

Star Special

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HEALTHCARE IN MALAYSIA

Protect yourself from skin cancer

SKIN cancers are generally classified as non-melanoma and melanoma skin malignancies. The most common ones are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC), both of which are grouped into non-melanoma.

Though more commonly found among Caucasians, those who are fair-skinned and red-haired, skin cancer is increasingly affecting the Malaysian population. According to the most recent *Malaysian National Cancer Registry* (2012-2016), skin cancer is one of the 10 most common cancers in both males and females.

The incidence of non-melanoma (NM) skin cancers from the 2012-2016 numbers translate into 3.5% or 1,797 males and 2.2% or 1,395 females, versus 184 males and 163 females with malignant melanoma (MM).

Though the number of patients with MM was low, over 70% of cases had been presented late for treatment; with a grim prognosis for 52%-58% of cases in Stage 4 of the disease. Despite the lower incidence of MM compared with BCC or SCC, MM presents higher mortality in those afflicted by skin cancer.

Non-melanoma skin cancers (BCC or SCC) are less aggressive and are often presented in their early stages – more than 50% in Stage 1 and 18% to 21% in Stage 2. A local five-year study found that NMSC is often presented in the eighth decade of life and is more commonly observed among the Chinese, followed by Malays and Indians.⁽¹⁾

A slightly older study on 32 cases reported over 10 years found 62% presented at Stage 3 or 4 and a median age of 62 years.⁽²⁾ The higher prevalence among the Chinese comes as no surprise given the tendency of skin cancer among those with fairer skin.

In women, MM commonly occurs in the extremities, whereas in men, it is more frequently found on the trunk, head or neck.

Risk factors

Risk factors for developing MM, besides skin fairness (Fitzpatrick type 1), include increasing age, a history of melanoma or sunburn, and premalignant lesions such as atypical moles. Atypical moles place approximately 7% of the general population

at risk for MM.

Those with atypical mole syndrome, i.e. having more than 100 moles, are 12 times more likely to develop MM. In most cases, the melanoma usually appears as a new lesion rather than rising from pre-existing moles.

Patients with large hairy moles are at a higher risk of developing MM; reports indicate a transformation rate as high as 40%. Sun or ultraviolet light exposure increases the likelihood of developing MM. The risk is higher in cases with a history of extensive exposure or sunburn during childhood.

How to distinguish a malignant lesion

MSU Medical Centre plastic and reconstructive surgeon Prof Dr Arman Zaharil Mat Saad says that most MM cases treated in Malaysia involve the peripheral or limb areas, are found on the sole of the foot and are presented as late as Stage 3 or 4. The finding was mirrored in the 2012 study by Pailoor, which cited 32 cases, with 16 affecting the lower limb and 12 on the soles.

What you should do

Suspicious of a lesion? See a doctor or a skin cancer specialist who could be a plastic surgeon, a dermatologist or an oncology surgeon for consultation and possible biopsy to obtain a definitive diagnosis.

Once a diagnosis is obtained, staging investigation should follow a thorough clinical examination to check for enlarged satellite, in-transit, or regional lymph nodes. This is usually done via CT or PET scan, liver function test, and genetic study of gene mutations (BRAF and cKIT).

Treatment

Treatment at an early stage may involve surgical resection alone, which may offer a cure for the disease. A sentinel lymph node biopsy may be offered to patients with clinically negative lymph nodes to detect early cancer spread or micro metastasis.

Those with palpable regional lymph nodes or lymph nodes detected on the imager or scanner should have a lymph node biopsy as well as a block dissection of the particular lymphatic basin.

As for adjuvant treatment, a new development in systemic therapy using immunotherapy

(monoclonal antibodies) and targeted therapy (BRAF /KIT inhibitors) offers new hope for those with metastatic disease or in an advanced stage of melanoma (in which chemotherapeutic agents offer little assistance and radiotherapy may only benefit some patients); relieving symptoms in those with metastases to the brain, spine or bones.

References

⁽¹⁾ Han et al. *Characteristics of skin cancers among adult patients in an urban Malaysian population. Australasian Journal of Dermatology. 2019.*

⁽²⁾ Pailoor et al. *Cutaneous malignant melanoma: clinical and histopathological review of cases in a Malaysian tertiary referral centre. Malays J Pathol. 2012 Dec;34(2):97-101.*

Prof Dr Arman Zaharil Mat Saad.





