



BP HEALTHCARE GROUP

Leader in Health Check

HIBO

**SPECIALIST
CENTRE**

LOVY PHARMACY

DENTAL

**HEARING
AID**

DIAGNOSTIC

**ENVIRONMENTAL &
FOOD TESTING**

**RADIOLOGY
& IMAGING**

MEDICAL LAB

BP ALIVE 2013

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BP HEALTHCARE GROUP

Leader in Health Check



MS ISO/IEC 17025
TESTING
SAMM NO. 222
SAMM NO. 293
SAMM NO. 573
MS ISO 15189
MEDICAL TESTING
SAMM NO. 326



Global Languages on HIBO, Healthy Inside Beauty Outside



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History



DATO' BEH CHUN CHUAN
Founder of BP Healthcare Group



DATIN POH LAY SEE
Co-founder of BP Healthcare Group



LOVY BEH Founder of Lovy Pharmacy, Director of BP Pharmacy,
Director of BP Wellness Centre & Director of BP Business Solutions

Lovy Beh is a registered pharmacist in the UK, Singapore and Malaysia. She obtained her Master of Pharmacy from the London School of Pharmacy in 2006. She was trained in King's College Hospital, London and Green Light Pharmacy, London. She also practiced as a pharmacist at Singapore General Hospital.

Throughout her years of professional practice, she obtained multiple accreditations and certifications. To date, she is certified in Sleep Medicine from the University of Sydney. She is also a certified trainer for Handling Abusive Patients in Care Delivery Setting, a certified Anticoagulation Clinic (ACC) and Asthma Clinic Pharmacist.



CHEVY BEH Group Executive Director of BP Healthcare Group & Founder of BP Dental Sdn Bhd

Mr Beh was formerly a China-focused analyst at the Maxim Group (member of NYSE), an investment bank based in New York. His areas of expertise included assisting Chinese companies to raise funds in the US capital market. Prior to joining Maxim, he was an associate at Dominick and Dominick (member of NYSE). Mr Beh is a Chartered Alternative Investment Analyst (CAIA) and also a National Association of Securities Dealers (NASD) registered representative (Series 7, 63, 65). He received his Bachelors degree from the University of Virginia with a double major in Economics and East Asian Studies.

Mr Beh attended high school in Wellington College, Berkshire, UK. He was a University of Virginia (UVA) Polo Scholar. At UVA, he was the captain of the Collegiate Polo Team and was merited the National American-Intercollegiate all stars, America. Prior to that, he was the England polo captain for under-21 English School National Team. Mr Beh made history by being the 1st Asian to be awarded with American all stars and also the 1st Asian to play in the 1st snow polo event in Asia held in Tianjin China. Mr Beh studied at various institutions, among them Cambridge University, Harvard University, Stanford University and Beijing University. He is a young executive member of the Asia Society, New York City, USA and polo ambassador for the Asian region. He made history by being the youngest to be elected to hold office barrel in the Equine Association of Malaysia and currently serves as Vice-President of Equine Association Malaysia (EAM). In 2011, Mr Beh made history by being the youngest to lead the Equestrian Team and also the youngest Team Manager of all sports at the 2011 SEA Games held in Jakarta, Indonesia.

In 2012, Mr Beh was awarded most promising Entrepreneurship Award at Asia Pacific Entrepreneurship Awards (APEA). Mr Beh was invited to attend a panel discussion hosted by Forbes media editor-in-chief Steve Forbes in New York December 2012. The Forbes Healthcare Summit was an invitational only event that brought together healthcare professionals, innovators, investors and government officials to stimulate discussion and action around finding a prescription for change.



JOEVY BEH Founder of BP Environmental Testing, BP Hearing Solutions & BP Healthcare (International)

Joevy Beh is the Chairman of BP Healthcare (International) which is responsible for overseas investment. He attended high school in Wellington College, Berkshire, UK and continued his tertiary education at the University of Virginia, USA and graduated in 2010 with a BA in Economics and Anthropology. Joevy attended Harvard University as well. Joevy was a University of Virginia (UVA) Polo Scholar. He was the founder and president of BDG Virginia Polo Society, which comprised of a total of 150 members to date. During his term, he was actively involved in raising funds for various charity events through polo tournaments.

Prior to joining BPHG, Joevy had worked in the financial sector. In 2010, he joined Chartis as an analyst in New York and prior to that he had worked in the Marketing and Compliance department at Acadian Asset Management, a \$ 80 billion dollar fund based in Boston, USA.



GARVY BEH Founder of Garvy's Sdn Bhd

Gary Beh attended high school in Wellington College, Berkshire, UK. He is currently an undergraduate at University of Virginia (UVA) and is also a UVA Polo Scholar.

Gary started up Garvy's Restaurant during summer holiday and continues to manage the business via virtual management.

Brand History

- 
- 2012**
 - BP Environmental Testing Sdn Bhd awarded **ISO/IEC 17025 Laboratory Accreditation (SAMM No. 573)** by Department of Standards Malaysia
 - BP Clinical Lab obtained 3rd time recertification for **MS ISO 15189 - achieving full scope ISO 15189 accreditation with over 135 parameters**
 - BP Diagnostic Centre Sdn Bhd awarded **Best Innovation Award at The Star Business Awards(SOBA) 2012**
 - BP Diagnostic Centre Sdn Bhd awarded **Best Brand Award at The Star Business Awards(SOBA) 2012**
 - BP Specialist Centre appointed by **Malaysia Ministry of Health to promote medical tourism**
 - BP has been awarded by **Europe Business Assembly (EBA) as Best Enterprise in Innovation**
 - BP Diagnostic Centre Sdn Bhd awarded **2012 Global Excellent Brand Award**
 - 2011**
 - BP Diagnostic Centre awarded **Best Brand Specialty - Brand culture by The BrandLaureate**
 - 1st healthcare company awarded **National Mark by SME Corp & Sirim QAS International**
 - 1st laboratory to be awarded **JCI in Asia**
 - Official opening ceremony of **BP Specialist Centre Glenmarie** by Minister of Health, Dato Seri Liow Tiong Lai
 - BP Diagnostic Centre Sdn Bhd awarded the **Malaysian Innovation Excellence Award 2010 by the Malaysian Trade Industry Organisation**
 - 1st Diagnostic Centre to be awarded with **Best Brand in Wellness - Primary Healthcare and Screening by The BrandLaureate**
 - 2010**
 - 1st Diagnostic Centre in Asia Pacific to be awarded by **Frost & Sullivan** in **Customer Value Enhancement Awards in Diagnostics**
 - 2009**
 - Establishment of **BP Hearing Solutions** to cater for hearing loss customers
 - 2008**
 - BP Diagnostic Centre obtained **ISO 9001** for Quality Management System
 - BP Clinical Lab obtained **MS ISO 15189 - 1st locally owned lab in Malaysia achieving full scope ISO 15189 accreditation**
 - 2006**
 - BP Diagnostic Centre Cheras started providing **tele-radiology services**
 - 2005**
 - Opening of additional **6 more BP Diagnostic Centres in Malaysia**
 - 2004**
 - BP Business Solution obtained **MSC status**
 - BP Clinical Lab obtained **ISO 9001** for Quality Management System
 - BP started **BP Food Testing services** in Butterworth and obtained **ISO 17025 and DVS Certification**
 - 2001**
 - BP Clinical Lab obtained **ISO/IEC 17025** for Blood Lead
 - 1995**
 - **BEP-Pharmacy** officiated by Minister of Health, Dato' Lee Kim Sai
 - 1984**
 - BP expanded its **1st outlet** to Taiping and subsequently nationwide chain
 - 1982**
 - Dato' Beh and Datin Poh Lay See founded **BP Clinical Lab**

Corporate Structure

With more than 3 decades of innovation and transformation today BP Healthcare Group has over:

- 70 MEDICAL LAB
- 50 DIAGNOSTIC CENTRES
- 50 PHARMACIES & DISPENSARIES
- 50 HEARING AIDS CENTRES
- 50 FOOD, INDUSTRIAL & ENVIRONMENTAL TESTING CENTRES
- 5 SPECIALIST CENTRES
- 3 DENTAL SPECIALIST CLINICS

With this network nationwide and still expanding, countless awards and credentials earned, BP Healthcare Group is certainly an undisputable leader in the Malaysia Healthcare Industry. We have served more than 35 million customers, and still counting, over the last 30 years. We provide comprehensive health care in all discipline to cover the needs of Medical Practitioners, Hospitals and Corporate Clients.



Management Team

TAN SRI DATO' DR M JEGATHESAN

Consultant Pathologist
Director of BP Clinical Lab - Technical

DR. TAN KIA GIN

Chief Medical Officer

DR. QUAH SAY CHUAN

Deputy Chief Medical Officer

LOVY BEH

Founder of Lovy Pharmacy,
Director of BP Pharmacy,
Director of BP Wellness Centre &
Director of BP Business Solutions

CHEVY BEH

Group Executive Director of BP Healthcare Group
& Founder of BP Dental Sdn Bhd

JOEVY BEH

Founder of BP Environment Testing,
Founder of BP Hearing Solutions &
Founder of BP Healthcare (International)

HO POOI YEE

Director of Business Development

ALBERT BEH

Director of Public Relation

ONG CHIANG HOCK

Director of Food, Industrial &
Environmental Testing

Medical Advisory Council



Tan Sri Dato Dr M Jegathesan

Consultant Pathologist

MBBS (Singapore), FRCPath (UK), FRCPA (Aust), DTM&H (Bangkok), DCP (London)



Dr Julia Munchar Bt Munchar Jajuli

Consultant Pathologist

MBBS (UM), Master in Medicine (UKM)



Dr Nani Bt Nordin

Consultant Pathologist

*MD (University of Queensland),
Master in Pathology (UM)*



Dr Poh Bee Hoon

Consultant Histopathologist

MBBS (UM), Master in Pathology (UKM)



Dr Rekha A/P Balachandran

Consultant ENT Specialist

MBBS (MAHE), MS ORL-HNS (UM)



Dr Lee Bee Sun

Physician

MBBS (IMU), MRCP (UK)



Dr Effarezan Bt Abdul Rahman

Consultant Physician

MBBCh (Wales), MRCP (UK)



Dr Leong Hui Shan

Physician

MD (UKM), MRCP (UK)



Dr Lu Ying Shean

Physician

MBBS (IMU), MRCP (UK)



Dr Lim Kean Meng

ENT Specialist

MD (Unimas), MMed ORL (USM)



Col Rtd Dr Lim Aik Boon

Radiologist

MBBS(UM), Master in Radiology(UM)

Chairman's Message



2012 marked the 30th anniversary of BP Healthcare Group and I am absolutely pleased that it has been a year of astounding financial achievement driven by rapid expansion, upgrading of our comprehensive range of health services and the launch of innovative healthcare concepts.

We finally realised our dream of overseas expansion in early 2012 in partnership with the Ciputra Group of Indonesia. The first diagnostic centre in Jakarta is called Ciputra BP Healthcare.

After three decades of organic growth, we made a strategic decision to acquire the Sime Darby Specialist Centre Megah in Petaling Jaya on Dec 12th, 2012. This is in line with our vision of having a chain of BP Specialist Centres. The Taman Megah facility has been renamed BP Specialist Centre Megah and retained as a day-care centre with more healthcare services.

FINANCIAL HIGHLIGHTS

In 2012, the Group delivered an extraordinary performance with eight-digit profit on the back of nine-digit sales.

However, sales to capacity utilisation was approximately 55% due to our rapid expansion with more outlets being set up nation-wide and the upgrading of outlets from BP Diagnostic Centre to BP Specialist Centre.

Most of our older outlets have reached or are nearing their capacity limit. They are due to be upgraded into BP Specialist Centre in the second phase of transformation, or may bypass that phase and be directly converted into BP Hospital should the right opportunity arise, as envisaged under the Group's third transformation phase.

As the Group continues its rapid momentum, the greatest challenge we face is not the number of customers but to sustain our well-reputed quality services for their benefit.

EXPANDING THE BP HEALTHCARE NETWORK

In 2012, the Malaysian network expanded additional 56 outlets:

- 10 BP Diagnostic Centres
- 3 BP Specialist Centres
- 17 BP Clinical lab branches
- 11 Lovy Pharmacy and BP Dispensaries
- 3 Dental clinics at BP Diagnostic Centre/BP Specialist Centre
- 11 BP Hearing Centres
- 1 Garvy's health food restaurant with first outlet at BP Specialist Centre, Ipoh

DIVERSIFYING OUR PROFESSIONALISM AND SERVICES

In tandem with the Group's expansion, the number of employees surpassed 1,000 for the first time with over 70% of them being professionals. We are still actively recruiting more medical specialists, dentists, pharmacists, audiologists, and allied sciences professional to facilitate the growth of our services and network.

