

Star Special

SUNDAY STAR, SUNDAY 27 OCTOBER 2024

WORLD STROKE DAY

A BUSY lifestyle can take a toll on your heart, causing stress, high blood pressure, and raising the risk of heart problems. Heart health is crucial because the heart pumps blood around the body, providing oxygen and nutrients to organs and tissues while getting rid of toxins.

Poor heart care can lead to serious issues like heart attacks, strokes, and other heart diseases. However, there are different approaches you can take to help improve heart health.

One of them is getting a regular massage which can reduce stress, lower blood pressure and help you relax. This is why you should invest in the Gintell Black Panther Limited Edition Wellness Chair, where you can get your daily dose of massage in the comfort of your home.

Inspired by Black Panther's Vibranium armour, the Gintell Black Panther Wellness Chair combines bold design with luxurious comfort. Its black and bluish-purple colours blend seamlessly with any home decor. The plush leather seat and cushion offer maximum comfort, while the illuminated purple light and glossy side panels add elegance. The Black Panther character is engraved on the head cushion and side panel for a unique touch.

Just as Vibranium absorbs, stores and releases kinetic energy, the Gintell Black Panther Wellness Chair can absorb users' body aches and melt away daily stress, providing overall relief and relaxation.

Relax and recharge

The Gintell Black Panther Wellness Chair utilises 8-D Twin Rollers Technology, an innovative massage roller that provides precise spot massage through its segmented massage rollers for the upper and lower back. It replicates the techniques of an experienced massage therapist, enabling users to relax and refresh their fatigued bodies.

It also offers a full body stretching programme, 230° Thai Stretch that is fully endorsed, and consulted by renowned tit-tar master (bone setting specialist) Datuk Seri master Chris Leong. This programme significantly enhances joint flexibility and mobility, making it an essential addition to anyone's wellness routine, especially the elderly.

The Gintell Black Panther features an advanced AI Fatigue Bio-Scan technology that measures and analyses the user's heart rate, blood oxygen levels and fatigue index. After placing their index finger on the biometric scanner for 30 seconds, users can activate the customisable massage programme, tailoring it to their current health metrics.

The 360° Heat Spa Therapy is a warm airbag compression massage for the back, waist and calves. It also has a crossed-over heated wrap meant for heat therapy on the

abdomen. Heat spa therapy helps to relieve overall muscle tension and relax abdominal muscles to relieve pain caused by muscle spasms or menstrual cramps.

The Gintell Black Panther can also be controlled easily via smartphones or other smart devices through the Gintell Super App OS application which can be downloaded from Google Play Store and App Store. Users only need to turn on the Bluetooth connectivity feature.

The Brain Relief Therapy programme pre-set in the Gintell Black Panther is designed to enhance sleep quality and alleviate mental stress. Users can fall asleep while massaging due to its calming ambience, where gentle and soothing background music is played throughout the massage, effectively soothing and relaxing the nerves.

Other features incorporated in the Gintell Black Panther are 20 automatic programmes, 11 unique massage techniques, AI Voice Control, AI Vi-Memory, adjustable intensity levels (up to five levels), Zen Light, wireless charging port and USB connectivity.

The retail price for the Gintell Black Panther

Wellness Chair is set at RM32,988 and only 500 units are available across South-East Asia.

■ For further enquiry or pre-order, call 016-750 0998, visit www.gintell.com or visit your nearest Gintell showroom.

The Gintell Black Panther Wellness Chair helps to ease the mind and body.



Private Specialist
Hospital in Shah Alam

BRAIN HEALTH SCREENING PACKAGE

Package

✓ Consultation by Specialist

Physical & Clinical Assessment

- Medical History
- Physical Examination
- Vital Sign Assessment
- Anthropometry (BMI, WH Ratio)

✓ Neurology & Brain Health Assessment

- MRI Brain with MRA (without contrast)

✓ Cardiac & Respiratory Health Assessment

- Resting ECG
- Chest X-ray
- Echocardiogram
- Lipid Profile

✓ General Health Assessment

- Fasting Blood Glucose
- Blood Grouping & Rhesus Typing
- Full Blood Count
- Liver Profile
- Renal Profile
- Thyroid Function Screen
- Hepatitis Disease Research Laboratory (VDRL)
- Urine Analysis / FEME

RM1,699

CLINIC HOUR

Monday - Friday 8:30am - 5:30pm

Saturday 8:30am - 12:30pm



+603 5526 2600

+603 5526 2800

Recognising stroke signs

ACCORDING to the Institute of Health Metrics and Evaluation, stroke is the third leading cause of male mortality in Malaysia after ischaemic heart disease and pneumonia, and the second leading cause of female mortality after ischaemic heart disease.

