



Down with diabetes ... Some of SunMed's previous Let's Take 5 activities include (from far left) free public health screenings; and a group climbing session up Broga Hill.

(Below, from left) SunMed's mascot Elfy, NKF head of branding, communications & fundraising Datin Shobana Kamalanathan, NKF CEO Chua Hong Wee, SunMed acting CEO Choo Voon Chee, and Nadiah during a cheque presentation ceremony.

# Fighting diabetes

> Sunway Medical prepares to round up its Let's Take 5 Campaign to educate Malaysians about the silent disease

**T**O combat the growing threat of diabetes in Malaysia, Sunway Medical Centre (SunMed) launched a five-year campaign in 2012 called Let's Take 5.

Each year, SunMed will highlight one of the five key human areas that suffer complications from diabetes (brain, eyes, heart, kidney and foot) and organise a series of activities to promote awareness of diabetes, which includes health screenings, fun runs and group activities like mountain climbing.

Each year's campaign lasts for several weeks, culminating with World Diabetes Day which is celebrated globally on Nov 14.

This year marks the closing chapter of the overall Let's Take 5 campaign, and SunMed has lined up some interesting activities to mark the occasion.

The hope is that these events will further educate and empower diabetic patients to take control of their lives, as well as engage with healthcare providers to further improve their knowledge of the disease and its many complications.

"Diabetes may not seem as important a cause as cancer or HIV, simply because the public does not associate the disease with imminent death," said Nadiah Wan, director

of business development and corporate communications at Sunway Medical Centre.

"However, what many are unaware of is how deadly diabetes can be as an underlying condition to more serious complications such as stroke, heart disease, kidney failure, and even limb amputation.

"SunMed believes that the public deserves to know more about this silent disease, and hopes that its continuous effort in creating awareness has provided a platform for the public to learn and participate actively in managing their health."

In 2015, the International Diabetes Federation estimated that 3.3 million Malaysians live with diabetes, with 50% of them undiagnosed. The number of deaths believed to be directly related to diabetes was recorded at 34,576.

Here are some of the events that will take place for this year's Let's Take 5:

## ► Malaysians Unite Against Diabetes Run 2016

This run will take place around the Bandar Sunway area on Sept 16, kicking off at the Sunway Medical Centre and also ending there. Proceeds will be channeled to Limbs



For Life, a Protheses Centre that provides prosthetic limbs for the underprivileged Malaysians.

The run will be flagged off by former Olympian Tan Sri Datuk Dr M. Jegathesan, together with representatives from Sunway Medical Centre and Limbs For Life.

## ► Community health screening roadshows

From now to November 2016, there will be roadshows held to provide information on the prevention and management of diabetes, as well as free on-site health screenings at



selected malls around the Klang Valley, and in Seberang Jaya, Penang.

SunMed's own Allied Health services will also be working alongside the National Kidney Foundation (NKF).

## ► Sunway Carnival at Sunway Pyramid

SunMed will end its Let's Take 5 campaign with a three-day carnival from Nov 11-13. There will be an array of activities such as health screenings, a Superhero Dance marathon by the NKF, activities for children and interactive games.

More details about these events are available on Sunway Medical Centre's website.