watchman device to reduce the risk of stroke in patient with AF*
- 5. Introduced HeartMate II – a new mechanical heart assist device as a bridge to transplantation in 2010*
- 6. 1st in Malaysia to perform Transcatheter Aortic Valve Implantation (TAVI)*
- 7. 1st in Malaysia to perform minimally invasive lobectomy for lung disease*
- 8. 1st in the country to perform minimally invasive procedure to repair congenital chest deformity called "Pectus Excavatum" and "Pectus Carinatum"*
- 9. 1st in Malaysia to perform a double heart transplantation (redo) within 24 hours*
- 10. 1st to perform keyhole (endoscopic) surgery to treat lone atrial fibrillation in Asia and Australasia in 2006*
- 11. 1st to perform single and double lungs transplant*
- 12. 1st to perform the implantation of an Implantable Ventricular Assist Device (IVAD).*
- 13. 1st medical institute in the country and the Southeast Asean region to perform coronary bypass surgeries and complex thymectomy procedures on conscious or 'awake' patients without general anesthesia.*
- 14. 1st in Malaysia to perform bone marrow stem cell transplantation in patients suffering from severe ischemic heart disease with no other treatment options.*
- 15. 1st medical institute to conduct a homograft procurement to facilitate heart transplant.*
- 16. 1st medical institute in the country to perform a heart transplant.*

17. *One of the first in the region to perform detailed mapping for complex arrhythmia.*
18. *1st medical institute in the world to Implant a Bio-absorbable Pulmonary Valve Conduit*
19. *1st medical institute in Malaysia to carry out the complete replacement of the aorta.*
20. *1st in the world 2nd Generation smallest pacemaker*
21. *1st in Asia to perform Peripheral Arterial Disease procedure with Vascuflex Multi-LOC device*
22. *1st in Malaysia to implant dual chamber pacemaker system in a pregnant patient using non-fluoroscopic imaging*

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