



## **Sunway Medical Centre Velocity launches #FamilyHealthHistoryMatters Campaign**

KUALA LUMPUR, Sept 8 (Bernama) – Living and eating well are all steps that one can take to improve quality of life, but do you know that family health history also plays an important part in the prevalence of disorders, health issues and diseases?

Sunway Medical Centre Velocity (SMCV), in conjunction with its third anniversary, has launched its month-long #FamilyHealthHistoryMatters campaign to raise awareness on the importance of knowing one's history of health issues to ensure patients have better control over their future.

In a statement, SMCV said throughout September, SMCV will be providing the community with special offers, screening packages and even a CSR activity to encourage one and all to pay more attention to their family health history for their own benefit.

"Based on the 2019 National Health and Morbidity Survey by the Health Ministry, an estimated 1.7 million of Malaysian adults were actually living with a triple combination of diabetes, high blood pressure and high cholesterol, while another 3.4 million had two out of the three conditions.

**"The Department of Statistics Malaysia (DOSM)** recently revealed that Malaysian life expectancy at birth in 2021 is expected to increase by about 12 years compared to five decades ago, thus raising the need to have better healthcare planning to ensure a long, healthy life," the statement added.

In the statement, SMCV chief executive officer Derrick Chan said SMCV intends to encourage its patients to make better decisions about their health through the campaign as healthcare plays an important role in improving the quality of living for its surrounding communities.

"Whether it is creating more awareness on understanding one's family health history or choosing to go for yearly health screenings to rule out any health issues, we are here to make a difference and support the community. SMCV is proud to be a part of our patient's lives, and we intend to provide quality care to those who need it now and in the future " he said.

SMCV medical director and consultant emergency physician, Dr Wee Tong Ming, in the statement, said that having the knowledge of one's family health history is crucial to understand the risk of developing non-communicable diseases (NCD) that may develop early or later on in life.

"While you are unable to change your genetics, you can modify your lifestyle choices into healthier ones. These changes, along with screening tests, can help to detect early signs of these diseases and patients can act on them sooner for better health in the long run," he said.

The campaign will be rounded up at the end of the month with a blood donation drive on Sept 29 and 30 in SMCV, whereby the public can visit the hospital to donate blood and contribute in making a difference in the lives of others.

Meanwhile, SMCV will also be having an open day for its Sunway Fertility Centre which will be complemented by the participation of vendor booths present at the hospital following the campaign's launch.

"At the end of the month, SMCV will be hosting a treasure hunt event that is open to the public. Proceeds from the ticket sales will be donated to the National Kidney Foundation of Malaysia (NKF) so all present are encouraged to participate," read the statement.

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