Lifestyle & Wellness

1st One-Stop Healthcare, Wellness & Lifestyle Building in KL.

NOW OPEN!
Heart to heart

HSC Medical Center is one of the world’s leading one-stop medical, heart and diagnostic centers, dedicated to delivering the best patient care from our hearts and true to our hearts.

HSC Medical Center was officially opened by the former Minister of Health Malaysia on 18 February 2003. We are one of the few centers in the world to have designed and offered Comprehensive Health Screening Packages for heart diseases, stroke, and cancer, to detect most of today’s life threatening diseases, heart treatments and medical services.

Some notable achievements by HSC include performing over 10,000 coronary angiograms - the largest series in the world. Images produced by HSC have been used by Harvard Medical School due to its excellent image quality. To date, we have served well over 96,000 patients all over the world.

HSC also provides advanced medical and cardiac therapeutic services, such as coronary angiogram, balloon angio-plasty, and stent implantation. Our doctors have performed over 10,000 of such procedures. All of the above procedures and services are provided on an out-patient day-care basis.

Committed to utilising the best technology available, HSC was the first in Southeast Asia to install Siemens Multi-Slide CT (MSCT). Today, we continue on such a commitment with the installation of Siemens Somatom Definition Flash dual source-dual energy CT scanner, Magnetom Aera MRI, and the Cathlab Artis Zee with large display.

Access to advanced medical facilities and our unique heart-to-heart medical services is now made accessible to Malaysian and international patients of neighbouring countries.
Menara HSC redefines the concept of providing medical service, offering a one-stop venue for virtually all your healthcare needs.

An innovative approach by HSC Medical Center, the new building comprises of their newly improved center, and houses other collaborative partners in eye care, traditional Chinese medicine, and Spine & Joint Specialist services.

Attached to HSC Medical Center, Somerset Ampang provides serviced apartments to those who need a place to stay. This is to allow convenience during their visit to the healthcare services next door, and they will be offered the rooms at a special rate available only to the healthcare patients.

Also available is the SOULed OUT Ampang, situated on the ground floor of the building for a gastronomic indulgence.
Inpatient services
The center also has operating theatres for major procedures, along with wards and ICU facilities for procedures that may require inpatient stay.

Outpatient services
Most of the services offered by the center can be performed within a day, allowing those with a strict schedule the ease of adjusting their timing. Ranging from diagnostic packages to invasive procedures, the center offers various screening and diagnostic packages that can be customised and tailored to meet the needs of you and your family, as well as daycare heart procedures.
Catered specially for the Japanese people staying in Malaysia, the Japan Clinic offers physical, mental health consultation by native Japanese doctors and staff. As the native staff have full knowledge on the culture and needs of the Japanese patients, along with their medical expertise, they are able to communicate more effectively with Japanese patients.

Contact:
HSCジャパンクリニック
電話 ：03-2712-0867（日本人スタッフ対応）
Fax ：03-2712-0766
E-mail ：drega@hsc.com.my

Operating hours: 診療時間:
月曜日～金曜日 ：8:30 – 17:30（昼休み13:00前後の1時間）
土曜日 ：8:30 – 13:00
休診日 ：日曜・祭日
The Spine and Joint Specialists™ forms the first truly integrated physical medicine approach to spine and joint problems and we recognise the importance of investing heavily in the highest and latest technologies as well as expertise to ensure that you receive only the best care available not only by local standards, but also globally.

The opportunity to open up our 10th outlet in Menara HSC also signifies an expansion of our rehabilitation system to include not just diagnosing and treating spine and joint problems, but to also provide state of the art cardiology rehabilitation treatment for post-surgical (angioplasty) procedures using the Cardiac Science™ rehabilitation system, universally acknowledged as the world’s best system at our “Cardio Rehab™” center. It is the 1st fully integrated cardiac rehabilitation center in Malaysia.

**Cardiac Science™ are the world leaders in cardiac rehabilitation equipment in a totally wireless and paperless environment and are in collaboration with Tonik Asia Group to set up a world class program.**

This center will have a dedicated Cardiac Rehabilitation specialist to run the program in order to improve outcomes of Cardiovascular intervention and ensure patients have the best of rehabilitation care available as set by the American Association of Cardiovascular and Pulmonary Rehabilitation.