BP Healthcare Group continues to strengthen its comprehensive healthcare operations by providing more specialist services and more facilities, which ultimately provides our patients with better **coordinated healthcare with evidence-based practice.**

With such promising growth in quality healthcare, it is foreseeable that the next stage of the Group's expansion will be towards tertiary care.

OUR FUTURE

In 2013, BP Healthcare Group intends to set up a hospital chain network through organic growth or via acquisitions.

To date, the Group has strengthened in size and scope. We stand ready and are determined to step up to the challenge to become an even bigger healthcare player, like sprinting up the rungs from a **"7-Eleven store"** to become a **"Walmart hypermarket"** in the healthcare industry.

We believe that having a hospital chain or tertiary care facilities is imperative for the Group.

With the expansion of our home network that now spans all cities, major and smallertowns, we will focus on upgrading the level of quality healthcare services in the year ahead.

Existing BP Diagnostic Centres will be upgraded with the following initiatives:

1. Increase of diagnostic facilities and renewal of technologies with current state-of-art options
2. Recruitment of more professional staff to enhance specialist, dental, pharmacy, audiology, occupational health services, and food nutrition and dietitian services
3. Increase of outlet space to accommodate more services

2013 will be significant for the Group's overseas operations as well. We are in a good position to focus strongly on expanding the overseas network based on the successful growth blueprint adopted for our Malaysian business.



Ciputra BP Medical Centre Jakarta

OUR GRATITUDE

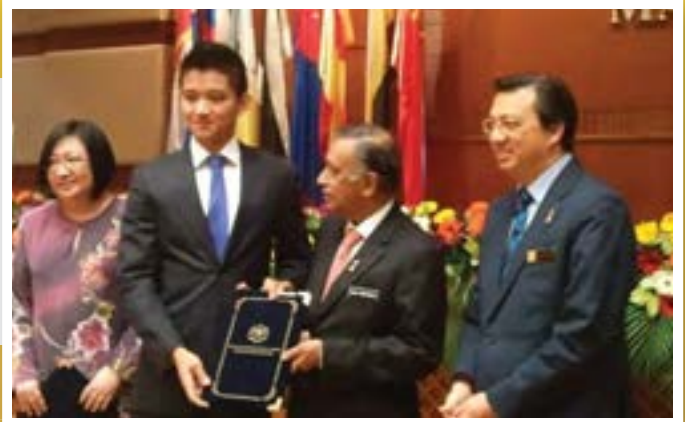
I would like to take this opportunity to thank the marvellous staff of BP Healthcare Group, stakeholders, customers and the Malaysian government for making our Group's aspirations achievable.

Awards & Recognition



FORBES HEALTHCARE CONFERENCE
Steve Forbes CEO (President of Forbes Magazine) with Mr. Chevy Beh in New York Forbes Healthcare Conference

Mr. Chevy Beh receiving a certificate from YB Tan Sri Mohamad Nor Yacob (Minister in the Prime Minister's Department -Economic Planning Unit), and Dato' Seri LiowTiong Lai (Minister of Health, Malaysia). BP appointed by Malaysia Health Travel Council to promote medical tourism



Dato' Beh Chun Chuan and Mr. Chevy Beh attended Malaysia Healthcare Travel Council seminar in Myanmar

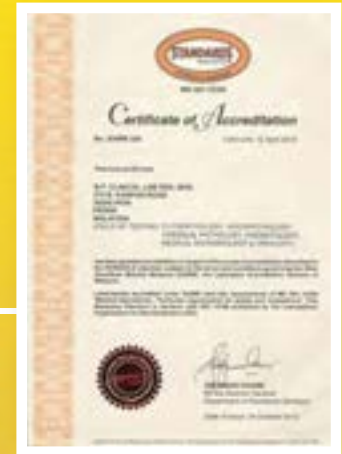
Mr. Chevy Beh receiving an award from Second Finance Minister Datuk Seri Husni Mohamad Hanadzlah. BP has won the gold prize for Best Innovation Award and silver prize for Best Brand Award at The Star Business Awards(SOBA) 2012



Awards & Recognition



BP Environmental Testing Sdn Bhd has been awarded ISO/IEC 17025 Laboratory Accreditation (SMM No. 573) by Department of Standards Malaysia



BP Clinical Lab obtained MS ISO 15189 - achieving full scope ISO 15189 accreditation



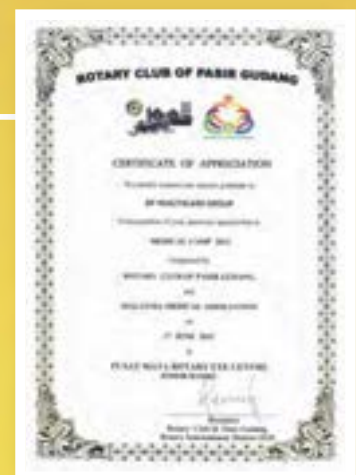
Chevy Beh awarded by Asia Pacific Entrepreneurship Awards 2012 as Most Promising Entrepreneurship Award



BP has been awarded by Europe Business Assembly (EBA) as Best Enterprise in Innovation



Letter of Appreciation - CSR activity with Rotary Club of Pasir Gudang



BP Diagnostic Centre Sdn Bhd has been awarded 2012 Global Excellent Brand Award

Awards & Recognition



Certificate of Appreciation - BP Healthcare sponsor for Ipoh Star Walk

1st healthcare company awarded National Mark by SME Corp & Sirim QAS International



Diagnostic Centre awarded Best Brand Specialty - Brand culture by The BrandLaureate



1st laboratory awarded Joint Commission International(JCI) in Asia



BP Diagnostic Centre received appreciation letter from School of Dentistry, IMU



Our Director - Ms. Ho was given a Certificate of Appreciation during BP talk with the Rotary Club of Kuala Lumpur DiRaja



BP Diagnostic Centre received appreciation certificate from Public Bank for Community Service Program

IMU Health Group signs MOU on Mutual Cooperation with BP Healthcare Group

Date: July 21, 2008



The IMU Health Group signed the Memorandum of Understanding (MOU) with BP Healthcare Group on 21 July 2008 at the IMU campus in Bukit Jalil, Kuala Lumpur. These MOUs were signed between BP Clinical Lab and IMU Healthcare for pathology services and between BP Healthcare and IMU Education for inservice training. The signing ceremony was witnessed by the Malaysian Minister of Health, Tan Sri Lim Guan Eng, at IMU Healthcare as a sign of the business of providing medical, dental and healthcare services. It will consist of a range of facilities with offering a wide of services to be provided including: Pathology (lab) and medical device to healthcare services from various specialties. It is expected that IMU Healthcare facilities will provide innovative ways of providing healthcare and be a leader in the area. IMU Healthcare has a special specialty which focus and managed a medical specialty centre as the international hospital (currently IMU). BP Healthcare Group is a Malaysian based health company. They have a network of facilities for various specialties of private medical practitioners, private & public hospitals and private clinics across the country. They also have a chain of primary and diagnostic centres in Malaysia.

It is a compulsory message to both IMU Health Group and BP Healthcare Group to formally realize these collaborative ventures. Datuk Lim said that "as a medical university that has a strong base in research, our core IMU has laboratory facilities that can carry out high-end laboratory tests for the private sector." Therefore, in the area of laboratory medicine, IMU is deeply passionate to provide an excellent standard of services to BP. In return, IMU will give BP and give IMU faculty a greater opportunity to utilize their expertise to provide quality healthcare and laboratory services to the private health industry."

To further IMU's aim of providing its students with industry experience and work attachment exposure and ongoing development of its students, closer with industry healthcare, IMU also wants to collaborate with key leading industry partners under a "Healthcare in Industry" programme.

"It is a huge network of degree centres and it is our academic centres, BP Lab is clearly geared to provide IMU and its students a practical working environment to gain "hands on" industrial experience that is far more meaningful than that of a classroom in IMU. Industry-education collaborations, if started with the correct objectives and are implemented well, can only play a positive contributing factor to the development of our country, not only for the students, but also for the industry. It will also allow industry to have universities as R&D partners to improve their production processes, their services as well as to develop new products to compete in the global market. If Malaysia can achieve a developed status by 2020, such partnerships are critical. In addition, the type of activity will attract investment into the country. This will indeed reveal Malaysia that being a labour-oriented country to become a country that is progressive, innovative and competitive." added Datuk Lim.

BP CLINICAL LAB MOU WITH IMU HEALTHCARE



BP Healthcare Group signs MOU with University Sains Malaysia

Date: November 18, 2012



WALALIMPAH, 18 Nov (BeritaMalam) —

Malaysia's industry leader BP Healthcare Group has launched a series of new partnerships with Universiti Kebangsaan Malaysia and Universiti Sains Malaysia for collaboration in auditing and radiology fields respectively.

The private multi-specialist healthcare provider has already signed memoranda of understanding with Universiti Kebangsaan Malaysia and Universiti Sains Malaysia for collaboration in auditing and radiology fields respectively.

Based on the joint statement from Malaysia for their setting up a facility with similar objectives will be announced later on direct collaboration.

"The Malaysian leading healthcare group we believe it is part of our responsibility to offer our expertise to help the next generation of healthcare providers gain to improve their knowledge and gain as much experience as possible. By doing this we are helping to get them ready for the job market" said BP Healthcare Group Chairman Dr Chong Boh also is also the Group Finance and Investment Director.

To add more value to the partnership, associate professors of the respective fields would be allowed to practice at BP centres and gain R&D benefit to be undertaken in diagnostic and preventative new products and services.

The facilitation of training and sharing of experience is also part of BP Healthcare's corporate social responsibility agenda to improve and nurture the health of the communities it serves. Beritahabib.

The respective sites carefully selected based on their academic and research strength in the fields stated.

We are opening our facilities with expectation that the all-encompassing in the countries. BP expects 10 to 20 students from each university to enroll with us and they will be supported by our open policy, full cost.

BP Healthcare has 50 training centres, three dental laboratories and is the largest dental and radiology training centre in the industry with facilities in the country's largest radiology provider with facilities available in 10 Singapore and four overseas centres.

BP Healthcare recently announced it would invest RM500 million to set up the largest dental care network in the country with its dental centres over the next five years to complement the Group's overall focus on health and wellness.

Its three dental specialist clinics that provide comprehensive, preventive, restorative and cosmetic dental care that includes orthodontics and implants are located in Cyberjaya, Ipoh and Klang.

Over a three-decade industry started in 1988, BP Healthcare has grown to become Malaysia's largest provider of diagnostic chain with over 100 centres in Malaysia and a presence in 10 countries with the well-known Capitalia brand.

The BP Healthcare network has expanded to 10 laboratories and 10 pharmacies and 10 hospitals. Its other healthcare services include MRI, PET, renal and thyroid, gastroenterology, audiology services as well as radiology and cancer therapy.

BP Healthcare Group signs MOU with University Kebangsaan Malaysia

Date: October 18, 2012

Category: 1/3/12



By Saiful Bahri Ramawati
Via Green Alliance

KUALA LUMPUR, 18 Oct. 2012 — The National University of Malaysia (UKM) today signed a Memorandum of Understanding with BP Hearing Solutions (BHS) allowing students from the Department of Audiology and Speech Sciences of the Faculty of Health Sciences (FHS) to undergo internship at the company.

The MOU for the cooperation was signed by Deputy Vice-Chancellor, Industry and Community Partnership, Professor Tan Chai Si Suan, Head of FHS, Dr. Cheong Amy, BHS CEO, and a representative of BP Healthcare Group who is a subsidiary of BP Healthcare Group now celebrating its 50th anniversary.

We both said the partnership began in last year and it had so far provided practical and real working experience to 20 third and fourth year students of the programme.

BHS provides hearing centres as a platform for education and training for students in Audiology so that they would not just be exposed to theory but also its practice.

Prof Suan said knowledge at the company will give UKM students an added advantage upon graduation.

She said studies showed that 75% to 85 million children in the country are in various stages of hearing loss and it was important that children are given the opportunity to test and detect hearing loss.

Hearing problems increase with age and its loss in adults could lead to miscommunication, social withdrawal, confusion, depression and reduced functional status.

UKM with its expertise in Audiology can act as a reference centre for hearing, including for children.

Dean of the Faculty of Health Sciences, Prof Dr M. Anwarul Huda Saifullah, head of the Academic Programme, Assoc. Prof Dr J. S. Lim and the BHS Director of Finance and Investment, Mr. Chong Boh were present at the signing.

Dr Amy Bah said the MOU allows for an on-job practical and flexible training period for students as they are allowed to go back to work at the firm until their graduation.

He said BHS with the largest network of hearing centres with more than 50 branches throughout Malaysia welcomes BHS graduates interested in building their careers with the company.

BP RADIOLOGY MOU WITH UNIVERSITI SAINS MALAYSIA



BP HEARING MOU WITH UNIVERSITI KEBANGSAAN MALAYSIA



Biannual Dental Check-ups What You Should Know and Not Fear

By Dr Muhammad Nazli Haffiz Bin Ghazali

Staying dentally fit seems simple enough. All you need to do is habitual toothbrushing, flossing and visit the dental clinic. But how many of us regularly visit the dentist and are you cleaning your teeth correctly?

