

TMCNews



HEALTHY MIND, HEALTHY BODY

March is the month of International Women's Day and we have launched a special health screening package to celebrate. For those who are trying to get pregnant, did you know your weight may play a role? Check our two promotions to find out more. We are also excited about bringing you our new Palpitation Clinic this month. What's more, we have brought traditional Chinese medicine to cyberspace – now you can have online consultations with our TCM physicians! We'd like to introduce you to a new neonatologist who just joined our hospital. And to close off this issue, two of our specialists answer some questions about the Covid-19 vaccine.

LATEST PROMOTIONS

TOTAL MIND & BODY PACKAGES FOR WOMEN

Special launch price 15% DISCOUNT

PACKAGE	IWD Package 1 (Adult Women)	IWD Package 2 (Recommended for Women < 40 years old)	IWD Package 3 (Recommended for Women > 40 years old)
PRICE	RM850.00	RM1200.00	RM1700.00
LAUNCH PRICE	RM724.00	RM1021.50	RM1446.50

SERVICES: VITAL SIGNS & PHYSICAL EXAMINATION, LAB TESTS, IMAGING, DIAGNOSTICS, GENERAL, TCM, SESSION WITH CLINICAL PSYCHOLOGIST, SESSION WITH PHYSIOTHERAPIST, SESSION WITH DIETITIAN.

Only For RM1,456
*Terms & Conditions apply

Healthy Weight Package

1. Medication
2. Blood Tests
3. Dietary Counselling
4. Complimentary Weight Wellness & Detox (Traditional Chinese Medicine)
5. Doctor's Consultation

New, Unique Health Screening Packages for Women

THKD is delighted to bring you a first-of-a-kind, holistic health screening programme for women who want an all-rounded look at their health. Apart from the traditional tests that are used in routine medical check-ups, we have included sessions with our clinical psychologist (for stress management), our dietitian (for diet counselling and management) and our physiotherapist (for strength, flexibility and postural assessments). Head over to <https://thomsonhospitals.com/latest-services/total-mind-body-packages-for-women/> to check out all the details of these packages. Moreover, from now until May 15, we are offering these new packages at a **special 15% discounted launch price!** Book your spot now by calling our Health Screening Centre at **+603 6287 1084** or email healthscreening@tmclife.com.

Healthy Weight to Increase Pregnancy Success

Having a healthy weight helps prevent many diseases and improves your overall health. Did you know that it also goes a long way in boosting pregnancy success rates? TMC Fertility is offering a comprehensive programme aimed at aiding weight loss to help couples to achieve their optimum weight before starting their IVF journey. For further information, go to <https://www.tmcfertility.com/healthy-weight-package/>

EVENTS

NOW OPEN PALPITATION CLINIC

Palpitation Clinic Is Open

THKD has officially launched yet another new service: our Palpitation Clinic. Heart palpitations are described as a sensation when your heart skips a beat or has extra beats. It may also feel like your heart is pounding, racing or fluttering and you will have an unpleasant awareness of your own heartbeat. If you experience any of these symptoms, our consultant cardiologists or electrophysiologist will be happy to speak with you. For more information, go to <https://thomsonhospitals.com/palpitation-clinic/>. To make an appointment at our new Palpitation Clinic, please call **+603-6287 1047**.

Thomson TCM at Home

We are now available for e-consultations!

- Visit doctoroncall.com.my
- Select and book your preferred time slot.
- E-Consultation with your physician.
- Get your TCM medication delivered straight to you!

Thomson TCM at Home

Staying safe means staying home. While this is ideal, what happens when you need help with your health? Now that Thomson TCM has made teleconsultation available, you can make online appointments and consult with our TCM physicians safely from the comfort of your home. You can even have your TCM medications delivered straight to your doorstep. For more information about our e-consultation services, call **+6013 206 0148**.

HEALTHCARE TEAM SPOTLIGHT



Dr Anita Kaur Ahluwalia Consultant Paediatrician & Neonatologist

We are happy to share that Dr Anita Kaur Ahluwalia joined our hospital in February as a resident consultant paediatrician and neonatologist. Find out a little more about her in our interview below.

