



# PM Care Capsule

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**We Manage Because We Care**

**THE QUARTERLY CAPSULE**

**FOR INTERNAL CIRCULATION ONLY**

**BIL.2006 No.2**

**NOVEMBER 2006**

## Cover Story

**Membuat Keputusan Berhenti Merokok**

## Features

**Tips for making exercise part of every day**  
**Staying with the lifestyle**  
**Mix your food choices**  
**Stay motivated**  
**Healthy eating**

## Reports

**Women in the 21<sup>st</sup> Century : Voice, Choices & Empowerment**  
**PMCare Sports Carnival 2006**  
**PMCare Wellness Program**

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PMCare would like to thank all our members for your continuous support. We look forward to serve you better.



PMCare would like to wish Happy Deepavali and Selamat Hari Raya Aidilfitri to all our employees, corporate clients, medical providers and other business associates.

Check out PMCare Health Buletin for the latest health news and information at [www.pmcare4u.com.my](http://www.pmcare4u.com.my)

# Membuat Keputusan Berhenti Merokok



Kenapa anda membuat keputusan untuk berhenti merokok?

Mengetahui semua sebab-sebab berhenti merokok akan mendorong anda lebih bersemangat untuk berjaya. Terdapat banyak sebab untuk menjadi bukan perokok.

Di bawah ini disenaraikan sebab-sebab yang dianggap penting untuk diri anda.

### Hidup lebih lama

Satu daripada dua perokok akan mati lebih awal oleh kerana penyakit yang berkait dengan merokok. Merokok membunuh hampir 5000 rakyat Malaysia setiap tahun.

### Menghindari racun

Asap rokok mengandungi hampir 4000 bahan kimia dan 50 daripadanya boleh menyebabkan kanser.



### Mencegah penyakit

Terdapat 40 jenis penyakit yang dikaitkan dengan merokok. Kanser paru paru, penyakit jantung, penyakit bronchitis kronik, emfisima, strok dan ulser perut adalah sebahagian daripada penyakit penyakit berbahaya yang boleh dicegah dengan tidak merokok.

### Lebih sihat

Bukan perokok jarang mengalami batuk, selsema, jangkitan paru paru dan penyakit pernafasan yang lain berbanding dengan golongan perokok.

### Melindungi orang lain

Apabila anda merokok, orang yang ada disekeliling anda turut sama menyedut asap rokok yang datang dari rokok yang anda hisap. Ini dinamakan merokok secara pasif. Ia boleh menyebabkan kanser paru-paru, penyakit

jantung, penyakit salur pernafasan dan penyakit lelah di kalangan bukan perokok. Merokok secara pasif adalah berbahaya kepada kanak-kanak.

### Menjadi teladan yang baik

Sekiranya anda mempunyai anak, anda menjadi 'role model' kepada anak-anak anda. Kanak-kanak lebih cenderung untuk merokok sekiranya salah seorang atau kedua-dua ibu-bapa mereka merokok.

### Anak-anak lebih sihat

Kanak-kanak yang mempunyai ibu-bapa yang merokok akan lebih kerap menghidapi penyakit salur pernafasan seperti pneumonia, jangkitan telinga dan lain-lain. Mereka juga lebih kerap gangguan iritasi pada mata, hidung, tekak dan mudah mendapat gejala pernafasan kronik seperti batuk dan kahak.

### Meningkatkan kecerdasan

Merokok menjejaskan kecerdasan anda dan membuat anda cepat letih dan hilang stamina ketika bersenam, berjogging, berjalan dan pergerakan berat yang lain.

### Meningkat deria rasa dan hidu

Apabila anda berhenti merokok, keupayaan deria untuk merasa dan menghidu akan meningkat dan kembali pulih seperti sedia kala.

### Kulit yang lebih sihat

Merokok mengakibatkan kulit tidak mendapat bekalan oksigen yang mencukupi, oleh itu, sel-sel baru tidak dapat membentuk dengan sempurna. Perokok biasanya cepat beruban, kulit tidak berseri dan cepat berkedut terutamanya di bahagian keliling mata dan mulut.

### **Nafas yang lebih segar**

Nafas anda akan lebih segar dan tidak berbau busuk apabila anda berhenti merokok.

### **Gigi yang lebih putih**

Merokok mengotorkan gigi anda. Ia menyebabkan gigi anda berwarna kuning berkarat dan menjejaskan senyuman anda.