The most common misconception is that a dental check-up is a painful experience and many avoid doing so. Such fear is unfounded. In fact, regular dental visits help you to maintain good oral hygiene to avert dental pain and problems later.

What We Do During Check-ups?

The main purpose of a dental check-up is to monitor the oral hygiene of the patient. Based on the examination, our dentists can advise the patient on how to improve and maintain healthy gum and teeth. Also, any abnormalities such as dental cavities and other conditions can be detected early, properly diagnosed and treated.

For example, if a dental cavity is discovered early, proper treatment can be carried out. Otherwise, it can develop into a deep and large cavity that causes pain and risk of losing the tooth.

During the check-up, your teeth, gums, tongue and mouth are thoroughly examined by our calm and gentle dentists. With an advanced intraoral camera, which is a tiny pen-shaped sophisticated video camera, you can see for yourself what the inside of your mouth looks like on an LCD TV screen. This also allows us to educate you on how to improve your dental health more effectively and efficiently.

We believe that by using the latest technology available, our dental services can help you develop dental awareness and enhance our goal of providing the best dental care for you and your family.

Tips to Overcoming Fear

- Get an understanding and sympathetic dentist. Our dentists are gentle and would be very happy to communicate and work with you to ease your fears. Knowledge and awareness reduce fear greatly. So go ahead and talk to our dentists about your dental health and treatment.
- Visit our dental clinics, take a look around and meet our friendly staff.
- The first appointment will simply be a check-up, so don't worry that you'll immediately undergo a filling and face the drill or needle. See this first visit as your chance to get to know our dentists.
- It's good to have an early appointment time so you'll have less time to dwell on it. Also, should there be any complications or if you need to see the dentist again, you can drop by again the very same day before closing time.
- Take a friend or family member with you. Our dentists won't mind if they accompany you throughout the check-up or treatment.
- Tell the dentist that you're anxious and let the dentist put you at ease.
- Agree on a sign with our dentists to signal that you need a break and want them to stop. It can be as simple as pointing your finger or raising your left hand slightly. This will help you feel more in control.
- If you think it will help, start gradually with a clean and polish, then work up to more extensive treatment once you've built up trust and rapport with our dentists.
- Take a personal stereo, like an iPod, with you or ask our dentists to play you your favourite CD to help you relax.



Every
Six Months

A dental check-up is the best tool for you to monitor your oral health. We recommend our patients to come for a dental check-up every six months. This ensures that no cavities go unnoticed and if there are other problems, our dentists can quickly diagnose and suggest treatments.

It is also a good idea to bring along your children. While your child may not need any dental treatment, regular visits can help your child overcome dental fears in the future.

Our dentists are privileged to work with you as a partner in maintaining good oral health for you and your family.

**Dental services are available at
BP Specialist Centre Glenmarie, Ipoh,
Klang, Cheras & Taman Megah.**

For more information or to make an appointment,
please contact us :

1-800-88-7171 | services@bphealthcare.com

HIBO HEALTHY INSIDE, BEAUTY OUTSIDE – BEAUTY FROM WITHIN

By Nutrition & Dietetics Department

Beauty is about looking the best you can whatever your age. However, beauty is not just only looking good but also feeling healthy with a robust burst of energy. Instead of fighting against time with numerous anti-aging products on our face, we should counter by looking good from within.

Follow these easy steps and you are on your way to getting that natural glow!

Step 1: The beauty benefits of a healthy weight

With a healthy weight, body metabolism is more efficient providing an overall revitalising effect. Healthy weight promotes better circulatory and respiratory system, resulting in clearer complexion, fewer wrinkles and strong healthy hair.

Lead an active lifestyle and complement this with a nutritious diet to supply essential nutrients for repair and rebuilding as well as to promote the removal of toxins. However, to achieve a healthy weight, don't be fooled by empty promises of dramatic weight loss.

With proper health and nutritional coaching, you can achieve a healthy weight. What's best is that a proper weight management programme will provide you the guidelines to help maintain a healthy weight for life.

Let your beauty shine with a natural glow from within!

Head2Toe health screening is a comprehensive examination of an individual's health status that couples state-of-the-art diagnostic tests and procedures with health history taking and complete physical examination.



Total Wellness Program (TWP)

TWP is a weight management programme for adult obesity, aimed at providing nutrition, exercise and behavioural modification which may establish a lifetime habit of a healthy lifestyle to achieve an ideal healthy weight. Time and tide waits for no man. Begin your journey now!

Step 2: Annual health checks

Since a healthy glow starts from within, are we making time to get that thorough health check-up that we keep putting off? Health check-ups are vital for the prevention of certain illnesses and also the key element to a healthy lifestyle.

While a majority of experts agree that we need an annual comprehensive health check-up, most of us neglect our health. We only go to the doctor when the signs and symptoms appear.

There is no time like now to schedule a health check-up. Get a comprehensive one like the Head2Toe screening from BP Healthcare!

Step 3: Use sunscreen and sunblock

Most of us make the biggest mistake when we enter our 20s and think it's goodbye to acne and skin blemishes. What mistake? We tend to overlook the use sunscreen and sunblock!

Working indoors and having clear skin are no excuse for NOT putting on sunscreen. Even brief sun exposure can add up to significant skin damage. Sun rays do pass through windows and clothing. Exposure during peak sun hours from 10 am to 4pm increases exposure to damaging ultraviolet (UV) rays.

For some of us, because our skin looks great, we couldn't care less. But while we do not see it, aging is happening.

Most dermatologists agree that if you use sunscreen daily, it reduces your risk to skin cancer and increases more wrinkle-free years. Get moving and reap the benefits in later years. Start now!

Sunblock should be used daily even on cloudy days since 80% of the sun's UV rays can pass through the clouds, particularly UVA. Regular use of sunblock actually allows some repair of damaged skin.

Instead of applying just a thin layer, sunblock should be applied generously to all exposed skin including face, ears, hands and arms for maximum sun protection. Sunblock should be applied on dry skin at least 30 minutes before going outdoors and reapplied after swimming or perspiring heavily. Some skin care experts advise to reapply after two hours of exposure regardless of SPF (sun protection factor) rating.



BP Sunblock SPF 30 PA+++ is our in-house product which offers broad protection against UVA and UVB rays. It is enriched with vitamin E to fight signs of aging, keeping your skin moisturised everyday.

Step 4: Expand your grocery list

A little boost goes a long way. To keep our skin glowing and healthy, nutritionists are advising consumers to eat fatty fish and lots of brightly-coloured vegetables, and definitely drink lots of water.

But at times our lifestyles are so busy, we tend to look for convenience when it comes to food and make unhealthy food choices. Taking supplements can be beneficial to health. For example, Omega-3 essential fatty acids is beneficial to keep your skin moist and antioxidants from vitamins and minerals act as a defence barrier to the nasty attacks of free radicals from UV radiation and an unhealthy lifestyle.



Get them now at Lovy Pharmacy and enjoy:

- FREE consultations with licensed pharmacists, dietitians and nutritionists
- FREE delivery with purchases of more than RM250

Step 5: Smile and let the world smile with you!

A youthful smile takes years off our appearance. We are drawn to people who smile. A smile relieves stress and boosts our immune system. To bring a sparkle to your smile, good oral hygiene is vital. It shows off a gorgeous smile and is good for our overall general health as well.

Poor oral hygiene can lead to a variety of dental problems including bad breath, cavities, gum diseases and more. Without proper treatment, these can lead to medical problems including heart disease.

Here are a few tips on how to ensure your teeth remain healthy

1. Brush your teeth at least twice a day
2. Floss regularly at least twice a day
3. Use anti-bacterial mouth rinse
4. Biannual visits to the dentist





ENT

Head and Neck Cancer Screening

By Dr Lim Kean Meng, ENT Specialist

What is head and neck cancer?

Most head and neck cancers begin in the cells that line the mucosal surfaces in the head and neck area i.e. nose, mouth and throat. Mucosal surfaces are moist tissues lining hollow organs and cavities of the body open to the environment. The most frequent head and neck cancers are nasopharyngeal cancer, oral cancer, laryngeal cancer, salivary gland cancer, pharyngeal cancer and sinonasal cancer.

However, cancers of the brain, the eye, the esophagus, and the thyroid gland, as well as those of the scalp, skin, muscles, and bones of the head and neck, are not classified as head and neck cancers.

Cancer is a group of abnormal and unregulated cells that continue to divide and create new cells that the body does not need. The extra cells form a mass of tissue called a tumour. There are two types of tumours: benign and malignant. Benign tumours do not invade nearby tissue or spread to other parts of the body. Generally, cancer refers to malignant tumours. Their growth invades normal structures near the tumour and spreads to other parts of the body. Metastasis is the spread of cancer beyond one location in the body.

According to the Malaysia National Cancer Registry (NCR 2007), head and neck cancers as a group is the most common cancer group in Malaysia, second only to female breast cancer. Nasopharyngeal cancer is the 4th most common cancer in Malaysia; and the 3rd most common cancer in males.



Fig: Neck cancer



Fig : Nasopharyngeal cancer

What causes head and neck cancers?

The most important risk factors for head and neck cancers are alcohol and smoking. These risk factors are particularly important for cancers of the oral cavity, oropharynx, hypopharynx, and larynx. Others risk factors are betel nut or tobacco chewing, family history of nasopharyngeal cancer and prolonged exposure to chemical fume, wood dust and asbestos.

Infection with human papillomavirus (HPV) is a risk factor for some types of head and neck cancers, particularly oropharyngeal cancer that involves the tonsils or the base of the tongue. In the United States, the incidence of oropharyngeal cancers caused by HPV infection is in increasing trend.



Fig: Vocal cord cancer

What are the signs and symptoms?

The signs and symptoms of head and neck cancers may include a neck swelling, nose bleeding, blood-stained saliva, pain or difficulty swallowing, and a change or hoarseness in the voice. These symptoms may also be caused by other, less serious conditions. However, it is important to check with a doctor.

How are head and neck cancers diagnosed?

A doctor will evaluate a person's medical history, perform a physical examination and order diagnostic tests. The examinations and tests conducted may vary depending on the symptoms. Examination of a sample of tissue under the microscope is always necessary to confirm a diagnosis of cancer.



Fig: Nose cancer

Physical examination may include visual inspection of the oral, tongue, throat, nasal cavities and neck. The doctor may also feel for lumps on the neck, lips, gums and cheeks.

ENT scope is the use of a thin, lighted tube called an endoscope to examine areas inside the body. The type of endoscope to use depends on the area being examined. For example, a nasoendoscope is inserted through the nose to examine the nasal cavity and nasopharynx; and a flexible laryngoscope to check the larynx and hypopharynx.



Fig: Rigid nasoendoscope



Fig: Flexible laryngoscope

If the diagnosis is cancer, the doctor will want to learn the stage (or extent) of disease. Staging is a careful attempt to find out whether the cancer has spread and if so, to which parts of the body. Staging may involve X-rays, ultrasound, CT scan and laboratory tests. Knowing the stage of the disease helps the doctor plan treatment.

BP Healthcare Group is taking the initiative to incorporate head and neck cancer screening into its current comprehensive Head2Toe screening package. This is because early detection and treatment give good results and cure. Currently, head and neck cancer screening by ENT specialists are available at BP Specialist Centres in Cheras, Glenmarie, Klang and Ipoh.

Head and Neck Cancer Screening is available at BP Specialist Centre Glenmarie, Ipoh, Klang, Cheras & Taman Megah. For more information or to make an appointment, please contact us : **1-800-88-7171 | services@bphealthcare.com**

HEAD2TOE™

INSIDE OUT HEALTH SCREENING

By Dr Tan Kia Gin



It has just been two years since BP Healthcare launched its flagship Head2Toe health screening and the response has been tremendous. The comprehensive yet cost-effective package has met very encouraging growth and increasing demand from the general public and corporate clients alike.

Head2Toe covers a wide range of well-established medical tests and examinations to determine a person's health risk assessment to enable prevention and early treatment. It includes various value-added packages and the examinations are carried out in a comfortable and convenient one-stop environment. Head2Toe focuses mainly on non-invasive tests.

With the rampant incidences of lifestyle-related diseases nowadays, abnormal findings seem to be the rule rather than exception. At times, more complicated conditions are detected and they warrant further advanced tests and investigation. Some may also require more than the standard health screening package, for example CT scan, endoscopy, ENT examinations etc. Generally, patients are often referred to hospitals for such tests and this can be inconvenient and incur higher costs and time.

BP Healthcare has, to date, upgraded four of its Diagnostic Centres into Specialist Centres with more comprehensive facilities to provide our customers greater convenience, lower costs, and to help reduce their anxiety from, sometimes, uncertain screening results. The Group has also acquired the Sime Darby Specialist Centre Megah in Petaling Jaya to be the fifth BP Specialist Centre.

