



The future of medicine

It's clear that any major reduction in deaths and disability from cardiovascular disease must come from prevention, not cure

By: BY YEE JIE MIN (Fri, 24 Sep 2010)

BEGINNING this year, an estimated 18.1 million people will die of cardiovascular disease (CVD) annually worldwide, according to research conducted by the University of Auckland in New Zealand.

Anthony Rodgers from the university's Clinical Trials Research Unit, who carried out the study in 2004, also predicted that the number of CVD casualties will increase to 20.5 million by 2020 and 24.2 million by 2030.

"Unless current trends are halted or reversed, over a billion people will die from cardiovascular disease in the first half of the 21st century," he warned.

A majority of the deaths will occur in developing countries and a good number of such deaths will involve the middle-aged. "This will be an enormous tragedy, given that research in the last half of the 20th century showed that cardiovascular disease is largely preventable," Rodgers stated.

No matter what advances there are in hi-tech medicine, the fundamental message is that any major reduction in deaths and disability from CVD will come from prevention, not cure. This must involve robust reduction of risk factors.

Hence, it is best to start taking action now, and the iHeal Medical Centre in Kuala Lumpur has taken the necessary steps to provide a comprehensive range of diagnostic and therapeutic services which focus on preventive medicine, regenerative medicine, genetic medicine and less invasive treatment.

With the motto 'Infinity in service, technology and accessibility', the centre is committed in providing an environment of excellent service, adopting the latest technology and techniques while maintaining accessibility in location and cost.

Located on the seventh and eighth floors of the annex building at Mid Valley Megamall, the 35,000sq ft centre is able to serve a community of 100,000 people.

The name iHeal is coined by the letters 'i', 'Hea' and 'l', with 'i' representing the individual, 'Hea' representing health, and 'l' representing life. Put together, the term takes the meaning, "I am responsible for my own health and life."

iHeal Medical Centre is a one-stop multi-disciplinary ambulatory care medical centre divided into three centres of excellence, namely HealthScreen Centre, Life Improvement Centre and Centre for Less Invasive Surgery (CLIS).



The first 640 MultiSlice (4D) CT scan available in Malaysia.





The HealthScreen Centre promotes screening for early diagnosis, intervention and treatment focusing on heart, cancer and stroke.

The Life Improvement Centre offers a comprehensive range of diagnosis facilities, treatment and programmes using modern medical care to manage and prevent lifestyle-related diseases.

The CLIS provides a series of less invasive surgical procedures which are performed in its prefabricated modular operating theatres. The modern operating theatres offer a high degree of cleanliness.

Among the facilities available at the medical centre is the Cardiac, Neuro and Cancer Diagnostic Clinic that caters to early diagnosis of coronary artery disease, stroke and cancer.

It is equipped with a 640 MultiSlice (4D) CT scan, the first such equipment in Malaysia, that allows structural and functional analysis of the heart, brain and internal organs.

The centre also has a Hypertension, Diabetic and Stroke Clinic which focuses on the prevention, monitoring and treatment of hypertension, diabetes mellitus and stroke.

The Skin, Medical and Surgical Aesthetics Clinic is equipped with the latest dermatological/aesthetic machines as well as a modern daycare centre and operating theatre suites for cosmetic surgery.

Other facilities include the Liver and Digestive Clinic; Sleep, Allergy and Sinus Clinic; Genetic Clinic; Sweat Solutions Clinic; Specialist Dental Clinic; and DietRite Clinic.

With its top-notch facilities, iHeal Medical Centre aims to change the healthcare scene with emphasis upon health promotion, disease prevention and early detection via comprehensive diagnostic health promotions.

The centre also provides a wide variety of healthcare programmes and health-screening packages that focus on the early detection of chronic diseases such as coronary artery diseases, stroke and cancer, and managing the conditions before they progress.



Tell a man that he needs to lose weight and he will probably grunt at you. But tell him that he needs to lose weight because the risk of him getting a heart attack is higher, he may ponder about it. Get a cardiologist to show him a few supporting test results, and the man becomes motivated.

People are captivated by numbers, data and evidence, and that requires modern science. This is where iHeal Medical Centre comes in with its concept of using the science of medicine and art of maintaining wellness.

For more information, visit www.ihealmedical.com or call 03-2287 7398.