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On the other hand, according to health indicator by the Malaysian Department of statistics, incidences of congenital heart disease (CHD) are estimated to be about 5,000 babies per year, of which two thirds will require a surgical intervention. Hence the number of children requiring surgery each year is about 2,000 to 3,000, which presents a unique challenge.

Due to this concern, the Ministry of health had entered into an agreement with MediAssist4U and the Narayana Health Care in Bangalore, India in the year 2008 to provide children heart surgical services and to help reduce the backlog of patients and long waiting times. A total of 241 children were sent to India for heart surgery with a mortality rate of 1.7%. The Ministry of health had officially informed us that it was very satisfied with the services rendered and particularly the successful surgical outcomes.

Through PCP, the government saved a great amount of resources. Therefore, neither the patients' parents nor the government are financially burdened by this issue.

Since 2008, "Save a Heart" a programme providing Malaysian community an affordable heart surgical services in India, despite race and religion. It serves as a bridge to ease the issues of accessibility, availability and affordability for those who seek Cardiac Surgical Services.

MediAssist4U a non-profit organisation along with MAUIG has joined hands to provide free cardiac services and cardiac surgical services for Malaysian Children. We will also assist Malaysian adults and non-Malaysian children for the services at an affordable fee.

"Our mission is to provide affordable and accessible healthcare for common people especially to help those who need it, and to save lives by educating the public about heart disease, promoting early detection, and supporting the research in the quest to find more effective ways to prevent and treat the disease".

The objective is to provide and promote quality healthcare through technology and telemedicine especially on medical advices by expert abroad.

To improve cardiac care



## HAVE A HEART To Save A Heart

HEART attack patients are getting younger and cardiovascular disease is the top killer in Malaysia, responsible for one quarter of all hospital deaths. The average age of Malaysian adult suffering from a heart attack is 58.5 years old. Around one in four heart attack patient is less than 50 years old.

for children living in Malaysia by providing heart surgery and follow up care for children in need, and providing medical research to aid children suffering from heart disease. To teach the population the basics on how to avoid cardiac diseases in general.

One of the chief tenets of the Malaysian Indian Hope Foundation is to promote health and wellness through healthy lifestyle and stress management. It is also to create awareness within the community on the importance of leading a healthy lifestyle at all levels. Also create healthy lifestyle programs catering for and relevant to different groups based on age, health conditions and community surroundings. Now,

we have an opportunity to work with MediAssist4U to get involved with the community.

Do you have a chronic medical condition that requires daily medication? Are you planning to start a family with your new spouse and want to make sure all of the medical expenses will be covered? Nobody ever wants to think that he or she will get sick or need to spend time in a hospital. Unfortunately, the realities of life show us that people of all ages, backgrounds, and financial levels get sick or have accidents at one time or another.

**Suspect a heart attack?  
Know the symptoms**

Common or typical symptoms include:

- Central chest pain
- The pain can spread to the arms, neck or jaw
- Feeling sick or sweaty as well as having central chest pain
- Feeling short of breath as well as having central chest pain

Symptoms vary and some people may feel any of the following:

- A dull pain, ache, or 'heavy' feeling in the chest
- A mild discomfort in the chest that makes you feel generally unwell
- The pain in the chest can spread to the back or stomach
- A chest pain that feels like a bad episode of indigestion
- Feeling a bit light-headed or dizzy as well as having chest pain

If you, or anyone around you, experience any of these symptoms, don't ignore them. The longer you wait for medical assistance, the lower your chance of survival.

Source: *the British Heart Foundation*



**DR.VIZAYER RAJ** is the founder and president of Malaysian Indian HOPE Foundation. As a community service, it is working in collaboration with MediAssist4U. For more information, visit [www.saveaheart.my](http://www.saveaheart.my) or call **03-42706545**. He can be reached at [vizayer@gmail.com](mailto:vizayer@gmail.com) or **016-2093156**.

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