The additional services and facilities include:



CT SCAN - An imaging method that uses X-rays and computer to create cross-sectional images of the body. It provides greater clarity and reveals more details than regular X-ray and ultra-sound examinations of internal organs, bones, soft tissue and blood vessels. It can be used to scan any part of the body and is an important tool to help doctors make clinical diagnosis. A CT scan is used for more sensitive screening tests for lung cancer, colon cancer, and coronary artery disease.



ENDOSCOPY - Oesophago-gastro-duodenoscopy (OGD) is an examination of the upper gastrointestinal tract that allows direct visualisation of the intestinal mucosa to enable accurate diagnosis, as well as tissue acquisition and sometimes therapeutic intervention. It is an essential examination for people with suspicious clinical symptoms and signs to detect peptic ulcer disease, upper gastrointestinal cancer, gastroesophageal reflux disease (GERD) etc



ENT (EAR-NOSE-THROAT) SERVICES - It consists of otoendoscopy, oroendoscopy, nasoendoscopy and flexible laryngoscopy to help in the screening of:

- a) Nasopharyngeal cancer (NPC)
- b) Sinonasal cancer
- c) Oral cancer
- d) Pharyngeal cancer
- e) Laryngeal cancer (voice box cancer)



DENTAL SERVICES - Dental care is now an integral part of Head2Toe screening at BP Specialist Centres. We provide a wide range of dental care services such as general dentistry, preventive dentistry, endodontics, aesthetic dentistry, orthodontics, oral surgery and dental implants. BP Dental utilises advanced state-of-the-art technology including 3D CBCT dental X-rays.

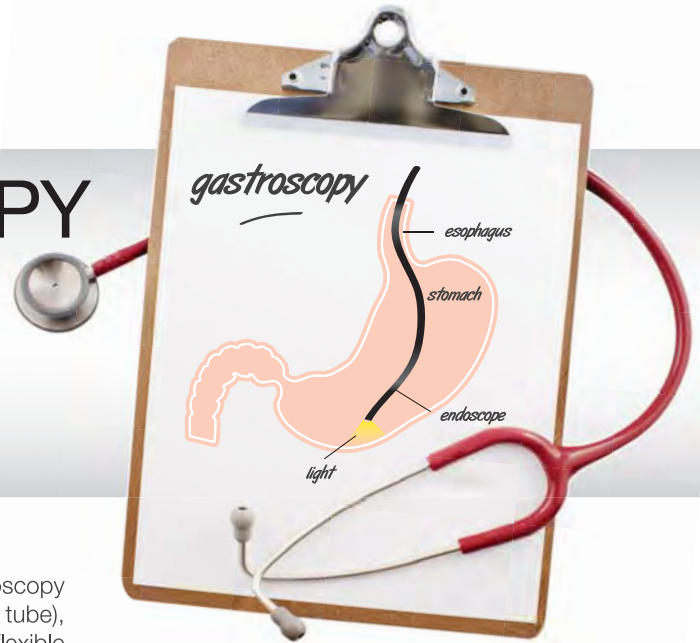


OTHER HIGH-END LABORATORY TESTS - Human papilloma virus (HPV) DNA test to help in determining the risk of cervical cancer; and allergy panel test to help individuals with allergic conditions to identify and manage their offending allergens.

With 30 years of hard work and innovation, BP Healthcare Group has made comprehensive health screening accessible and affordable to everyone. By incorporating more specialised health tests in its Head2Toe programme, BP Healthcare has reinvented health screening and remained the leader in the preventive healthcare industry in Malaysia.

Why a **GASTROSCOPY** is important in health screening?

By Dr Lee Bee Sun, Physician



An oesophagogastroduodenoscopy (OGDS), also known as upper endoscopy or gastroscopy, refers to the examination of the oesophagus (swallowing tube), stomach, and duodenum (first section of the small intestine) using a flexible fiber-optic endoscope. It is performed to investigate causes of upper digestive tract related problems such as chronic abdominal pain, reflux disease, difficulty in swallowing, persistent vomiting, vomiting blood and unexplained chronic anaemia (in case of obscure bleeding from the digestive tract).

In this article, I would like to highlight the role of gastroscopy as a diagnostic tool for the two most common upper digestive tract cancers i.e. oesophageal cancer and stomach cancer.

In their early stages, stomach and oesophageal cancers may not cause noticeable symptoms. This means that they are usually not diagnosed until the cancer is more advanced.

Oesophageal Cancer Screening

Although oesophageal cancer is rarely heard of compared to other types of cancer, it is usually not diagnosed until the disease advanced because when it is at early stage, majority do not have any noticeable symptoms. According to the World Health Organization, oesophageal cancer accounted for about 400 (1.7%) out of 23,965 deaths in Malaysia in 2002.

This cancer is strongly associated with Barrett's esophagus, a condition where the tissue lining the esophagus is damaged as a result of long-term reflux disease (gastro-esophageal reflux disease or GERD) where stomach content frequently splashes up into the upper gullet causing troublesome symptoms. The most common complaint is heartburn. Other risk factors include tobacco smoking, heavy alcohol intake and age with increased risk above 50 years old. Patients usually have difficulty in swallowing, a sensation of food getting stuck in the throat, pain in swallowing, vomiting or coughing out blood and severe weight loss.

When oesophageal cancer is suspected, a gastroscopy is performed to visualise the entire digestive tube and to get sample of abnormal tissue if detected.

Does a gastroscopy have a role in prevention of this cancer? Absolutely yes! It is recommended that those with long standing reflux disease (GERD) of more than five years should undergo an initial gastroscopy to detect Barrett's esophagus, the pre-cancerous stage of oesophageal cancer. If detected, surveillance gastroscopy is needed depending on the degree of severity.



Normal oesophagus



An endoscopic view of oesophageal cancer

“Oesophageal cancer is often presented late in advanced disease whereby prognosis is poor”

Stomach Cancer Screening

According to the National Cancer Registry 2007 report, stomach cancer is ranked the 9th most common cancer in Malaysia. From available data, one striking finding is that most stomach cancer cases in Malaysia are diagnosed at very late stage and have poor prognosis. The unfortunate problem when dealing with stomach cancer is that there is no typical symptom that will get a patient to see the doctor at early stage. Even when symptoms such as abdominal pain, abdominal bloating or early satiety (feeling full sooner than normal) do occur, a lot of people would disregard and perceive them as merely normal gastric pain and often self-treated with over-the-counter medications. When the symptoms are relieved temporarily, the need for further investigation to rule out something more sinister is often dismissed or delayed.

Stomach cancer is a disease of the elderly and a higher prevalence among males in Malaysia. Its incidence is higher among Chinese and Indians compared to Malays. It is strongly linked to an infection of bacteria called *Helicobacter pylori*. This infection is easily treatable but if left untreated, it can lead to further complications such as ulcers and ultimately stomach cancer. Other risk factors of stomach cancer include diet low in fruits and vegetables, diet high in preserved, salted and pickled food, family history and advancing age.

When dyspepsia, described as chronic or recurrent upper abdominal pain or discomfort, occurs in persons aged 40 and above, in particular with "alarm features" such as loss of weight, loss of appetite or unexplained anaemia, further investigation such as a gastroscopy is warranted due to concerns over the risk of underlying malignancy with increasing age.



Normal stomach



An endoscopic view of stomach cancer

“Stomach cancer is strongly linked to an infection of bacteria called *Helicobacter pylori*”

Gastroscopy in BP Healthcare

Gastroscopy was included among the wide-range of services offered by BP Healthcare Group since February 2012. It is performed as a daycare procedure available in the BP Specialist Centre in Cheras and Glenmarie. No admission is needed.

An observational survey of cases between February and December 2012 at the two specialist centres indicated a prevalence of 29% (41 out of 143) of *Helicobacter pylori* infection corresponding to a study done in Malaysia that showed prevalence ranging from 26.4% to 55% in various parts of the country.¹

Further analysis of the observational survey revealed the following related complications:

- Moderately differentiated adenocarcinoma (stomach cancer) – 1 case (2%)
- Intestinal metaplasia (a pre-cancerous condition, >10 fold increase risk of stomach cancer) – 2 cases (5%)
- Peptic ulcer disease (gastric and duodenal ulcers) – 9 cases (22%)
- Gastritis/ duodenitis – 20 cases (49%)

Do not disregard any upper digestive tract symptoms or perceive them as normal gastric pain or 'wind' especially if you are in the high risk group such as age factor, poor diet, smoking, high intake of alcohol and positive family history. The early detection of esophageal and stomach cancer may go a long way in improving chances of survival.

“Early detection of esophageal and stomach cancer may go a long way in improving chances of survival”

Gastroscopy is available at BP Specialist Centre Glenmarie, Ipoh, Klang, Cheras & Taman Megah. For more information or to make an appointment, please contact us : 1-800-88-7171 | services@bphealthcare.com

1. Goh KL, Parasakthi N: The racial cohort phenomenon: seroepidemiology of *Helicobacter pylori* infection in a multiracial South-East Asian country. *European Journal of Gastroenterology & Hepatology* 2001.

Omega-3 Fats of Life

By William Cheah

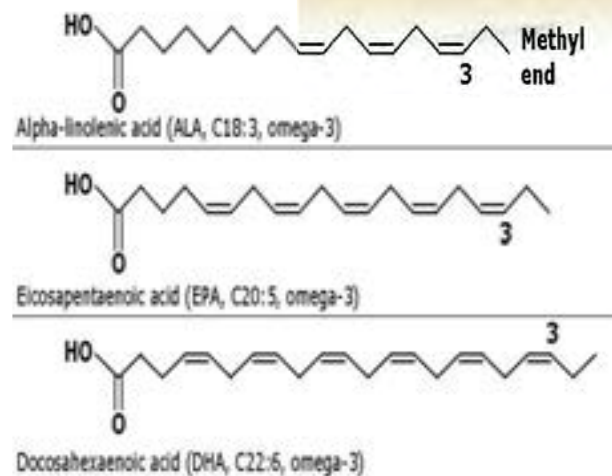
*Fish oil is a whale of a story,
that not surprisingly
gets bigger with every telling*

– J A Rogans,
New England Journal of Medicine, 1996



What is Omega-3?

Omega-3 is the name given to a family of polyunsaturated fatty acids commonly found in marine and plant oils. These fatty acids are essential to the human body, which means they must be obtained from diet. There are three main omega-3 fatty acids in foods, namely alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA),



Structure of ALA, EPA and DHA

ALA is a shorter chain omega-3, which is important for health, yet is poorly converted in the body to more beneficial long chain omega-3s. ALA normally is plant-derived which include canola oils, flaxseed oils, English walnuts, soybeans and green vegetables.

EPA is a long chain omega-3 predominantly found in oily fish. It is beneficial for reducing inflammation and helps to manage and reduce the risk of heart disease.

DHA is the most beneficial long chain omega-3 important for brain growth and visual development of the unborn baby. It also helps to manage and reduce the risk of heart disease. It is predominantly found in oily fish and algal oil.

From the point of view of human nutrition, the long chain omega-3 fatty acids EPA and DHA are considered much more valuable as these are the forms the body requires. In the human body, conversion of ALA to EPA and DHA do take place but this process is inefficient (less than 5% only). That's why scientists concluded that EPA and DHA should be obtained from diet.

Sources of EPA & DHA

Source Categories	Food items/Supplements	Serving Size	Omega-3 fatty acids (mg)
Super Sources (>2000mg Omega-3s)	Atlantic Salmon (farmed, Tasmania) , NZ King Salmon (farmed), Canned sardines, Canned salmon (pink and red), Rainbow trout (farmed, Australia) , Canned mackerel, Barramundi (farmed), Swordfish	150g	>2000mg
Excellent Source (>200mg Omega-3s)	Jelawat	55g	350
	Tuna	100g	309
	Omega-3 capsule	1g	300
	Sardines	100g	300
	Shrimp	100g	245
	Perch (Siakap)	100g	236
	Shrimp	100g	245
Good Source (>60mg Omega-3s)	Eel (Belut)	55	95
Good Source (>60mg Omega-3s)	Haruan	100	36
	Tilapia	100	36
	Carp ("Lee koh")	100	27

Table 1: Sources of EPA and DHA. [2,3]

The Impact of Low Omega-3 Intake

In the United States alone, it is estimated that between 72,000 and 96,000 people die annually from cardiovascular events due to insufficient intake of omega-3, more than those who die from high intake of trans or saturated fats. Cross-national studies have observed that countries such as Greenland, Iceland and Japan (all with the highest intakes of EPA and DHA omega-3s) have the lowest rates of all-cause mortality, stroke mortality, cardiovascular and coronary heart disease mortality, homicide, postpartum depression, major depression and bipolar disorder..