---

**The Spine and Joint Specialists / Cardio Rehab**

9.00 am to 6.00 pm Mondays to Saturdays  
We are closed on Sundays and Public Holidays.

Contact Information and Appointments:

**Tonik Chiropractic Sdn Bhd**  
(Co. Reg. 661344-V)  
6-2, Menara HSC, 187 Jalan Ampang,  
50450 Kuala Lumpur.  
Tel: +603-2788 0312  
Fax: +603-2788 0313  
Email: ampang@tonikasia.com  
Website: http://www.spineandjoint.com.my/

**Branch at Menara PGRM:**  
HSC Cheras Specialists Center  
Tel: +603-9200 8789 / +603-9775 5779  
Fax: +603-9200 1385 / +603-9775 5778
ISEC at HSC Medical Center (ISEC @ HSC) is our first satellite centre established with the specific aim of catering to the needs of our increasing health tourism patient load. Located in the embassy enclave of Jalan Ampang, Kuala Lumpur, this state of the art facility include full eye-disease consultation suites and diagnostic tools capable of providing comprehensive ophthalmology and anterior segment tertiary care ophthalmology services.

Incorporated within our 4000 square feet satellite facility is a full service ambulatory surgery operating room equipped with operating microscope and latest generation phacoemulsification surgery infrastructure. In addition, our patients have full access to in-patient ward facilities, intensive care unit and other multidisciplinary medical specialty services including radiology diagnostic imaging services provided within HSC Medical Center.

Located only 20 minutes from our main centre in MidValley (ISEC @ MidValley City), patients who need more complex surgeries such as vitreoretinal surgery and corneal transplants can be assured that they are easily within the reach of more complex subspecialty services should they need to be referred to the relevant specialties at our main ISEC @ MidValley City facility.

ISEC @ HSC is an accredited hospital facility with Ministry of Health Malaysia, registered in compliance with the Private Healthcare Facilities Act, Malaysia.

**ISEC @ HSC operation hours:**
8.30 am to 5.30 pm Mondays to Fridays
8.30 am to 1.00 pm Saturdays

*We are closed on Sundays and Public Holidays.*

**ISEC@HSC Contact information and Appointments:**

ISEC (Ampang) Sdn Bhd (Co. Reg. 908172-P)
6-3, Menara HSC, 187 Jalan Ampang,
50450 Kuala Lumpur.
Tel : 603-2284 8989  Fax : 603-2284 4330
Email: enquiries@isecmalaysia.com

For contact information for ISEC @ MidValley City, please see [www.isec.my](http://www.isec.my)
A Gene-i-ous Test

*Genetics plays a pivotal role in cancer formation; the mutation and alterations of one’s DNA, when combined with unhealthy lifestyle choices, may cause cancer.*

The Predisposition Test for Cancers, referred to as Can12™, generates molecular risk profile by extracting the DNA from the blood and analysed thoroughly to determine the risk of developing certain cancers using molecular screening technology. On the other hand, one’s lifestyle behaviour/choices, family history and medical history will also be examined to determine whether they are predisposed to any cancer risk. A combined analyses of both molecular and clinical factors that leads to the establishment of clinico-molecular report will give a comprehensive profile of cancer risk.

*The risk profile will assist doctors in drawing up a personalized counselling, and intervention strategies when needed. With the right strategy, the onset of most cancers can be prevented or delayed. Knowledge of your own health, molecularly and clinically will allow you to make an informed decision about living a better quality of life.*
FOOD Intolerance Test

We are what we eat!
Did you know? Over 45% of the population suffers from food intolerance at some stage in their lives. With the latest Genarray™ Food Intolerance system, a simple blood test is capable of testing 221 different types of food groups that you may be intolerant to. Take the test today, and look forward to a better and healthier lifestyle.

HSC Medical Center is the first and only center in the whole region to offer wireless ECG and Stress Tests. No longer will there be the hassle of having too many clumsy wires when you run the treadmill! Introducing Cardiac Science company’s CareCenter MD.

BIOMARKERS C12 CANCER SCREENING
Using the latest protein chip technology for the detection of 12 tumor markers simultaneously.

Studies have shown that multi-tumor markers have higher sensitivity and specificity than single-tumour marker. It is an excellent technology for cancer screening.

Available exclusively at HSC Medical Center.