### **Rambut dan pakaian tidak berbau busuk**

Asap rokok meninggalkan bau busuk pada pakaian dan rambut anda.



### **Menjimat wang**

Perokok yang menghisap rokok (14 batang) dalam sehari boleh menjimatkan wang hampir RM 2,000 setahun.

### **Melindungi alam sekitar**

Asap rokok mencemarkan udara dan alam sekitar. Rokok boleh menyebabkan beberapa kebakaran yang boleh dielakkan.

## **Faedah tambahan untuk Kaum Lelaki**

### **Kesuburan meningkat**

Kajian menunjukkan kesan daripada amalan merokok boleh menyebabkan kelainan kepada sperma, dari segi mobiliti atau keupayaan bergerak, struktur tidak normal dan juga bilangan sperma yang berkurangan.

### **Kelelakian meningkat**

Merokok boleh menyebabkan impoten atau mati pucuk. Ini adalah kesan langsung keatas keupayaan mendapatkan ereksi atau keadaan tegang pada alat kelamin yang terjejas akibat pembuluh darah pada alat kelamin tersebut menjadi lemah.

## **Get started on a healthier lifestyle**

### **No time for breakfast?**

- Grab an apple, an orange or any other fruits as you head out the door.
- Pack baby carrots, nuts, or dried fruit for a snack.
- Take whole wheat crackers, lean meats and low-fat milk along with you.
- Munch on veggies, pretzels or popcorn.

### **If you are at a fast food restaurant?**

- Try a grilled chicken sandwich and a side salad.
- Split an order of fries.
- Do away with mayonnaise, sauce and spreads when ordering a sandwich.
- Share your rich dessert with someone.

### **Want to cut fat in meals?**

- Use a cooking spray instead of oil to sauté foods.
- Trim visible fat from meat and remove skin from poultry, too.
- Instead of cheese and heavy salad dressings, add fiber-rich beans and peas to your salad meals. Canned chick peas or other beans are delicious additions to a salad.

## Mix up your choices within each food group.



**Focus on fruits.** Eat variety of fruits, whether fresh, frozen, canned or dried – rather than fruit juice for most of your fruit choices. For a 2,000 calorie diet, you will need 2 cups of fruits each day.



**Vary your veggies.** Eat more dark green veggies, such as broccoli, kale and other dark leafy greens, orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash and beans and peas, such as pinto beans, kidney beans, black beans, split peas and lentils.



**Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese everyday. For kids aged 2 to 8, it's 2 cups of milk. If you do not or cannot consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



**Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as “whole” in the list of ingredients.



**Go lean with protein.** Choose lean meats and poultry. Bake it, broil it or grill it. Vary your protein choices – with more fish, beans, peas, nuts and seeds.

## Know the limits on fats, salt and sugar.

Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fatty acids. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

## Staying with the lifestyle

By Dr. Benjamin Sinappan

### Be Realistic

When it comes to making healthy changes in your life, the road to success is paved with small changes made one step at a time. But the payoffs are huge.



Forming healthy habits now will help you look and feel better and keep you running strong for years to come. Remember, small steps add up to long-lasting results.

### Day in and Day out

When it comes to a smooth-running body, it is what you do over time that counts. Every healthy body gets overfed or becomes idle now and then. Do not fret! Just balance out these times by eating less or being more physically active for a while. No need to worry about just one meal or one day.

### Enjoy the Taste

A healthy eating plan can include all the foods you like. After all, food is more than just fuel – it is one of life's greatest pleasures. Here is the secret: just do not overfill your body with any one food.

# HEALTHY EATING

By Dr. Benjamin Sinappan

It is true that many diseases are affected by excess body weight; so, it is important to keep the body weight down. But, there are many other dietary changes that can impact on your health.

## What is a 'Healthy Diet'?

A healthy diet is what is right for you, depending on your situation. What is right for a sedentary housewife will not be the same as for an elite athlete, laborer or a breastfeeding mother. Whatever your particular circumstances, knowing what is in particular foods, and how to go about finding the right variety to supply your needs is important.

A good diet is not just about losing weight, but about keeping your body healthy and free from disease.

## Getting good food variety

In most countries there is an abundance of food choices. There are thousands of different foods in the supermarket to choose from. Most fresh food these days, like fruit and vegetables, are available all year round, not just seasonal, so we have a wide variety all of the time.