Benefits of Omega-3

- Heart Health**
 - 21% reduction in total mortality and 30% reduction in cardiovascular mortality for post myocardial infarction patients
 - 45% reduction in sudden cardiac death
 - Reduce atherosclerosis by reducing platelet aggregability and whole blood viscosity
 - Improved heart rhythms and heart rate
 - Inverse association of baked or broiled fish intake and incident of congestive heart failure
 - 30% lower risk of atrial fibrillation in congestive heart failure patients
 - Reduce blood pressure
- Lipid Profile**
 - Lower plasma triglycerides concentrations
 - Increase HDL - "good cholesterol"
- Inflammation**
 - Reduce some of the inflammation markers
- Brain Health**
 - DHA protects brain cells against destruction and promotes cell survival
- Vision**
 - DHA is key to signalling in the retina and optimum visual function



Recommendation of intake

Target Population	Recommendations for EPA and DHA Intake
General Adult Population	500mg EPA/DHA per day, obtained through fish, fish oil supplements, or enriched foods for prevention of heart disease
Patients with documented CHD	1000mg EPA/DHA per day, obtained through fish, fish oil supplements, or enriched foods for prevention of heart disease
Patients with hypertriglyceridemia	<ul style="list-style-type: none"> • 1200mg of EPA/DHA from fish oil capsules and enriched foods as first-line therapy. • Raised to 4000mg of EPA/DHA per day, as needed.

Table : Recommendation intake of EPA and DHA [17]

We are proud to introduce Nutridos Norwegian Fish Oils Omega 3 (Lemon Flavour) liquid oil from one of the world's purest oceans and fully developed in Norway. Nutridos Norwegian Fish Oils has developed unique cleaning methods which ensure products are free of sea pollutants like PCB and heavy metals. The products meet all regulatory requirements with regards to environmental contaminants. Our fish oils are made of the purest and best raw materials. It is uniquely fresh without fishy taste or smell. Just ONE teaspoon (5ml) per day will deliver 760mg EPA and 505mg DHA.

Low Dose Radiation CT Scans at BP SPECIALIST CENTRE

By Dr Lim Aik Boon, Radiologist

Computed Tomography (CT) was invented in 1972 for medical imaging. Since then, the technology has improved tremendously in design, speed, radiation dose and image reconstruction. With more technological advances, CT applications in cardiovascular/cardiac, perfusion, lung and trauma imaging have made significant progress in performance characteristics.

CT services were first launched at the BP Specialist Centre (BPSC) in Glenmarie, Shah Alam, in November 2011 and followed next at BPSC Cheras in Kuala Lumpur. More recently, the Optima CT660 (128 Multislice CT) was installed at BPSC Ipoh to offer complete CT screening with remarkable image quality at very low radiation dose.



Optima CT660
(128 MSCT)

OPTIMA CT660 (128 MULTISLICE CT)

The Optima CT660 uses the latest CT detector technology and unique integration of X-ray tube, generator and systems. The detector acquires up to 128 images per rotation (44ms) simultaneously with 0.625mm slice thickness resulting in 40mm of volumetric coverage.

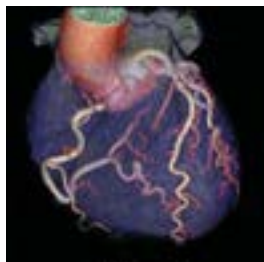
The main advantage of the Optima CT660 is the advanced reconstructive technology called Adaptive Statistical Iterative Reconstruction (ASiR) which reduces noise and image artifact in low dose CT. Therefore, it produces consistent high image quality across all exam type and body regions at significant low radiation dose (up to 40%).

ASiR combined with Optidose technology, SmartTrack dynamic collimation, 3D automatic dose modulation, ECG dose modulation and X-ray filtration enables further dose reduction e.g. in a routine screening coronary CT angiogram, the radiation dose is reduced up to 83% compare to traditional helical CT technique.

In oncology, the 128 MSCT can be used for tumour lesion assessment and follow up at lower radiation dose. For health screening, the Optima CT660 produces remarkable image quality at very low radiation dose of the lungs, colon and heart.



Carotid CT Angiogram



Aorto-iliac CT angiogram

Coronary CT Angiogram

CT Colonography show a pedunculated polyp

3D CT Lung



Your Food & Your Environment

By Ong Chiang Hock, Director
– Food, Industrial & Environmental Testing

What are the Unique Selling Points (USP) for BP Food and Environmental Testing ?

- 1 ISO/IEC 17025 **accredited** by the Department of Standards Malaysia
- 2 Fully equipped with **high-end** instrumentations
- 3 Team of experienced, qualified and trained workforce
- 4 Nationwide **networking** with in-house logistic door-to-door services
- 5 Backed by more than **30 years** of testing experience
- 6 Flexible customised test packages with **competitive** pricing
- 7 **Reliable** test results and turn-around-time (TAT)
- 8 Online sample tracking with real-time reporting – “**The Time Bomb**” system

Why Environmental Testing is important?

BP Healthcare Group (BPHG) has been providing **food testing** services since 2004. In 2011, we endeavoured into **environmental testing** in order to support and compliment BPHG business related to health and its corporate clients. BP Environmental Testing (BPET) is ISO/IEC 17025 accredited and equipped with the LATEST techie equipment which enable and positioning us as the BEST environmental laboratory in this region.

BP Food and Environmental Testing has recently signed a memorandum of understanding with Universiti Putra Malaysia (UPM) to enable synergistic partnerships between the two organisations in this field. We collaborate with universities on research and development besides continual professional education. We serve the major food manufacturers and water treatment industries in the country and neighbouring countries.

Our environmental testing laboratory offers full scope analysis as one-stop-centre and comprehensive testing services for drinking water, wastewater, RO (reverse osmosis) water for haemodialysis etc. which covering all three categories on physical, chemical and microbiological parameters.



Coordinated Healthcare

By BP Business Solutions

With the advancement of Information Technology (IT), BP Healthcare has developed a state-of-the-art IT system to deliver better coordinated healthcare to all our customers.

At BP Healthcare, our laboratories, pharmacies, dental, diagnostic and specialist centres are all linked and all data is centrally stored and managed. Patient records are stored digitally using Electronic Medical Record for the convenience of our medical professionals to retrieve information instantly and be able to make well-informed decisions.

Patients need not worry that they must visit the same BP clinic to seek advice or treatment. Our medical professionals throughout the country are able to access your medical information with a click of a mouse no matter which clinic you are at. You don't have to repeat tests and ask the same questions over and over again.

Coordinated healthcare has revolutionised the delivery of healthcare. As a result, this helps to cut down unnecessary waiting time, procedures and overall healthcare cost.

Understanding Health Screening's True Concept

By Dr Leong Hui Shan, Physician



The attack on disease must not be meddlesome: the desire to do something must be guided by sure argument that good will come of it.

*Gibson AG. The Physician's Art.
Oxford: The Clarendon Press, 1933*

Health screening has been growing very popular nowadays, but does the public truly understand the concept of health screening and what screening can and cannot do? In my daily practice, I encounter a number of public misconceptions on health screening.

Differing Cases of Perceptions

I would like to share this real life story of Mr. A, who came to see me with his laboratory test results. He said, "Good morning, doctor. I am here to collect my report. I am very afraid to die and please, I want to hear the good news". Many who come for health screening are mentally prepared to only accept a clean bill of health. This is a fallacy. Having regular health checks do not mean that you will not die or get sick in the future.

The true concept of screening in healthcare is to actively seek and identify a disease or pre-disease condition in asymptomatic individuals. This will help detect a medical condition early on so that intervention or treatment can be carried out. This will lead to improved prognosis and even cure for the detected issue. We must understand that health screening does not prevent death or prevent sickness.



Another scenario that I encountered involved Miss B, who came for a health check and was told that her blood tests revealed low haemoglobin levels. She would need further tests to be carried out to ascertain the cause of anaemia so that the appropriate treatment could be given. She replied, “Doctor, I thought that the blood tests were complete and I would know everything about my health but why are you still asking me to go for some more tests?”

Health screening is not a one-off event. A screening examination is a preliminary test to detect abnormalities earlier. Subsequent detailed assessment and further investigation will be carried out to ascertain the cause and the degree of severity. In order for treatment to be given, a correct diagnosis must be made. Screening alone does not give complete information regarding a particular disease. Further referral for expert opinion may be needed after screening.

An abnormal result may need to be monitored to assess its trend of change. Further investigation may be needed to verify those who had been screened positive for a condition to really have the abnormality (true positive), and to eliminate those who were screened positive but do not actually have the abnormality (false positive). So I would say that health screening is just the beginning of a journey to achieve empowerment of a person's own health.

Being Proactive About Health

Finally, health screening is not and can never be a universal remedy. If you ask me as a healthcare provider on whether I will encourage the public to go for health screening, my answer is certainly yes. As long as we perform screening on the basis of sound research evidence, then screening will remain a powerful tool in the fight against disease.

Who Are We & What We Do

By Dr Lu Ying Shean, Physician

Too often physicians are asked about who we are and what we do. While the term means different things in different countries, at the end of the day, physicians take care of your internal wellbeing.

Physician

The term "physician" is used somewhat differently in different countries. In the United Kingdom and Commonwealth nations, a physician is a specialist in Internal Medicine while in the United States, it is a broader term used for a doctor who practises Family Medicine or General Practice. Instead, the term "internist" is used in the US to describe such a specialist.

Internal medicine is a medical speciality dedicated to the diagnosis and medical treatment of adults. We are trained on learning the prevention, diagnosis, and treatment of diseases of adults. While physicians typically do not perform surgeries, we find that with the evolution of medicine, we now perform some non-invasive or minimally invasive procedures like scopes, biopsies, and angioplasty.

Healthy from Within

One of the most important parts of our role is bringing to our patients an understanding of wellness, which encapsulates disease prevention and the promotion of health. Diseases such as diabetes, hypertension, and dyslipidemia are some of the issues physicians may treat and help manage on a regular basis. Often, physicians may consult or refer the patient to see a more specialised physician if a more serious issue arises.

Physicians can choose to focus their practice on general internal medicine, or may take additional training to "sub-specialise". Cardiologists for example, are physicians who sub-specialise in diseases of the heart, while other examples of sub-specialties are endocrinology, hematology, neurology, gastroenterology, nephrology, pulmonology, rheumatology and allergy and immunology.

Simply put, a physician is a specialist who practices medicine related to the organs and systems of the body. In BP, we often work closely with the rest of our in-house medical officers and other specialists. We are committed to focus on the art of diagnosis and treatment, preventive medicine and emphasis on patients' education towards maintaining a healthy life.

BP Specialist Centre

– An Evolution in Healthcare



From a humble beginning of a clinical laboratory, the concept of healthcare diagnostics is evolutionised with the establishment of BP Diagnostic Centre (BPDC). Through the provision of health screening, BP Diagnostic Centre's signature Head2Toe® health check, that couples blood and urine testing, machinery procedure, medical examination and report consultation, the needs of health conscious individuals are met with comprehensive health screening services and holistic treatment or disease management. Delivering high quality health screening for the last three decades to millions of customers, BP Healthcare aspires to revolutionise its services to include specialist diagnostics.

BP Specialist Centre (BPSC) is a one-stop healthcare centre for all health needs. You can walk in for daycare procedures, health screening, dental check-ups and consultations with specialists, radiologist, dentists, nutritionists and pharmacists in one single location. Experience the best healthcare deal, all under one roof, with no compromise in services. With a diversified range of healthcare professionals and specialist, you will enjoy convenient and value-for-money health screening. BPSC is open every day of the year and existing centres are strategically located.

Customers can choose to visit either BPSC or BPDC outlets - patient records are centrally stored and managed through a coordinated healthcare concept. Your health records and information can be retrieved by our all medical professionals including specialists, doctors, nutritionists and pharmacist before treatment is prescribed. Currently there are 5 BP Specialist Centres nationwide to serve any health conscious consumer. They are located in Glenmarie, Cheras, Klang, Ipoh and the latest is Taman Megah. The plan to convert more diagnostic centres to specialist centres is ongoing and the management mission is to achieve at least 15 by year 2014.

Key Features	BP Diagnostic Centre	BP Specialist Centre	Hospital
Laboratory	✓	✓	✓
Diagnostic Equipment	✓	✓	✓
Specialist Diagnostic Equipment	✓/✗	✓	✓/✗
Dental	✓/✗	✓	✓/✗
Head2Toe® (H2T) package supervised by Medical Officer	✓	✓	✓
Head2Toe® (H2T) package supervised by Specialists	✓/✗	✓	✓
Medical Officer Consultation	✓	✓	✓
Specialist Consultation	✓/✗	✓	✓
Pharmacist Consultation	✓	✓	✓
Dietician/Nutritionist Consultation	✓	✓	✓
Audiology	✓	✓	✗
Coordinated Healthcare Intranet	✓	✓	✓
Coordinated Healthcare Extranet	✓	✓	✗
Transferability on test contents	✓	✓	✗
Customized health screening package for every profession	✓	✓	✗
Pre-employment health screening (PHS) with online reports for employer access allows companies to make swifter job offers	✓	✓	✗
Occupational health medical surveillance to ensure your workforce is healthy and fit to deliver	✓	✓	✗
Nationwide Accessibility and Convenience	✓	✓	✗
Turn Around Time (TAT) Fast track available	✓	✓	✗
Card Membership	✓	✓	✗
Pricing	RM	RM RM	RM RM RM

Stepping Up a Notch in Community Pharmacy

By Lovy Beh, Director



The year 2012 was a turning point for BP Healthcare Group's pharmacy arm.