Don’t sweat about it
A quick way to resolve your issues of over-sweating

Do you constantly need to change clothes...
Are you afraid of embarrassing yourself in public...
Do you avoid wearing certain clothes...
Are you afraid to shake hands with others...

...because of excessive sweating problems? If so, you are amongst the 2-3% of the population that experience hyperhidrosis, which means over-sweating.

While medication can be taken as a temporary treatment, it is now possible to permanently resolve the problem via surgery. The procedure is short (around 40-60 minutes), and relatively low risk. After the surgery, only one quick outpatient visit to any qualified doctor is needed for the wound inspection.

It is now that easy to resolve your problem of oversweating, and it can now be done in Menara HSC.
What's New?

Now you can access to your medical report online or via smart phones!

MobileHealth2U in collaboration with HSC Medical Center, brings you an innovative, first of its kind service in Malaysia and the world, a service we have branded as MediHome. We transform personal paper health records to mobile health records, any time, anywhere.

So, start now, sign up with us and take charge of your own health!

For more inquiries, please email: info@mobilehealth2u.com or visit: www.mobilehealth2u.com

The widespread use of mobile phones and the Internet have enabled us to create a paradigm shift in consumers’ demand for healthcare services. MobileHealth2U “re-engineers” the healthcare delivery system to empower the individual to take charge of their own health at an affordable cost through self-monitoring at home coupled with preventive healthcare strategies from participating hospitals.

MobileHealth2U in collaboration with HSC Medical Center, brings you an innovative, first of its kind service in Malaysia and the world, a service we have branded as MediHome. We transform personal paper health records to mobile health records, any time, anywhere.

So, start now, sign up with us and take charge of your own health!
Magnetic Resonance Imaging (MRI) is an image-guided process for displaying structures inside the body. The latest Siemens MRI systems, MAGNETOM® Aera (1.5 Tesla) is designed to make MR exams easier for the radiographer and more comfortable for the patient.

**Fast.**
It boasts to be by far one of the fastest MRI systems in the world, with technologies that enhance both productivity and image quality.

**Quiet.**
**Wide Bore.** Measuring at 70 centimetres wide, it allows comfort and accommodates for claustrophobic and pediatric patients.

**Illumination MoodLight™.**
Another unique feature, MAGNETOM Aera offers an easy LED light setting to be set according to personal preferences, providing a more comfortable scanning environment.

**Easy patient access.**
The system is designed for convenient interventional radiology and cardiology, as well as for surgery and electrophysiology.

**Advanced 3D imaging.**
Enhancing decision-making, the latest in its imaging capabilities help facilitate more effective and faster procedures, even under difficult circumstances (i.e. steep angulations).

**Full color, 56" medical-grade monitor.**
Featuring 4 times higher image resolution of standard HD, it offers the user to view the finest of details.
The SOMATOM® Definition Flash sets new standards in computed tomography (CT) technology.

**Flash Speed.**
The fastest scanning speed for the entire chest region is in 0.6 seconds.

**Lowest Dose.**
The high speed and ability to block irrelevant radiation that will not be used in image reconstruction ensures the lowered radiation dosage.

**No breath hold needed.**
With the fast scanning speed, there is no longer any need to hold one’s breath during examination.

**SYNGO.PLAZA**
All In One Place

syngo® plaza, Siemens’ picture archiving and communication system aids in day-to-day clinical routine in the following key areas:-

**Fast.** Evaluation of 2D, 3D, and 4D images in one workstation allows for a more integrated and convenient approach to evaluate images produced from various imaging sources.

**Comprehensive.** syngo® plaza possesses a function to allow the ease of seeing a patient’s earlier examination history.

**Customised layout.** The interface and screen layout can be adjusted to the doctors’ individual needs.
Other Imaging Services

- Siemens S2000 Ultrasound
- Siemens SC2000 Echo Cardiography
- Siemens General X-Ray with whole spine imaging
- Hologic Dexa Bone Densitometer
- Siemens Mammmomat 1000 Mammography
Owing to a rapid development of the region in becoming more health conscious, the demand of more natural forms of healing arts is growing tremendously. Our company, as a traditional complementary medicine hall, is therefore expanding to meet such needs of the people in the region. We offer two categories of medical services; physio-therapy (non-medical) and medical therapy. Physio-therapy includes Acupuncture, Tuinalogy (traditional Chinese massage), Chiropractic, Reflexology, Cupping, Scraping, and more. Medical therapy, on the other hand, is provided mainly with herbal medicine and patented herbal products. As a progressive company, we are not only expanding our services throughout Malaysia, but at the same time to continue our quest for talents in therapeutic treatments from all over the world.
Accommodation Solutions from Somerset Ampang

Strategically located in Menara HSC, Somerset Ampang is a wholly-owned serviced residence business unit managed by The Ascott Limited (Ascott). A joint venture with HSC Medical Center, Somerset provides convenience of quality accommodation for visitors, patients and their families to Menara HSC, with 207 fully-furnished residences offering studio, one, two, and three bedroom layouts.

