

NATIONAL HEART INSTITUTE (IJN)

4 DAYS 3 NIGHTS KUALA LUMPUR + SCREENING PACKAGE

DAY 1 KLIA – KUALA LUMPUR

- Upon arrival at KLIA airport, will be greeted by our representative
- Transfer to the hotel for check in
- Free at leisure

DAY 2 KUALA LUMPUR

- Breakfast at the hotel
- Transfer to the **National Heart Institute (IJN)** for heart screening.
**** Please refer to the IJN heart screening procedure and rates below ****
- Depart back to the hotel
- Free at leisure

DAY 3 KUALA LUMPUR

- Breakfast at the hotel
- Free at leisure or buy our optional tours:
 - **KL City Tour (Adult: MYR60 / Child: MYR30)**
 - **Putrajaya (Adult: MYR150 / Child: MYR100)**
 - **Sunway Lagoon (Adult: MYR135 / Child: MYR90)**
 - **Resorts World Genting (Adult: MYR120 / Child: MYR80)**

DAY 4 KUALA LUMPUR – KLIA

- Breakfast at the hotel
- Free at leisure till check out time
- Transfer to KLIA for flight home



SUGGESTED HOTELS SELECTION (HALAL CERTIFIED):

Rates are NETT Per Person in (MYR)

HOTEL/SHARING	TWIN	TRIPLE
2 – 4 ADULTS		
Double Tree by Hilton (5*)	MYR 1,080	MYR 700
Furama Hotel (4*)	MYR 1,310	MYR 865
De Palma Hotel (3*)	MYR 1,740	MYR 1,050

- ** The rates mentioned above are based on minimum number of person.
- ** All rates is not included any screening programme at National Heart Institute.
- ** The rates valid till 31st December 2013 unless otherwise specified.
- ** The rates mentioned above are based on private transfer except our optional tour.

Package Includes:-

- ✓ Accommodation for 3 nights at selected hotel or similar.
- ✓ Daily breakfast at the hotel.
- ✓ Return airport transfer.
- ✓ Return transfer from hotel to National Heart Institute.

Package Excludes:-

- ✓ Air ticket.
- ✓ Executive Screening at National Heart Institute.
- ✓ Any travelling insurance.
- ✓ Other meals not stated in the itinerary (lunch & dinner).
- ✓ Additional services at the hotel such as: - laundry, porter and etc.



SCREENING PACKAGE AT NATIONAL HEART INSTITUTE

TYPE OF TESTS	STANDARD HEART SCREENING	EXECUTIVE HEART SCREENING	ELITE HEART SCREENING
Cardiologist Consultation	✓	✓	✓
ESP medical report	✓	✓	✓
Chest X-ray	✓	✓	✓
ECG	✓	✓	✓
Lung Function Test	✓	✓	✓
Treadmill	✓	✓	
Dobutamine Stress Echo / Stress Echo			✓
2D Echocardiography			✓
Breath CO Test		✓	✓
Blood & Urine Test			
<i>Full Blood Count (Cell Count & Haemoglobin)</i>	✓	✓	✓
<i>Electrolytes & Uric Acid</i>	✓	✓	✓
<i>Lipid Profile (Cholesterol & Triglycerides)</i>	✓	✓	✓
<i>Renal Profile (kidney Function)</i>	✓	✓	✓
<i>Urine FEME</i>	✓	✓	✓
<i>Fasting Blood Sugar</i>	✓	✓	✓
<i>hsCRP (calculation of cardiac risk)</i>	✓	✓	✓
<i>Liver Function Test</i>		✓	✓
<i>Venereal Disease Research (RPR)</i>		✓	✓
<i>Hepatitis B Virus Screening (HBsAG + HBsAb)</i>		✓	✓
<i>Blood Grouping</i>		✓	✓
<i>Anti-HIV Screening</i>		✓	✓
<i>Thyroid Function Test</i>		✓	✓
<i>Prostatic Specific Antigen (Male)</i>		✓	✓
<i>CA 125 (Female)</i>		✓	✓
<i>Carcino Embryonic Antigen (CEA)</i>		✓	
<i>Alpha Fetoprotein</i>		✓	✓
<i>Nutrition Education</i>		✓	✓
<i>Vascular Ankle Brachial Index (ABI)</i>			
PRICE	USD	USD 380	USD 570

Optionals	Prices
64 slice MSCT calcium scoring	USD 140
64 slice MSCT coronary angiogram	USD 965

****NOTES:**

1. Light refreshment will be served after the blood taking.
2. Our specialist will discuss your ESP test result with you on the same day. A comprehensive medical report will be ready within 7 days.