Our Mission

Our mission this year is to transform BP dispensaries into a chain of retail pharmacies under the Lovy Pharmacy brand providing enhanced pharmacy services.

Pharmacy Transformation

The business model of Lovy Pharmacy is unlike the conventional pharmacy. Lovy Pharmacy revolutionizes the community pharmacy concept in Malaysia through provision of value-added patient-centred services.

Patient-Centred Pharmacy Services & Improved patient outcomes. Our pharmacists are trained to utilise expert knowledge for safe, effective and rational medicine use; and to provide care in a compassionate and professional manner. We provide coordinated healthcare services whereby the pharmacists at Lovy Pharmacy work synergistically and holistically with the medical specialists, doctors, nutritionists and other healthcare professionals at BP Specialist Centres and BP Diagnostic Centres. This provides our patients with the best evidence-based disease management and sustainability of good health tailored to our patients' health needs, diagnosis and disease status.

Our integrated vClinic database system enables Lovy Pharmacy to work hand-in-hand with BP Specialist Centres and BP Diagnostic Centres.










Reliable and Convenient Online Pharmacy & ePrescription. Reliability and convenience in patient-centred pharmacy services are our forte. Lovy Pharmacy combines the 'bricks' of conventional pharmacy and the 'clicks' of technology advancements to bring astounding online pharmacy access to your doorstep.





Our pharmacy services go beyond that offered by any community pharmacy in Malaysia.

Services at Lovy Pharmacy include:

-  **Medicine Check Up**
-  **Travel Health**
-  **Diabetes Testing**
-  **Total Wellness Programme**
-  **Quit Smoking Programmes**
-  **"Click & Go" Drive Thru and Pick Up**
-  **Medication Reminder Services**
-  **e-Prescription and e-Refill
Online Pharmacy**
-  **Webcam Pharmacy**

Home Delivery Services ensures your pharmacy needs are delivered to your doorstep. It's so easy!

Oratis. Lovy Pharmacy is also an Oratis service provider. Retired government servants may obtain medicines or medical equipment at Lovy Pharmacy, which will be sponsored by the government through Oratis e-mass and delivered by Lovy Pharmacy to your doorstep for free.

Patient-Centred Pharmacy Services & Improved patient outcomes. Through our pharmacist-led out-of-the-box pharmacy services at competitive medicine and supplement pricing without compromise, our patients can make informed decisions about health for better disease management and clinical outcome. Lovy Pharmacy's approach would foresee a boost in the Malaysian community pharmacy profession.

BP Proprietary Products. Lovy Pharmacy also boasts a range of in-house BP Proprietary products such as the BP Travel Kit, BP Flu Kit, BP First Aid Kit, BP Body Libra, BP Self Care Kit, digital infrared thermometers, water flosser and anti-snore device.



LUMINEUX

Meet our new line of French formula anti-ageing skincare products to complement BP Healthcare Group's aesthetic services.

NUTRIDOS

With our expertise in wellness, healthy living and maintenance of good health, we take pride in our own range of supplements i.e. Norwegian Fish Oil, Natural Seaweed Calcium + Vit D3 and Probiotics & Prebiotics because we know best for your health!



Now and the Future

Since the introduction of Lovy Pharmacy in early 2012, we are proud to have established 10 Lovy Pharmacy outlets. By 2013, we anticipate a total of 50 Lovy Pharmacy outlets nationwide with massive expansions in product range and pharmacy services.

TESTIMONIAL



BP Anti-Snore:

"Thanks to this device, it has reduced my snoring problem and now my wife is having better quality of sleep."
Mr Ng, Kuantan.



Blood Pressure Meter :

"The blood pressure meter is small, convenient and easy to use. It enable us to monitor our blood pressure at the comfort of your own home"
by Mrs Lee, Melaka.



BP Glucometer:

"The BP Glucometer is convenient to use. I feel more confident when I monitor my own blood glucose level at home."
Mr Tang, Penang.



BP Infrared Forehead Thermometer:

"I can say that the BP Infrared Forehead Thermometer is handy and compact. It is reasonably priced & storage is not a problem." Miss Chua, Perlis



BP Non-Contact Thermometer:

"The thermometer is very useful and comes in handy when someone is having fever in the family." by Mr Tam, Perak.



BP Portable Water Flosser:

"My teeth has never been the same before after using the BP Portable Water Flosser. It is amazing that I can mix it with mouth wash!!!" by Madam Tan, KL



BP Sunblock:

"The BP sunblock is not oily and can protect me from sunburn esp. during outdoor activity." Miss Pan, Kota Kinabalu.



BP Self Care Kit:

"It is a complete self monitoring kit at home. I am glad that I got it at special price." Mrs Catherine, Sabah



BP Travel Kit:

"I feel safe and prepared when travel with BP Travel Kit and I have no worry at all in getting quality and necessary medicines when falling sick during travel!!!" Encik Ramli, Putra Jaya.



BP First Aid Kit:

"It is a complete first aid kit which provide all the necessary item when first aid is required at home or even at work place" Mrs Cheong, Seremban.



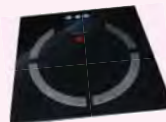
BP Flu Kit:

"The BP Flu kit is great as it provide all the necessary preventive measure during flu season" Miss Chang, KL.



BP Infrared Ear Thermometer:

"BP Infrared Ear Thermometer helps to monitor my baby's temperature real fast." Mr Keong, Kedah



BP Body Libra:

"It is not an ordinary scale that show only body weight but also body fat hydration, muscle mass, fat mass, bone mass and many more! I am really impressed by this machine." Miss Eva Johor Bahru



BP Waist Measurement Tape:

"The tape is useful for monitoring my waist measurement esp. after giving birth." Mr Loo, Klang



Breast Light:

"This device has helped to enhance breast awareness. I do constantly check my breast with the breast light besides visiting my doctor for mammogram and ultrasound of the breast." Mrs DL, Kajang



Lovy Pillbox:

"The pillbox helps to arrange all my medicine in a box with separate compartments. It helps to organise my pills better." Mrs. Diana, Bukit Mertajam



www.lovlypharmacy.com
www.facebook.com/lovlypharmacy



“The **smile** is a great tool to start a conversation. Smiles are a sign of warmth and kindness, making us sociable creatures that we are.”

Providing Care for the Dental Needs of You and Your Family

By Dr Muhammad Nazli Haffiz Bin Ghazali

Dental Health and You

Being healthy is not only about eating right and getting regular exercise. Your health also depends on a holistic outlook and awareness of your need to stay healthy, and this includes having optimum dental health too.

Having good dental health has its perks; you'll smile and interact confidently, communicate effectively and also be able to enjoy your food. Being aware of your dental health and needs will help you achieve your potential. Having a great smile will definitely enhance your personality, social life as well as your career.

Toothbrushing, flossing and six-monthly dental check-ups form the basis of maintaining good oral hygiene and dental health. By having these three habits and working together with your dentist, you can conserve your teeth and be sure that your smile remains as bright for a lifetime.

Periodic Dental Check-ups

At BP Specialist Centres and selected BP Diagnostic Centres nation-wide, we provide complete dental services including periodic dental check-ups and therapies.

Periodic dental check-ups should not be feared, as it involves pain-free examination and gentle consultation by our dentists.

We recommend check-ups once every six months for patients of all ages as preventive maintenance care to keep your oral hygiene and dental health at the optimum level. This involves pain-free examination of your teeth, gums, tongue, lips and the rest of the oral cavity by our dentists. Scaling and polishing can also be done during the dental check-up visit to maintain and sustain your good oral hygiene.





Our dentists also use high technology intraoral cameras to examine and discuss in-depth with you regarding your dental health. We believe that getting patients involved in understanding their dental conditions and treatment planning will guarantee excellent dental health outcomes for our patients.

Get A Brighter Smile











Besides providing dental check-ups and various other treatments such as scaling and polishing, dental filling, crown and bridge, and root canal procedures, we also provide preventive dental therapies, aesthetic dental treatments and dental surgical services.

We strongly believe in dental disease prevention and through our full-mouth topical fluoride and fissure sealant therapies, future dental diseases such as caries (dental cavities) can be prevented.

Further improvements can also be made to make you smile better. Our dentists can improve your smile through treatments such as Smile Makeover and Teeth Whitening with the use of aesthetic dental veneers and teeth whitening procedures, which are proven safe and virtually pain-free.

For those who have lost their teeth, there may be complications in chewing food, speech and aesthetics. We offer the solution of dental implants to restore function and aesthetics. Coupled with advanced 3D digital imaging provided at our centres, our dentists are able to recommend and create a comprehensive dental implant treatment plan prior to surgery.

Dental Services at BP Healthcare

- | | |
|--|---|
|  Dental Check-up |  Denture |
|  Scaling and Polishing |  Crown and Bridge |
|  Desensitisation Therapy |  Dental Implant |
|  Preventive Dentistry |  Teeth Whitening |
|  Tooth Coloured Filling |  Smile Makeover |
|  Root Canal Treatment |  Orthodontics |
|  Extraction |  Dental X-Ray |
|  Minor Oral Surgery | |

Your dental health is now one of our utmost priorities in line with our **Healthy Inside, Beauty Outside (HIBO)** catchword for you enjoy good health with a bright smile.

SOLUTIONS FOR HEARING

By Karyn Ng



BP Hearing Solutions (BPHS) was incorporated in 2009 on the realisation of the need for hearing screening. Audio testing was included as part of the BP Healthcare Group's comprehensive Head2Toe check-up. In addition to being a one-stop hearing centre and providing solutions for hearing impairments revealed during screening, BPHS also offers a range of hearing aids.

5. Our services are not only for retail walk in customers but also corporate and factories which adheres to **occupational health and safety, in particular medical surveillance and audiological assessments.**

Today

In just three years, BPHS has achieved phenomenal growth. Today, we take pride in being the largest hearing solution provider with more than 60 hearing centres in Malaysia and Indonesia. BPHS has become a household name in providing trusted, quality hearing healthcare service in the country. To date, we have the largest team of fulltime experienced, qualified ENT specialists, medical doctors, audiologists, nurses and trained hearing instrument specialists.

Awareness of hearing health is poor among the 29 million Malaysian populations. Many are unaware they have hearing impairment while some are in a state of denial. With hearing screening included as part of the Head2Toe health check-up, we've discovered that hearing problems are widely prevalent but unnoticed by many of our patients.

BPHS takes a pro-active role to promote awareness through its vast network throughout Malaysia and in Indonesia. To extend our reach, we have a fleet of mobile audio vans. In addition, hearing self assessment is easily accessible with BPHS installing a good number of mobile kiosks at suitable locations and in places in need hearing screening. With all these facilities BPHS is remarkably the largest hearing solution provider with the most hearing screening done nationally on an annual basis.

BPHS has big plans ahead. We are committed to remain the undisputed leader in the country in terms of the number of outlets, patient load and to venture into regional expansion.

Our Competitive Edge in Hearing Solutions

1. **BPHS is the exclusive sole distributor of Beltone hearing aids in Malaysia and Brunei.** Beltone is a subsidiary of GN Resound Group, the leading international manufacturer of advanced hearing solutions.
2. **BPHS is the first in the country to introduce Mobile Diagnostic Centres** that brings DOSH-approved hearing screening more accessible to your doorstep.
3. **BPHS is the first in country to introduce Mobile Kiosk ear screening.** We plan to install these kiosks in places where there is a need for accessible hearing screening.
4. **BPHS has established a win-win smart partnership with UKM** to enable audiology students to intern and be ready for the job market. The benefits of this collaboration also extend to UKM's associate professors to practise with us.

a. Audiological Assessments

Our audiological assessment involves both hearing screening and hearing diagnostic tests. A certified audiologist or qualified hearing instrument specialist will conduct the Basic Audiometry test.

i. Hearing Screening

- First step to detection of any hearing impairment risk.
- Intervention programme will be created once accurate diagnosis is made based on outcome of hearing screening.
- Video otoscope is used to pinpoint any abnormality in the patient's ear canal and eardrum that may cause hearing defects in the future, hence reduce the probability of hearing difficulties.

ii. Hearing Diagnostic Tests

- Second step of audiological assessment
- Consist of conducting, measuring, interpreting and evaluating hearing levels in order to look for any possible hearing loss at present.

b. Hearing Aids

As part of its hearing rehabilitation programmes, BPHS provides the most advanced and sophisticated hearing aids technology to meet our patients' needs.