Many people believe there are only two types of foods, "good" foods and "bad" foods, and to have a healthy diet, you must only eat the "good" foods.

## How many times have you heard the comment "every thing that tastes good is bad for you"?

The good news from nutritionists is that foods are not "good" or "bad" by themselves, and no food needs to be completely banished from the diet.

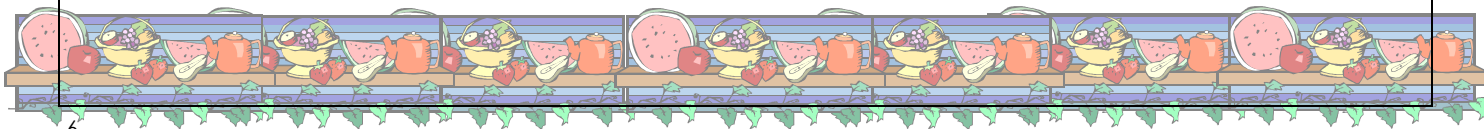
Rule number one for a winning diet is to explore and enjoy a wide variety of foods around you. Variety will help you enjoy every meal, as well as allow you to meet your nutrient needs from a range of good food sources.

One way to know if you are getting a good variety is to make sure you get at least the following serves from each of the five food groups every day.

- 5 servings of - Breads and cereals, pasta and rice,
- 4 servings of - Vegetables and salad vegetables,
- 3 servings of - Fruit - fresh, canned or dried,
- 2 servings of - Dairy products - milk, yoghurt and cheese,
- 1 serving of - Meat and meat alternatives - eggs, nuts and legumes.

## Strategies to increase your food variety

- Make your meals colourful, interesting, and nutrient rich by combining all these foods together;
- If you don't like a particular food, try it again, taste buds change over time you may like it one day;
- Try to snack on foods that you may not eat at main meals, e.g. fruit, fruit bars, yoghurt, milkshakes, bread rolls, cracker biscuits;
- Plan your daily intake to include all the food groups - don't just leave it to good luck;
- Try new and interesting foods every day that you have not tried.



# Tips for Making Exercise Part of Your Daily Routine

By Dr. Benjamin Sinappan

People who make exercise part of their everyday routine gain the most health advantages - and are most likely to continue.

Researchers have found that about 30 minutes of exercise three to four times per week may help decrease your risk of several types of cancer, including colorectal, breast and prostate cancers.

## Here are some exercise suggestions:

- Bike through your neighborhood or local parks;
- Schedule family evening walks as often as possible;
- Challenge the kids to regular tennis matches, one-on-one basketball or other sports;
- Set up a friendly neighborhood football scrimmage for a workout for all ages;
- Take the family for weekend nature hikes at local parks or hiking trails;
- Play football or basketball with your children;
- Dance together with your children;
- Reacquaint yourself with the game of tag by playing with your children.

Make exercise a lifelong habit, but see your doctor first before beginning an exercise program or new physical activities.



*PMCare would like to wish*

*Happy Deepavali and Selamat Hari Raya Aidilfitri*

*to all our employees, corporate clients, medical providers and other business associates.*

*Selamat Hari Raya*




# Happy Deepavali



# Women in the 21st Century

Voice, Choices & Empowerment

6 & 7 May 2006, Menara Kuala Lumpur



By S. Mahandran

Women in the 21<sup>st</sup> Century – Voices, Choices & Empowerment was the theme of our inaugural Health Week - a PMCare health initiative in collaboration with KL Tower.

This health initiative was organized in conjunction with Mother's Day Celebration and the National Women's Health Week. The event was launched by our Encik Wan Shukri Arrifin, CEO of PMCare Sdn Bhd and Dato' Zulkifli Mohammad, CEO of Menara Kuala Lumpur. As pledged PMCare

donated RM5, 000.00 to AWAM and another RM5, 000.00 to Persatuan Ibu Tunggal Belaian Kasih, Kuala Lumpur.

The objective of this event was to recognize the important contributions of women in today's society as well as to remind and educate the public, particularly women, of the threats to their health and help them to make appropriate choices towards a safe, happy and healthy life.

The 2-day event was a weekend filled with knowledge from basic tips of first aid, what CPR is all about, simple self defence moves to a series of interesting health lectures delivered by prominent speakers in their areas of specialty. Hospital Pusrawi, Pantai Medical Centre and Wijaya International Medical Centre provided free health screening such as random blood sugar, body mass index and free consultations from specialist doctors.