Specialty: General Paediatrics and Neonatology

Qualifications: MBBS (MAHE), FAGE, MRCPCH (UK), Neonatology Fellowship Malaysia

About the Doctor

1. What made you choose to specialize in paediatrics/neonatology?

The first question that I often get is “Doctor, what is neonatology?” or “What does a neonatologist do?” Neonatology is a subspecialty of paediatrics consisting of the medical care of newborn infants, especially ill or premature newborns. Our principal patients are newborns who require special medical care due to prematurity, low birth weight, newborn heart diseases, newborn lung diseases and others. I love helping children, hence my involvement in paediatrics. It does bother me to see sick children but the satisfaction when they recover is beyond words.

2. Can you share a memorable case with us?

Every child we see is memorable. Babies born prematurely have a special place in my heart as we spend so much time with them prior to them being able to go home. They teach us new things everyday with regards to prematurity and we are constantly on a learning curve. I have been in this field for years and even now I learn new things from every premature baby. Patients are the best teachers, they say.

3. Any hidden talents or skills that you can share with us?

I hardly have enough time these days for hidden talents! But I must say I’m proud of my cooking skills. I love cooking for my

family and friends. It gives me great satisfaction when people enjoy my food.

4. When Covid-19 and the lockdown are over, what’s the first thing you would like to do?

The first thing I would like to resume is to travel travel travel with my family. Being an advocate for children, I would also like to make sure that children are able to go to regular schools and back to the playground where they belong. This lockdown has been particularly stressful for children as they have been robbed of childhood norms. We need for them to go out and play and experience childhood.

5. As a doctor, how do you take care of your own health?

My profession is to take care of children’s health, so obviously I take great effort in taking care of my own health. I make sure I exercise at least three times a week and eat good healthy food. I am not too much of a sweet person, so that helps a lot. However, a stress-free life is almost impossible for me, so all I can do is to stay positive most of the time. Regular yearly medical checks are also very important – I make sure I do my regular check up diligently.

For further details about Dr Anita, go to <https://thomsonhospitals.com/doctor/dr-anita-kaur-ahluwalia/>

FEATURE ARTICLE

Doctors’ Answers to Common Covid-19 Vaccine Questions



Can children get the Covid-19 vaccine?

Dr Ling: So far, no studies have been done to determine the safety and effectiveness of these vaccines for children 18 years and below. Furthermore, children who are below 18 years tend to get very mild disease with Covid-19 infection. So for the time being, this age group is not recommended to take the vaccine.

Should I take the vaccine if I’ve already had Covid-19?

Dr Ling: Those who have already been infected by Covid-19 would have antibodies against Covid-19 and therefore are protected. Recent studies have shown that people who have got Covid-19 infection before would only require a single booster dose. However, this is still pending approval from the authorities.

If I am pregnant or breastfeeding, should I get the Covid-19 vaccine?

Dr Lim: Firstly, if you are a healthcare worker or frontliner, whether you are pregnant or planning to get pregnant, we would advise you to take the Covid-19

vaccine. It is advisable to take the vaccine between 14 to 33 weeks of pregnancy because the baby would have already grown. The heart, lungs and brain are formed, so it is safe to take this vaccine that does not contain any live virus. If you are planning to get pregnant and you are in a high risk group, such as those with certain medical conditions or are obese, we advise you to take the vaccination before you even embark on your pregnancy. Please talk to your gynaecologist if you are unsure about the vaccine.

Any last bits of advice?

Dr Ling: I would like to encourage every one of us to take the vaccine so that we can build herd immunity and protect the whole country against Covid-19 infections.

Dr Lim: Please everyone, take the vaccine. Let us enjoy life all over again.



Dr Ling Shih Gang

Consultant
Paediatrician



Dr Lim Ai Wei

Consultant
Obstetrician &
Gynaecologist

Information extracted from the video “Who Should and Shouldn’t Get the Covid-19 Vaccine”. To watch the full video and many others, go to Thomson Hospital Kota Damansara’s YouTube channel at https://www.youtube.com/channel/UCgY-iKkGRjK6r6_Vi08SSEA/featured



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*Sunday & Public Holidays : Closed

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