Let us make you feel coziness and warmth, even when you’re away from home.

Somerset Ampang is attached to HSC Medical Center. Patients of HSC Medical Center will receive a special rate when they choose to stay in Somerset Ampang during their visit.

ABOUT SOULed OUT

The affluent Ampang neighbourhood welcomes a fine addition to the dining scene with SOULed OUT flinging open her doors and charming residents with her unique and inimitable style. Modeled after the ever popular 15 year old SOULed OUT in Desa Sri Hartamas, her easy nature will surely win many a heart. Enjoy an eclectic menu featuring Western, Asian and Northern Indian favourites with specialities such as Fried Beef Noodles, New Orleans Grilled Salmon Steak, Sheekh Kebab and Cheese Nachos, just to name a few. Complementing this will be a plethora of thirst quenching beverages with the highlight being cold, cold beers. Also featured will be signature cocktails such as the Classic Mojito and Lychee Martini, wines, spirits and a neat selection of detox juices such as the famous Dragonfly juice. Personalised service is one of the traits that set SOULed OUT apart from the rest. Efficient yet personable, SOULed OUT is a place engineered for friends and family to foster the spirit of friendship and camaraderie. After all, an encounter with SOULed OUT is “as good as a hug”.

Address: Ground Floor, Menara HSC, 187, Jalan Ampang, 50450 KL, Malaysia
Email: slurp@souledout.com.my
Website: www.souledout.com.my
Business Hours: Mondays-Sundays, 6.30a.m. till 12 midnight

Pictures in this magazine may not be 100% representative of actual dishes
What the Media & VIPs say about HSC Medical Center

“Thanks for the excellent services and good facilities provided for patients here. Keep up the good works, our nation needs to continue this excellent health services. Congratulations and well done.”

Y.B. DATO’ SRI LIOW TIONG LAI
Minister of Health, Malaysia

“I really enjoy having the opportunity to be checked by this finest medical center in Kuala Lumpur...one of the centers of excellence in medical services.”

PRESIDENT SUSILO BAMBANG YUDHOYONO
President of the Republic of Indonesia

“Congratulations in the professionalism of the staff – the meticulous care”

YB TAN SRI AHMAD SARJI
Chairman, Permodalan Nasional Berhad (PNB)

“Thank you very much for your excellent service. I am most impressed with the facilities of your medical centre”

TAN SRI KHOO KAY PENG
Chairman & CEO, MUI Group

“Next Generation’ CT scanner ... installed in Southeast Asia at HSC”

SINGAPORE BUSINESS TIMES

“Region’s first one-stop medical center”

BUSINESS TIMES / NEW STRAITS TIMES

“Five-star healthcare”

THE EDGE

“This center will change the way you think about medical center.”

AEC NEWS, ASTRO SATELLITE TV
Congratulations

The Grand Opening
Of
MENARA
HSC
6 May 2011
By
YAB Dato Seri Liow Tiong Lai
Minister of Health Malaysia

1st One-Stop Healthcare, Wellness & Lifestyle Building in KL.

SIEMENS
HSC Diagnostic Packages

**Health Screening Package**
(Asymptomatic, according to Age Group)

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**Diagnostic Package**
(Symptomatic, Known or suspected Heart, Stroke or Cancer risk)

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<th>Heart</th>
<th>Heart &amp; Stroke</th>
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**TOTAL (RM)**

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<tr>
<td>1,130</td>
<td>2,670</td>
<td>4,170</td>
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<td>4,370</td>
<td>5,870</td>
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**Additional Options**

- **Female options**
  - Pap Smear (Liquid-based Cytology) 150 RM
  - Breast Ultrasound 180 RM
  - Mammography 180 RM
  - Gastroscopy 600 RM
  - Colonoscopy 1,000 RM