A step-by-step walkthrough to get the best of our services and listening aids:

i. Hearing Aids Consultation

- Done by certified audiologist
- Provide all relevant information about hearing aids available at BPHS
- Hands-on knowledge will be given to users to ensure proper handling and maximum utilisation of hearing aid
- Training provided to family members and caregivers on the use and benefits of hearing aids and assistive listening device

ii. Hearing Aids Trial

- Recommendation to be based on earlier hearing assessment.
- A large selection of hearing aids to suit patient's preference as we are the largest hearing aid provider in the country.
- Each unit will be carefully explained to ensure you make the right selection from a range of smallest to the most sophisticated aids.

iii. Hearing Aids Fitting

Once the most suitable hearing aid has been selected and fitted, we will proceed to the next procedure which is the development of audiological rehabilitative management and plan. Patients can visit any BPHS outlet whenever they need assistance.

For more information,
please contact: hearing@bphealthcare.com

Stay Healthy. Eat at Garvy's



Get a bite and sip of wholesome goodness at Garvy's Restaurant, the first F&B outlet by the BP Healthcare Group.

The first outlet for Garvy's was launched at the BP Specialist Centre Ipoh in September 2012 offering a variety of healthy snacks and juices developed by our nutritionists with the freshest and natural ingredients available. Garvy's is also a platform for the training and development of the Group's nutritionists and dietitians.

Customers are guaranteed wholesome goodness at Garvy's. We offer consistent value by providing great tasting and yet healthy food because it is BP Healthcare's objective to enhance individual wellness. Customers will enjoy a nutritional lesson on what they are eating with information provided by our team of nutritionists and dietitians.

Garvy's is firmly on a growth track and will expand its outdoor kitchen and outdoor dining to cater to a wider selection of menus and for the growing number patients visiting BP Specialist Centre Ipoh. By the first quarter of 2013, customers will enjoy the serene ambience of nature-themed dining in a park.

Look no further to enjoy guilt-free meals, be it snacks or a light lunch or dinner because Garvy's unique healthy concoctions promotes a healthier diet.

Garvy's is happy to address to any enquiries. Our dedicated nutritionists will be at your service. Contact us at info@garvys.com.



www.garvys.com
www.facebook.com/garvysmy



Dato' BehCC 1 Handicap

- 1st Asian and 1st family team to ever compete in the World Snow Championship in Aspen, USA, Dec 2012
- Champion in the Hawaii vs. Malaysia Polo Cup 2007
- Champion in Malaysian Open in the year 2006
- Champion in 2 generation tournament in England 2003
- Champion in Pahang Classic, Malaysia 1997
- Champion in Sotogrande Spain 1995
- Champion in Sotogrande Spain 1994
- Countries Participated : Australia, Brunei, Singapore, Chile, Spain, England, Argentina and USA



Lovy BehYS -1 Handicap

- Champion, Rolex tournament, Singapore
- 2nd runner up, Malaysian Ladies
- Represented University of London Polo Team
- Penang Tournament
- Countries Participated : Argentina, England, Malaysia and Singapore



Chevy BehYS 4 Handicap

- 1st Asian and 1st family team to ever compete in the World Snow Championship in Aspen, USA, Dec 2012
- Champion, Harriman Cup, New York 2008 - 2010
- Most Valuable Player, Harriman Cup 2009
- Champion, Hawaii vs. Malaysia 2007
- 1st Asian to be Awarded USPA Intercollegiate All Stars 2007
- William Field Cup Champion in 2004 - 2006
- Winner, 26 Goals Masters in Palermo Argentina, 2004
- Champion, Polo Masters Palermo, Argentina 2004
- Captain, Young England National School 2004
- Champion, 2 generation tournament, England 2003
- Captain, Wellington College 2002-2004, UK
- Polo Captain - University of Virginia USA
- University of Virginia Polo Scholar
- Countries Participated : Australia, Brunei, Malaysia, Singapore, Chile, USA, England, Thailand, Argentina and China



Jovey BehYL 4 Handicap

- 1st Asian and 1st family team to ever compete in the World Snow Championship in Aspen, USA, Dec 2012
- Listed name in USPA Hall of Polo Fame Florida, America
- Polo Captain University of Virginia 2007 to 2010
- 1st Asian to win the National Intercollegiate Polo 2010
- National American All Stars Intercollegiate Polo Team 2008
- Elected as American All Stars 2009 and 2010
- Champion, William Field Cup, Cornell, USA 2007 - 2009
- Polo Captain Wellington college, UK
- Won the 2nd Malaysian Polo Open 2006. Won the best player & top scorer awards
- 14th year of age in 2003 again he played for the Heguy family team, Chapa and won the best player award in the Potrillos tournament and his handicapped was raised to handicap 2 goal in Argentina.
- He captained the legendary Argentina Heguy Family team, Chapa
- 11 years old (2000), 1st Non-Argentinean to break Argentina 38 years history to win the LaNacion newspaper award as best player in Potrillitos tournament
- Polo Captain - University of Virginia USA
- University of Virginia Polo Scholar
- Countries Participated : Argentina, Brunei, Dominican Republic, England, Malaysia, Singapore, Chile, Thailand, Peru, USA, and Costa Rica



Garvy BehYS 4 Handicap

- 1st Asian and 1st family team to ever compete in the World Snow Championship in Aspen, USA, Dec 2012
- Champion, William Field Cup Cornell University USA 2010 & 2012
- Champion, UK Polo under 16 years old, 2009 - 2010
- The AAP (Asociación Argentina de Polo) has raised Garvy's handicap to 2 goals when he became the Champion of Copa Potrillos 2008 in November 2008
- Champion, World Under-15 Polo at Copa Potrillos 2008
- Played in the finals at the National school championship indoor 2008, England
- Garvy won 2nd Malaysian Polo Open 2006
- Youngest Malaysian polo player handicapped 1 at 11 years old, 2005
- Best Player Award, Tolo Junior Tournament for category 11th years at Palermo, Argentina and at 10 years
- Polo Captain - University of Virginia USA
- University of Virginia Polo Scholar
- Countries Participated : Malaysia, Argentina, England, USA, Thailand and Singapore



Dec 15-16, 2012

World Snow Polo Championship

The 1st Asian and 1st family team to ever compete in World Snow Polo Championship in Aspen



June 4, 2012

Malaysian Ladies Championship

From left: Melissa Tiernan, Datin Norlin Khan, Tan Sri Dr Mahadevan, Ali Jumahboy and Dato Rosdi, **Lovy Beh**, Kylie Sheehan



Oct 11, 2012

Dato' Beh, Chevy Beh, Gary Beh and team won a Polo trophy at Hawaiian Cups

Victory of 5-2 in the Hawaii International Polo Match



Oct 11, 2012

Governor of Hawaii Neil Abercrombie

Chevy Beh, Gary Beh and team with governor of Hawaii

Training Courses of 2012



Let us never be betrayed into saying we have finished our education; because that would mean we had stopped growing.

Julia H. Gulliver

We believe that education is continuous – a process of learning and improving. Therefore, we strive to equip our staff with as much up-to-date knowledge and training as possible, in order to provide you with enhanced services and better healthcare.

Date	Training Station	Training Course Title
7-Jan-2012	One World hotel, Bandar utama	Boehringer Ingelheim Sdn Bhd
9-Jan-2012	Glenmarie Training Room	EP Chin
8-Feb-2012	DC Kuching	Hearing Aid Instrument - Edwin Zhao
24 - 27 Feb-2012	University Hong Kong	IAC Tutorial on Gynecologic and Non Gynecologic Cytology 2012
20-Mar-2012	DC Kuching	Products Training - Enerflex
16-Mar-2012	DC Kota Kinabalu	Products Training - Enerflex
6 - 7 Apr-2012	Institut Jantung Negara KL	Nutrition & Dietetics Professional Competency Symposium
11-Apr-2012	SC Glenmarie	Beltone Hearing Training - Maclenn Sean
21-Apr-2012	NR Medical Imaging	Act 304, Radiation Protection, Radiographic Techniques & Chest Pathology
21-Apr-2012	NR Medical Imaging	Act 304, Radiation Protection, Radiographic Techniques & Chest Pathology
21-Apr-2012	KL	Malaysian Wellness Society Annual Conference - Dr Hareesh, Dr Sujata, Mr Chiang, Dr Baljit & Dr Rajban
21-Apr-2012	Hotel Park Avenue, SP	Seminar Keselamatan Dan Kesihatan Pekerjaan Di Tempat Kerja
9-May-2012	DC Muar	Oratis e-MASS - Nuredayu Hana Helmee
11-May-2012	DC Butterworth	Oratis e-MASS - Nuredayu Hana Helmee
12-May-2012	Kinta Riverfront Hotel	Cervical Cancer, Hepatitis A & B, Meningococcal & Flu vaccines (Adult Vaccines) - Dr Zamzida Yusoff
12-May-2012	Evergreen Hotel	Cervical Cancer, Hepatitis A & B, Meningococcal & Flu vaccines (Adult Vaccines) - Dr Heng It Bin
12-May-2012	Mutiara Hotel	Focusing on the Needs of Cervical Cancer Prevention - Dr Rajesh Mahendran
12-May-2012	IMU, Bukit Jalil Main Campus	Allergy & Immuno Workshop - Dr. Amir Hamzah Abdul Latif
19-May-2012	Grand Dorsett Hotel	Safeguard Your Health Before You Travel (Dr Norliza Ariffin) & Focusing on the Needs of Cervical Cancer Prevention (Elaine Seow)
21-May-2012	Cinta Sayang Resort Hotel, Sungai Petani, Kedah	Occupational Health for Health Care Professionals - SOME-MMA
28 - 29 May-2012	Dewan Titiwangsa, Putra Hotel, KL	Basic Quality Control - Dr. Elaramzah Adnan
28 - 30 May-2012	UKM Medical Centre	Cytopathology Pre-professional Exam Seminar & Workshop for Cytotechnologist - Prof. Dr. Sharifah, Dr Mukarramah & Dr Nurismah
28&31-May-2012	Johor, Taiping, Kampar	Stress Test Machine (Montara) - Mr Chin Ann Ton
6-Jun-2012	SC Glenmarie	Abbott Training - Padmini Menon
7-Jun-2012	DC OUG	Montara Treadmill Machine Refreshing Training - Jason Nyam
8,9&10-Jun-2012	Singapore	Cytopathology Workshop 2012 - Ritu Nayar
19-Jun-2012	DC Rawang	Treadmill Machine Training - Mr. Chin Ann Ton
23-Jun-2012	Armada Hotel Petaling Jaya	Gamedix CME Training - Noor Hasyifah, Dr. Sulaiman & Prof. Dr. Meera
25&26-Jun-2012	Putra Hotel Kuala Lumpur	Advanced IQC Workshop - MACB
11-Jul-2012	Auditorium, Hospital Sungai Buloh	Kursus Rangkaian Sejuk - Dr Hasni Binti Hanapi, Dr Harishah Binti Talib, Mr Ramesh, K/J Nor Zaa
16&17-Jul-2012	HQ Admin	GE Ultrasound Training - Logiq P5 Technical Training - Mr. Cheah Chee Mun
18&19-Jul-2012	SC Glenmarie	GE Ultrasound Training - Logiq P5 Technical Training - Mr. Cheah Chee Mun
7-Aug-2012	IMU, Bukit Jalil Main Campus	IMU Pap Smear Screening: CPD-Workshop for Nurses - Dr Arun Kumar Basavaraj, Prof. Hematram Yadav, Dr Tun Yee, Assoc Prof Dr Nazimah Idris, Dr Sasikala Devi, Dr Liew Siaw Cheok
15-Aug-2012	SC Glenmarie	Abbott Cancer Markers - Dr. Jaganathan Sicken
29-Aug-2012	SC Glenmarie	IMU - Lifestyle Modification in Prevention of Diabetes - Dr. Snigdha Misra, Dr. Loh Vooi Lee, Dr. Megan Chong, Dr. Maznorila Mohammad, Ms. Kanimolli, Dr. Tan Seok Shin
6-Sep-2012	SC Ipoh	GE Stress ECG Training - Dav Tong
7-Sep-2012	SC Glenmarie	GE Stress ECG Training - Dav Tong
11-Sep-2012	DC Kampar	Philips X-Ray Training - Law Choon Ngiap
13-Sep-2012	DC Muar	Philips X-Ray Training - Sathuraman Sinnannan
26-Sep-2012	Pusat Darah Negara, KL	Immunohaematology CME - CSL Biotherapies (Ruth Power, Cheng Ong)
26-Sep-2012	Lab Science Solution Sdn. Bhd.	GE InnovOX
28-30 Sep-2012	Grand Riverview Hotel, Kota Bharu, Kelantan	2012 Breast Seminar - College of Radiology
4-Oct-2012	SC Glenmarie	NT- Flam 'A Natural Disease- Modifying Joint Product' - Datin Swanee
18-Oct-2012	SC Glenmarie	Nutridos Liquid Fish Oil (Norwegian Fish Oil) Product Training for KV, Southern & East Coast - Mr. Kjell Lund
23-Oct-2012	Abbott: Ballroom A, Double Tree By Hilton	ABBOTT: Turning Science Into Caring - Abbott KL Scientific Symposium
25-Oct-2012	SC Ipoh	Nutridos Liquid Fish Oil (Norwegian Fish Oil) Product Training for Central & Northern - Mr. Kjell Lund
25-Oct-2012	SC Glenmarie	Venipuncture CME - Goh Kok Seng (Bio-Diagnostics)
10-12 Oct-2012	SC Ipoh	Carestream Classic CR with Mammo Feature Training for Engineer - Tan Chin Hock
16-19 Oct-2012	SC Klang II & Carestream (M) Office	Carestream Printer (DV5700 & 5850) Training for Engineer - Sam Tay
29-31 Oct-2012	AWS @ Singapore	Amazon Web Services (AWS)
1&2 Nov-2012	JCI Singapore	2012 JCI Asia Pacific Executive Briefing - Claudia Jorgenson & Nathan Erteschik
6-Nov-2012	The Saujana Hotel	5th Sysmex Scientific Seminar - Khor Hwee Lee & Prof. Dr. Wan Zaidah
17-Nov-2012	Crowne Plaza Mutiara Hotel, Kuala Lumpur	SOEM-MMA: CPD on Occupational Medicine - SOEM-MMA
26-Nov-2012	DC Mentakab	Mortara Training - Alan Lee
26-30 Nov-2012	Australia	2012 Fundamentals of Sleep Medicine Course - The University of Sydney
4-Dec-2012	SC Cheras	UB PACS - Connect the CR with the UB PACS - Mr. Wong Weng Fai
5-Dec-2012	SC Glenmarie	UB PACS - Connect the CR with the UB PACS - Mr. Wong Weng Fai
7-Dec-2012	SC Ipoh	UB PACS - Connect the CR with the UB PACS - Mr. Wong Weng Fai