PACKAGE MEDICAL CHECK – UP IJN

- Here in IJN, the package in Screening Programme (ESP) goes beyond just a medical examination. They have a team of highly trained doctors who will run through a series of tailor – made tests and medical screening to determine your state of health.
- Obviously, as the leading heart centre in Malaysia, this place great emphasis on a healthy heart. The task is made easier with state of the art equipment and technology.

WHAT CAN OUR EXECUTIVE SCREENING PROGRAMME HELP INDICATE?

- Executive Screening programme is designed to detect early sign of:
 - ✓ Heart disease especially coronary artery disease
 - ✓ Kidney and urinary problems
 - ✓ Lung function assessment
 - ✓ Gout
- Detection of some other illness (e.g. cancer, hepatitis etc) may be done as optional tests in addition to the standard package.

WHAT IS YOUR PREPARATION BEFORE THE CHECK UP?

- Do not eat or drink anything except plain water for at least 8 hours prior to check up.
- Please bring along your ID card and arrive 10 minutes before the scheduled appointment time.
- If you have pre-existing medical condition, please bring along any test result or report you have for the doctor to review.
- Please wear appropriate attire (including sport shoe, if you are undergoing treadmill / stress test).

WHY YOU QUALIFY FOR AN EXECUTIVE SCREENING PROGRAMME?

- Today modern age lifestyle encourages many bad habits and exposes one to various stresses. You may appear and feel healthy but how sure are you that you do not have an underlying illness?
- Many times we may not realize how unhealthy we are until it is too late. Our heart in particular is extremely sensitive to various environmental and lifestyle habits. Exposure to these risk factor on a prolonged period puts one at risk of developing coronary heart disease.
- A routine health screening examination may uncover various illness which would otherwise only surface in an advance stage. Early detection can save you a lot of trouble and is more cost effective. Besides that, doctors are able to offer more effective treatment to cure you of your illness.

IS THE EXECUTIVE SCREENING PROGRAMME FOR EVERYONE?

- Yes, every adult should have a health screening examination done especially if they are above 35 – 40 years for male and 35 – 40 years for females. Of course, if you are at special risks of developing certain illness, this examination should be done earlier.
- Those with the following symptoms are especially urged to have an examination:-
 - ✓ Tired easily
 - ✓ Overweight
 - ✓ Have prolonged periods of job stress
 - ✓ Smoke and drink alcohol
 - ✓ Have never had a thorough medical health screening before
 - ✓ Have a family history of heart disease, hypertension, diabetes, strokes or cancer



SERVICES

- In delivering the best care, we have a team of consultant physicians that has been innovative in introducing the latest and most effective techniques in the treatment of heart patients for both interventional cardiology procedures as well as heart surgeries.
- Our vast array of treatments includes angiogram and angioplasty procedures via radial artery; implantation of AICDs, minimally invasive surgeries, stent implantations, endoscopic vein harvesting, off-pump surgery, bypass surgery on 'a wake' patients and implantation of mechanical heart assist device are now already available at IJN.
- Our care and treatment encompass complete cardiac rehabilitation programmes which include physical and emotional support diet counseling.

RANGE OF SERVICES

- **Outpatient Treatments**
This covers referrals as well as new follow up cases for cardiology and cardiothoracic patients.
- **Inpatients Treatments**
Ministers patients with unstable angina, myocardial infarction, heart failure and interventional cardiology procedures for diagnostic and therapeutical procedures, heart surgeries for open heart, closed-heart and thoracic and heart transplantations.
- **Allied Health Services**
Allied Health Services covers cardiac rehabilitation, diet counseling and cardiopulmonary resuscitation programs.
- **Executive Screening Programme**
As part of our heart disease prevention agenda, IJN's Executive Screening Programmes offer a complete and comprehensive medical examination with

FACILITIES

- 424 Beds for cardiology and cardiothoracic cases in wards with a selection of suites from a single to six – bedded that are equipped with television, telephone, en suite bathrooms and nurse call system. Each ward is equipped with an isolation room for cases that require special attention.
- A 30-bed Intensive Care Unit (ICU) for patients who require intensive care post-surgery.
- A 20-bed Coronary Care Unit (CCU) for patients needing intensive care.
- A 10-bed Paediatric Intensive Care Unit (PICU) for paediatric patients, especially neo-nates needing intensive care.
- 24-hours Emergency Department with a six-bed Observation Unit for unstable angina, myocardial infarction and chest pain cases.
- 7-operating theatres.
- 6-Invasive Cardiovascular Laboratories.
- A 30-bed fully monitored Day-care Ward for patients undergoing invasive cardiology procedures where patients need only stay for a few hours before being allowed to return home.



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