- **Genetic Pre-Disposition Screening**
  - Can12™ (Cancer Risk) 2,000 RM
  - FH1536™ (Cholesterol Risk) 2,200 RM

**Note:**
- Complimentary meal provided for all packages!
- Foreigners are advised to stay 3 nights in KL.
- Each HSC patient / visitor will receive a Full Medical Report on the same day, written by cardiologist and other clinicians containing all the health information and recommendations you wish to know. In addition, you will also receive a copy of CD-ROM containing thousands of your MSCT images for archiving purpose. Image films will be provided for abnormalities detected. A free Video CD entitled “Love Your Heart”, a program broadcasted by RTM (Radio & Television Malaysia) will be given to every diagnostic package visitor.

**HSC MEDICAL CENTER**

- **T:** +603-2712 0866
- **F:** +603-2712 0766

**HSC JAPAN CLINIC**

- **T:** +603-2712 0867
- **EMAIL:** info@hsc.com.my
- **FACEBOOK:** www.facebook.com/hschealth
- **WEBSITE:** www.hsc.com.my

**Opening Hours:**
- Monday - Friday: 8.30am - 5.30pm
- Saturday: 8.30am - 1.00pm
- **Closed on Sundays and Public Holidays**

Packages approved by Ministry of Health.  KKLIU 0461/2011/ABC

Menara HSC, 187 Jalan Ampang, 50450 Kuala Lumpur, Malaysia

**GPS Coordinates:**

3°09'28"22N, 101°43'07"71'E

**HSC Diagnostic Packages**

- **Tumour Markers **
  - Male TM - AFP, CEA, CA19.9, PSA
  - Female TM - AFP, CEA, CA19.9, CA15.3, CA125

**Health Screening Package**
(Asymptomatic, according to Age Group)

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**Diagnostic Package**
(Symptomatic, Known or suspected Heart, Stroke or Cancer risk)

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<tr>
<th>Heart</th>
<th>Heart &amp; Stroke</th>
<th>Cancer</th>
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**TOTAL (RM)**

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<tr>
<th>&lt;30 yrs Executive</th>
<th>&lt;35 yrs Heart</th>
<th>&lt;40 yrs Heart &amp; Stroke</th>
<th>≥40 yrs Heart Stroke Cancer</th>
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<tbody>
<tr>
<td>1,130</td>
<td>2,670</td>
<td>4,170</td>
<td>4,870</td>
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<td>4,370</td>
<td>5,870</td>
<td>8,070</td>
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**Additional Options**

- **Female options**
  - Pap Smear (Liquid-based Cytology) 150 RM
  - Breast Ultrasound 180 RM
  - Mammography 180 RM
  - Gastroscopy 600 RM
  - Colonoscopy 1,000 RM

- **Genetic Pre-Disposition Screening**
  - Can12™ (Cancer Risk) 2,000 RM
  - FH1536™ (Cholesterol Risk) 2,200 RM

**Note:**
- Complimentary meal provided for all packages!
- Foreigners are advised to stay 3 nights in KL.
- Each HSC patient / visitor will receive a Full Medical Report on the same day, written by cardiologist and other clinicians containing all the health information and recommendations you wish to know. In addition, you will also receive a copy of CD-ROM containing thousands of your MSCT images for archiving purpose. Image films will be provided for abnormalities detected. A free Video CD entitled “Love Your Heart”, a program broadcasted by RTM (Radio & Television Malaysia) will be given to every diagnostic package visitor.

**HSC MEDICAL CENTER**

- **T:** +603-2712 0866
- **F:** +603-2712 0766

**HSC JAPAN CLINIC**

- **T:** +603-2712 0867
- **EMAIL:** info@hsc.com.my
- **FACEBOOK:** www.facebook.com/hschealth
- **WEBSITE:** www.hsc.com.my

**Opening Hours:**
- Monday - Friday: 8.30am - 5.30pm
- Saturday: 8.30am - 1.00pm
- **Closed on Sundays and Public Holidays**

Packages approved by Ministry of Health.  KKLIU 0461/2011/ABC

Menara HSC, 187 Jalan Ampang, 50450 Kuala Lumpur, Malaysia

**GPS Coordinates:**

3°09'28"22N, 101°43'07"71'E