The Unbreakable - Bone Oct 17
Malayan Banking Berhad, Karamuning 2012



No Time for Healthy Eating? Oct 19
Padini Holdings Berhad 2012



Oratis for Taiping government hospital doctors



**Lifestyle Modification in
Prevention of Diabetes** Aug 29
International Medical University (IMU) 2012



Health Event Jun 27
RHB Training Centre, Bangi 2012



**Manipulating The Love of Food
to Fight Cholesterol** Nov 27
Western Digital Johor Bharu 2012



**Manipulating The Love of Food to Fight
Cholesterol & Do I Need Supplements** Nov 22&23
Texas Instrument 2012



Contact List



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(Jalan Kampar), 30250 Ipoh, Perak Darul Ridzuan.
Tel: 05 - 2418484 Fax: 05 - 2419226

CIPUTRA BP MEDICAL CENTRE

Graha Bulevar A10
Jln. Boulevard Kelapa Gading KGC/A10
Kelapa Gading Timur
Jakarta Utara Postcode 14240

METROPOLITAN REGION

Lot 2, Jalan pendaftar U1/54,
Section U1, Temasya @ Glenmarie
40150 Shah Alam, Selangor.
Tel: 03-55699996 Fax: 03-55696829

NORTHERN REGION

Suite G1 & G2, Menara Penang Garden
42A, Jalan Sultan Ahmad Shah,
10050 Penang.
Tel: 04-2292677 Fax: 04-2272886

SOUTHERN REGION

No. 67 & 67A, Jalan Harimau Tarum
Taman Century, 80250 Johor Bahru, Johor.
Tel: 07-3348722 Fax: 07-3348623

BP SPECIALIST CENTRES

CHERAS	No. 37, 39, 41 & 43, Jalan 4/96A, Taman Cheras Makmur, Cheras, 56100 Kuala Lumpur.	Tel: 03-91309163 Fax: 03-91411392
KLANG	No. 29, Jalan Bayu Tinggi 1A/KS6, Taman Bayu Tinggi, 41200 Klang, Selangor.	Tel: 03-33239169 Fax: 03-33221976
IPOH	No. 275, Jalan Raja Permaisuri Bainun (Jalan Kampar), 30250 Ipoh, Perak Darul Ridzuan.	Tel: 05 - 2418484 Fax: 05 - 2419226
GLENMARIE	Lot 2, Jalan pendaftar U1/54, Section U1, Temasya @ Glenmarie, 40150 Shah Alam, Selangor.	Tel: 03-55699996 Fax: 03-55696829
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BP DIAGNOSTIC CENTRE OUTLETS

Alor Setar	Tel: 04 - 7349524	Fax: 04 - 7315366	Kuchai Lama	Tel: 03-79810533	Fax: 03-79815097
Batu Pahat	Tel: 07 - 4311759	Fax: 07 - 4317400	Kuching	Tel: 082 - 237037	Fax: 082 - 278227
Bayan Lepas	Tel: 04 - 6410382	Fax: 04 - 6410801	Lintas	Tel: 088 - 261244	Fax: 088 - 253740
Bentong	Tel: 09 - 2235453	Fax: 09 - 2211081	Melaka	Tel: 06 - 2869902	Fax: 06 - 2850296
Bukit Mertajam	Tel: 04 - 5375889	Fax: 04 - 5374889	Mentakab	Tel: 09 - 2781108	Fax: 09 - 2771646
Butterworth	Tel: 04 - 3246722	Fax: 04 - 3239508	Muar	Tel: 06 - 9512624	Fax: 06 - 9534135
Cheras	Tel: 03-91309163	Fax: 03-91411392	OUG	Tel: 03-79802061	Fax: 03-79802180
Damansara Utama	Tel: 03-77259830	Fax: 03-77259831	Parit Buntar	Tel: 05 - 7161262	Fax: 05 - 7176478
Damansara Utama II	Tel: 03-77222653	Fax: 03-77223255	Penang	Tel: 04 - 2292677	Fax: 04 - 2272886
Glenmarie	Tel: 03-55699996	Fax: 03-55696829	Pudu	Tel: 03-92222800	Fax: 03-92222802
Ipoh	Tel: 05 - 2559090	Fax: 05 - 2439196	Rawang	Tel: 03-60931333	Fax: 03-60931555
Johor Bahru	Tel: 07 - 3348723	Fax: 07 - 3348623	Segamat	Tel: 07 - 9312980	Fax: 07 - 9320982
Johor Jaya	Tel: 07 - 3530325	Fax: 07 - 3510018	Seremban	Tel: 06 - 7616163	Fax: 06 - 7661653
Kajang	Tel: 03-87337433	Fax: 03-87343295	Seremban 2	Tel: 06 - 6012057	Fax: 06 - 6012793
Kangar	Tel: 04 - 9773285	Fax: 04 - 9770618	Seri Kembangan	Tel: 03-89599924	Fax: 03-89389766
Kampar	Tel: 05 - 4669784	Fax: 05 - 4652916	Sibu	Tel: 084 - 317075	Fax: 084 - 316057
Kepong	Tel: 03-62593885	Fax: 03-62593887	Sitiawan	Tel: 05 - 6923233	Fax: 05 - 6926233
Klang	Tel: 03-33724748	Fax: 03-33724723	Subang Jaya	Tel: 03-56329473	Fax: 03-56335062
Klang II	Tel: 03-33239169	Fax: 03-33221976	Sungai Petani	Tel: 04 - 4258389	Fax: 04 - 4292096
Kluang	Tel: 07 - 7715469	Fax: 07 - 7715487	Taiping	Tel: 05 - 8069907	Fax: 05 - 8201345
Kota Kinabalu	Tel: 088 - 235241	Fax: 088 - 251609	Tanjung Malim	Tel: 05 - 4598522	Fax: 05 - 4585992
Kuala Lumpur	Tel: 03-40210041	Fax: 03-40210722	Tawau	Tel: 089 - 757090	Fax: 089 - 757091
Kuantan	Tel: 09 - 5662367	Fax: 09 - 5672361			



BP CLINICAL LAB OUTLETS

Alor Setar	Tel: 04 - 7349524	Fax: 04 - 7315366	Kuantan	Tel: 09 - 5662367	Fax: 09 - 5672361
Bahau	Tel: 06 - 4551141	Fax: 06 - 4551142	Kuchai Lama	Tel: 03-79810533	Fax: 03-79815097
Batu Pahat	Tel: 07 - 4311759	Fax: 07 - 4317400	Kuching	Tel: 082 - 231964	Fax: 082 - 230932
Bayan Lepas	Tel: 04 - 6410382	Fax: 04 - 6410801	Lahad Datu	Tel: 014-8737383	
Bentong	Tel: 09 - 2235453	Fax: 09 - 2211081	Melaka	Tel: 06 - 2869902	Fax: 06 - 2850296
Bintulu	Tel: 086 - 330064		Mentakab	Tel: 09 - 2711102	Fax: 09 - 2711103
Bukit Mertajam	Tel: 04 - 5377889	Fax: 04 - 5374889	Miri	Tel: 085 - 441622	Fax: 085 - 441434
Butterworth	Tel: 04 - 3246722	Fax: 04 - 3239508	Muar	Tel: 06 - 9533485	Fax: 06 - 9534135
Cheras	Tel: 03-91309163	Fax: 03-91411392	OUG	Tel: 03-79802061	Fax: 03-79802180
Damai KK	Tel: 088 - 252421		Parit Buntar	Tel: 05 - 7161262	Fax: 05 - 7176478
Damansara Utama	Tel: 03-77259830	Fax: 03-77259831	PCMH	Tel: 05 - 2557788	Fax: 05 - 2537366
Glenmarie	Tel: 03-55696826	Fax: 03-55696827	Penang	Tel: 04 - 2292677	Fax: 04 - 2272886
Ipoh	Tel: 05 - 2418484	Fax: 05 - 2419226	Pudu	Tel: 03-92222800	Fax: 03-92222802
Johor Bahru	Tel: 07 - 3320833		Rawang	Tel: 03-60931333	Fax: 03-60931555
Johor Jaya	Tel: 07 - 3530325	Fax: 07 - 3510018	SEA Park	Tel: 03-78771104	Fax: 03-78775104
Kajang	Tel: 03-87337433	Fax: 03-87343295	Segamat	Tel: 07 - 9312980	Fax: 07 - 9351302
Kampar	Tel: 05 - 4669784	Fax: 05 - 4652916	Seremban	Tel: 06 - 7616163	Fax: 06 - 7661653
Kangar	Tel: 04 - 9773285	Fax: 04 - 9770618	Seri Kembangan	Tel: 03-89599983	Fax: 03-89389766
Keningau	Tel: 088-7331261	Fax: 088-7331262	Sibu	Tel: 084 - 317776	Fax: 084 - 313307
Kepong	Tel: 03-62593885	Fax: 03-62593887	Sitiawan	Tel: 05 - 6923233	Fax: 05 - 6926233
Klang	Tel: 03-33724748	Fax: 03-33724723	Subang Jaya	Tel: 03-56329473	Fax: 03-56335062
Klang II	Tel: 03-33249169	Fax: 03-33221976	Sungai Petani	Tel: 04 - 4258389	Fax: 04 - 4292096
Kluang	Tel: 07 - 7715469	Fax: 07 - 7715487	Taipung	Tel: 05 - 8069907	Fax: 05 - 8201345
Kota Bharu	Tel: 09 - 7453502	Fax: 09 - 7453503	Tanjung Malim	Tel: 05 - 4598522	Fax: 05 - 4585992
Kota Kinabalu	Tel: 088 - 235241	Fax: 088 - 251609	Tawau	Tel: 089 - 942179	Fax: 089 - 942183
Kuala Lumpur	Tel: 03-40210161	Fax: 03-40210722	Teluk Intan	Tel: 05 - 6218205	Fax: 05 - 6214605
Kuala Terengganu	Tel: 09 - 6221210	Fax: 09 - 6248154			

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BP HEARING SOLUTIONS	Glenmarie	+603-55699996	+603-55696827	hearing@bphealthcare.com
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Stress Test



ENT



Pre-University Examination



Ultrasound Test



Vaccination



Medical Examination



Bone Mineral Density Test



Wellness Coaching Program



Body Composition Analysis



CT Scan



Gastroscopy



DEXA



Dispensary



Dental



Digital X-ray Services



Travel Health



Mammogram



Travel Kit and Flu Kit



- 70 MEDICAL LAB
- 50 DIAGNOSTIC CENTRES
- 50 PHARMACIES & DISPENSARIES
- 50 HEARING AIDS CENTRES
- 50 FOOD, INDUSTRIAL & ENVIRONMENTAL TESTING CENTRES
- 5 SPECIALIST CENTRES
- 3 DENTAL SPECIALIST CLINICS



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Bifido + (Probiotics & Prebiotics)



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