## PMCARE WELLNESS PROGRAMMES

By S. Mahandran

PMCare, in collaboration with Tenaga Nasional Berhad and Telekom Malaysia Berhad organized various wellness programmes throughout the year to enhance and incorporate the importance of preventive health to the employees and family members of the employees as well as to build a healthy community.



This is in line with our pledge towards building a healthy community at work and at home. The response from the members was overwhelming for both the health talks and screening programmes. So far we have organized about 10 wellness programmes. The support from the providers were very encouraging and we would like to extend our gratitude to all the providers who took part in all our wellness programmes.

Our next wellness program will be for TNB Generation in Cameron highlands on the 14 November 2006. PMCare will be also participating in the OSH week at Menara Telekom from 21-23 November 2006. We will be providing screening services as well as organize health talks.



*"I've been on a diet for two weeks and all I've lost is two weeks."*

*- Totie Fields*

## AT PMCARE

### PMCare's New Clients

Effective 1 October 2006, Carrefour Sdn. Bhd. and Scomi Group Berhad joined the PMCare clientele, while SapuraCrest Petroleum Berhad, ValueCAP Sdn. Bhd. and HICOM Holdings Berhad will commence their programmes beginning 1 November 2006. PMCare takes the opportunity to give a warm welcome Carrefour Sdn Bhd, Scomi Group Berhad, SapuraCrest Petroleum Berhad, ValueCAP Sdn. Bhd. and HICOM Holdings Berhad.



We look forward to serve all our members and provide them the best healthcare management services. This will definitely improve their quality of life and together we will work towards building a healthy community.

We also would like to extend our gratitude to all our corporate clients for their continuous support. Their confidence in us has made us where we are now.



# PMCare Sports Carnival 2006



By Shahrul bin Mohd Yasin

PMCare Sports Carnival 2006 included a series of games in which 6 teams participated since early this year. As of October 2006, the France team is in the lead, followed by the England and Holland teams.

TEAM	VOLLEYBALL	BADMINTON	NETBALL	FUTSAL	BOWLING	TOTAL
FRANCE	8	8	10	4	10	40
ENGLAND	10	4	4	10	6	34
HOLLAND	6	10	1	2	8	27
BRAZIL	1	2	6	8	4	21
SPAIN	4	6	2	6	1	19
MEXICO	2	1	8	1	2	14

The Brazil, Spain and Mexico teams have two more chance to improve their positions in our upcoming games scheduled in the next two months. All six teams will be finalizing their positions after the table tennis and track & field events in November and December respectively. Let's get moving, guys!



# SMP Group of Clinics

*Discover the Difference*

P

## ***PROTECT***

Your most important asset – your health.

R

## ***REMEMBER***

Wealth cost – Nothing lost character lost –  
Something lost health lost – Everything lost

T

## ***THINK***

We spend two thirds of our life earning  
money and neglecting our health.

And in the last one third of our life, we spend  
the two thirds of wealth – trying to gain back  
health. Is that wise?

Dr. Najee teaches the Art  
of Healing cum Wellness  
Medicine.



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# STAY MOTIVATED

By Dr. Benjamin Sinappan

There are many reasons and excuses people give for not being active. Here are some of the most common reasons and some helpful suggestions on how to overcome them.



**Time:** Make time for physical activity by walking, jogging or swimming during your lunch hour or take fitness breaks instead of coffee breaks. Do activities like jumping rope, calisthenics, riding a stationary bike or other home gym equipment while the kids are busy playing, at school or sleeping. Break up your activities in 10 minute slots to get your 30 minutes a day! Ten minutes in the morning, at lunch and in the afternoon will get you your 30 minutes.

**Friends and Family:** Explain your interest in leading a healthier life to your friends and family. Ask them to support your efforts. Invite them to join you in your activities and plan social activities involving physical activities.



**Energy:** Schedule physical activity for times in the day or week when you feel energetic. Convince yourself that with a healthier lifestyle, you will have more energy, and then try it!

**Motivation:** Plan ahead. Make active time part of your daily or weekly routine and write it on your calendar. Invite a close friend or family member to join you in the activity. Sharing the experience with someone will make it more enjoyable and you can keep each other motivated.



**Injury:** Learn how to warm up and cool down to prevent injury. Choose activities involving minimum risk like walking or swimming.

