

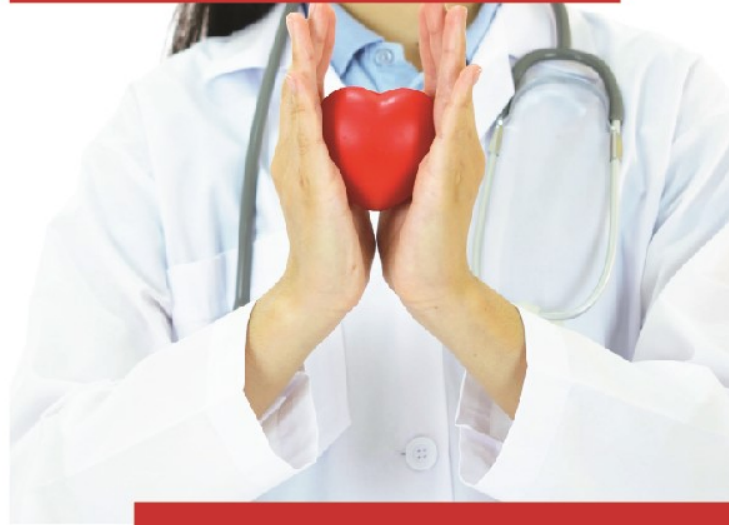
COMPREHENSIVE CARE FOR ALL YOUR HEALTH NEEDS

We know that heart health involves the whole person, mind and body. Often, patients need to change their lifestyle through nutrition, exercise and stress management.

At Nilai Medical Centre, we are passionate about helping you live a full and healthy life. That's why we offer a complete range of advanced assessments and services designed to identify and treat heart conditions before or during an emergency. Whether it's diagnosis through routine cardiac stress tests, echocardiograms and electrocardiograms, treatment via minimally invasive interventional procedures, or rehabilitation, we are here for you.

- Echocardiogram examination
- Transthoracic echocardiogram (TTE)
- Transesophageal echocardiogram (TEE)
- Exercise stress echocardiogram
- Dobutamine stress echocardiographic test
- Electrocardiogram (ECG)
- Threadmill exercise stress test
- Holter monitoring
- Ambulatory blood pressure monitoring
- Dedicated dietetics service for cardiac patients
- Cardiac rehabilitation

TAKE STEPS TO MAKE YOUR HEALTH A PRIORITY.



CLINIC
HOURS



CARDIOLOGY
CLINIC

MONDAY - FRIDAY
9.00^{am} to 5.00^{pm}

SATURDAY
9.00^{am} to 1.00^{pm}

**CLOSED ON SUNDAY
AND PUBLIC HOLIDAY**

BOOK YOUR APPOINTMENT NOW

CALL US
06 8505 000

✉ enquiry@nilaimc.com

www.nilaimc.com



CARDIOLOGY CLINIC

YOUR HEART, OUR CARE

NILAI MEDICAL CENTRE (199501006519)

PT 13717 Jalan BBN 2/1, Bandar Baru Nilai,
71800 Nilai, Negeri Sembilan, Malaysia.

TEL +(60) 6 8505 000 FAX +(60) 6 8500 733

Did you know that heart disease is Malaysia's number one killer? Deaths from the disease increase every year, and it is the leading cause of sudden death.

At Nilai Medical Centre, our talented team of physician and cardiac specialists will guide you on the path to heart health. From assessment and intervention to rehabilitation, almost nowhere will you find as many options for heart care. And absolutely nowhere will you find care with as much heart.

UNDERSTANDING HEART FAILURE

Your heart is a pump. It moves blood and oxygen-rich nutrients through our bodies.

If you have heart failure, your heart isn't pumping as well as it should. As a result, fluid can build up in the body—most often in the legs and lungs; your heart also won't be able to push enough blood to meet your body's needs for blood and oxygen. It's no wonder then that if you have heart failure; you may tire more easily and feel short of breath.

ABOUT HEART FAILURE

With heart failure, the heart muscle:

- Is too weak and cannot pump blood to the rest of the body with enough force (systolic failure) and/or
- Has trouble relaxing and can't get enough blood (diastolic failure)

Heart failure is a serious, lifelong condition. But by managing heart failure, people can live normal lives. The hope is to try to avoid emergency or "acute" episodes when someone would need to be in the hospital and to generally improve a patient's quality of life and ability to do the things they usually do.

SIGNS & SYMPTOMS


Some people are more likely to develop heart failure. For example, because the heart's squeezing ability tends to grow weaker over time, heart failure is more common as we age. Still, heart failure can affect people of all ages.

Other factors or conditions that can put you at risk include:


- Previous heart attack
- High blood pressure
- Diabetes
- Valve problems
- Certain congenital heart defects or other heart conditions that have damaged or place added strain on the heart
- Family history
- Being overweight or obese can contribute to diabetes and high blood pressure, which over time can cause heart failure


HEART ATTACK WARNING SIGNS

MEN

 • Chest pain/ discomfort

 • Rapid or irregular heartbeat

 • Feeling dizzy, faint or light-headed


 • Breaking out in a cold sweat


 • Stomach discomfort or indigestion

 • Shortness of breath





WOMEN

 • Chest pressure

 • Unusual fatigue for several days

 • Anxiety and sleep disturbances

 • Back, neck, arm or jaw pain

 • Nausea, feeling sick to stomach

 • Shortness of breath