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MALAYSIA'S healthcare system is known for its accessibility and quality, with both public and private sectors playing a crucial role in ensuring the well-being of its citizens.

As modern lifestyles become increasingly sedentary, issues such as back pain, poor circulation and stress-related ailments are on the rise. Thus, Gintell has introduced the Marvel Series Massage Chairs: featuring the Spider-Man Massage Chair, Black Panther Wellness Chair and Iron Man Wellness Chair, combining advanced massage technology with the power of superhero-inspired design.

As Malaysia continues to prioritise healthcare and wellness, Gintell's innovative massage solutions align with the nation's growing focus on preventive healthcare, offering Malaysians a convenient way to reduce stress, improve circulation and enhance recovery – all from the comfort of their homes.

Inspired by iconic Marvel superheroes, the massage chairs combine advanced technology with stylish design, making them a standout addition to any home. They are built with 2nd Gen 8-D Twin Rollers, which segment the massage rollers into two parts, allowing users to choose their preferred massage techniques simultaneously for the upper and lower back. This provides a deeper, more precise, and more intelligent massage for the shoulders, upper back, lower back, waist and buttocks.

The AI Fatigue Bio-Scan System is designed with your well-being in mind. Just place your finger on

Elevating wellness and relaxation

the biometric scanner for 30 seconds for it to measure and scan your heart rate, blood oxygen and fatigue index which enables a personalised massage programme that suits your current index.

Moreover, it features Malaysia's first 178° L-Flex Track, with "L" representing lumbar support. This unique dual massage track adjusts to fit body curves, targeting the upper and lower back at various angles for a precise and intense massage. Unlike fixed-angle chairs, it reclines up to 178°, effectively relieving lower back tension and promoting proper posture for a refreshed feeling.

Your body needs daily stretching, like a massage. That's why the built-in 230° Thai Massage full body stretching programme is beneficial for you. This programme is further enhanced by the 178° L-Flex Track and 2nd Gen 8-D Twin Rollers that recline at a 230° angle, which helps stretch out your body from neck to foot. Overall, it enhances joint flexibility and mobility. This programme is fully endorsed and consulted by renowned tit-tar master (bone setting specialist), Datuk Seri master Chris Leong.

Aside from the usual AI Voice Control and touch screen controller, users can now



The Gintell Spider-Man massage chair and A-pro massage chair offer unrivalled relaxation.

seamlessly connect and control the massage chair via their smartphones through the Gintell Super App OS application, which can be downloaded from Google Play Store or the App Store.

The 360° Heat Spa Therapy is a warm compression of the airbags specifically placed on the back, waist and feet. It also has a cross-body strap specifically designed for the abdomen. Heat spa therapy works wonders in relieving overall

muscle tension and specifically targets the abdominal muscles, providing much-needed relief from muscle spasms or menstrual cramps.

To elevate the quality of your sleep, you may activate the three auto-programmes from the Brain Relief Therapy session in the Gintell Marvel Series massage chair. These three programmes are Total Relax, Mental Care and 230° Thai Massage, guaranteed to gently

calm and relax your nerves whilst soft, soothing background music is played throughout the massage session.

Overall, the Gintell Marvel Series massage chair offers 20 automatic programmes, 11 unique massage techniques, adjustable massage speeds and 4D intensity up to five levels, a wireless charging port with a USB connector, a VI Memory programme and the relaxing Zen Light which enhances the user's mood and surrounding ambience.

Gintell is currently offering a special promotion on the Marvel Series massage chair, with limited stocks available across South-East Asia. In an exclusive pre-order promotion, customers can now experience the luxury of a Full Body Massage Chair at an all-time low price of RM1,988 for a Gintell A-Pro Massage Chair. This limited-time offer provides an opportunity to own a premium massage chair equipped with advanced features, ensuring ultimate comfort and relaxation. With only 100,000 units available, this offer is available while stocks last.

■ For further enquiry or pre-order, call 016-750 0998, visit www.gintell.com or visit your nearest Gintell showroom to experience the Gintell massage chair firsthand.



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