**Skill:** Select activities that are easy and fun, such as walking, climbing stairs or jogging. Engage in the activity with friends who are at the same skill level as you are. Find a friend who is willing to teach you new skills or take a class to develop new ones. If you are interested, try something new like cycling, yoga, or futsal.



**Resources:** Select activities that are easy to do anywhere, such as walking, jogging, jumping rope, or aerobics. Your community parks and recreation programmes offer low cost programmes for the whole family.

**Travel:** Put a jump rope in your suitcase and jump rope. Walk the halls and climb the stairs in hotels. Stay in places with swimming pools or exercise facilities. Visit the local shopping mall and walk for half an hour or more.





# HEALTHY WORKERS INCREASE PRODUCTIVITY



## BE ACTIVE AT THE WORK PLACE

### PHYSICAL ACTIVITY

- Easy To Do
- Anytime
- Anywhere
- It's Fun



Guide to carry out physical activities at the work place:-

- Do 5-10 minutes of light exercises (X-Break) every two hours.
- Deep Breathing Exercises, 5-10 times per session every two hours.
- Take a walk as a short break after sitting for 1-2 hours.
- Use the stairs instead of elevators.
- Do regular stretching and callisthenic exercises.

- Do physical activities during break time.
- Join organized physical activities like aerobic exercise.
- Maximize the usage of sports and exercise facilities provided.

### 6 BENEFITS OF PHYSICAL ACTIVITY

- Helps you remain healthy and fit
- Increases work performance and productivity
- Enhances work quality
- Develops team spirit
- Develops teamwork and a harmonious working environment
- Controls and reduces stress

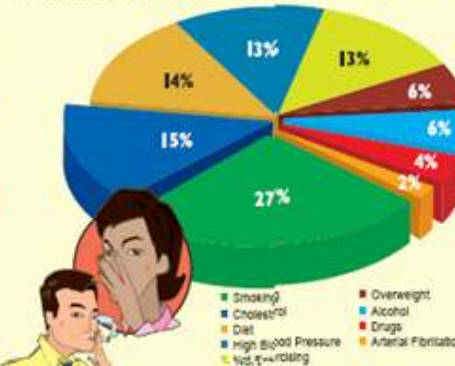


## EAT HEALTHY FOOD

REDUCE	CHOOSE
Gassy drinks, syrup, teh tarik	Low fat milk, plain water, fresh fruit juices
Fried chicken/fish, fast food (burger, chips, fried chicken, beef rendang)	Steamed, roasted, boiled chicken / fish
Vegetables in coconut milk gravy, birinjai curry	Lettuce, cucumber, tomato, vegetable salad, vegetable soup
Biryani rice, fried kway teow, fried mee	White rice, rice porridge, soup mee
Ice cream, stewed banana, ABC, candies, chocolates	Fresh fruits, low fat yoghurt
Roti canai, roti telur, murtabak	Plain thosai, chapatti, whole grain bread
Chips, muruku, salted peanuts	Fresh fruits, boiled chickpeas, boiled corn (without margarine, salt, sweet condensed milk)
Curry puffs, fried bananas, popia, cream-filled biscuits	Sandwiches, steamed cakes, non-fried egg rolls, steamed dumplings, whole grain biscuits

## FREE YOURSELF FROM CIGARETTES

1. Smoking is the biggest death risk factor that can be prevented.



2. Cigarette smoke also affects the health of non-smokers.



3. Smokers are exposed to more accidents risks at the work place.
4. If you are a smoker - Quit immediately. Get help from the Quit Smoking clinics.
5. If you are a non-smoker - Avoid cigarette smoke.

## MANAGING WORK STRESS SMARTLY

**WORK STRESS** occurs when workers perceive that their work demands and pressure exceed their knowledge and abilities.

### SOURCES OF WORK STRESS

- Unclear organizational objectives and structure
- Career development, status and pay
- Conflicting roles
- Monotonous and meaningless tasks
- Too much or too little work
- Long, inflexible hours
- Unsupportive colleagues or bosses
- Interpersonal conflict
- Conflicting demands of work and home

### STEPS TO MANAGE WORK STRESS

- Foster social support within the workplace
- Practice rational and positive thinking
- Communicate effectively
- Handle criticism well
- Learn effective anger management
- Deal with your problems effectively
- Practise good time management
- Learn to relax
- Practise a healthy lifestyle



# BE HEALTHY FOR LIFE

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