Stroke is expected to become the second leading cause of mortality by 2040 according to the *Global Burden of Disease Report*. The increasing trends of non-communicable diseases such as diabetes, hypertension, and obesity are posing substantial threats to stroke incidences in Malaysia.

On average, there are about 90 stroke admissions at Malaysian hospitals daily; with 40% of cases comprising those below 60 years of age, and an average of 30 deaths owed to stroke. Almost 70% of stroke survivors live with many disabilities.

Stroke is characterised by a sudden disruption of brain function



Prof Dr Badrisyah Idris.

due to disturbances in the brain's blood supply. When blood flow ceases abruptly, the brain cells do not receive adequate oxygen or essential nutrients to function, and eventually the brain cells die.

Medical director and consultant

neurosurgeon Prof Dr Badrisyah Idris at MSU Medical Centre explains, "There are two types of stroke; ischaemic and haemorrhagic. Occurring in 80% of stroke cases, ischaemic stroke is owed to a narrowing of blood vessels by fat deposits or blood clots disrupting blood supply to the brain. The remaining 20%, owed to ruptured blood vessels, can be caused by uncontrolled high blood pressure or a weakened blood vessel wall.

"Stroke survivors suffer different deficits according to the affected brain area. They may suffer from memory or emotional disturbances, or be challenged by speech, vision, sensory or movement difficulties. In a transient ischaemic attack, commonly called a mini-stroke, the symptoms hit for only a few minutes or hours and then disappear. Mini-strokes happen when the blood supply to the

brain is interrupted only momentarily, though the chance of getting a permanent stroke within 48 hours rises tenfold and the risk remains high within three months.

"With increasing age, the likelihood of getting an ischaemic stroke rises with the increased narrowing of the blood vessels. Other factors leading to stroke include smoking, obesity, alcoholism, high blood pressure, high blood cholesterol, and high blood sugar. Lifestyle changes and treatment optimisation may reduce the risk of getting a stroke."

Anyone who has had a stroke should receive treatment at a hospital within three hours after the onset of stroke signs to reduce further damage to the brain. The majority of stroke patients reached the hospital only after seven hours narrowing the window of opportunity to save the brain.

Recognising the onset of stroke with tools such as 'BE FAST' is crucial to reducing deaths and disabilities from delayed stroke treatment.

- B – Balancing difficulties
- E – Eye and vision disturbances
- F – Facial weakness
- A – Arm and/or leg weakness
- S – Speech difficulties
- T – Time to call ambulance

When a person with a stroke reaches the hospital, a doctor will establish the circumstances leading to the stroke event by taking its history and then performing a physical examination to identify the risks and associated deficits. A brain scan will be performed to determine whether the stroke is ischaemic or haemorrhagic and which part of the brain is involved. Another scan or investigation called angiography may be performed to assess the brain's blood flow pattern and blood vessel structure.

Treatment for stroke depends on the stroke type. For ischaemic strokes, restoring blood flow to the affected area is crucial and should be carried out within four hours of the stroke's onset. This can be done by injecting a blood-thinning medication called alteplase into a vein in the arm to dissolve blood clots inside the brain's blood vessels.

Another technique called endovascular therapy dissolves the blood clot inside the blocked brain vessel by directly injecting

"There are about 90 stroke admissions at Malaysian hospitals daily; with 40% of cases comprising those below 60 years of age, and an average of 30 deaths owed to stroke. Almost 70% of stroke survivors live with many disabilities."

alteplase through a small catheter placed inside the affected blood vessel or removing the blood clot by retrieving it with a special device through a catheter placed inside the affected blood vessel.

For haemorrhagic strokes, the main goal of treatment is to control bleeding and to reduce the increased pressure in the brain. The high blood pressure has to be controlled by antihypertensive drugs, and the effect of the blood-thinning medication has to be reversed to reduce further bleeding. Ruptured blood vessels caused by cerebral aneurysms or arteriovenous malformations need to be treated by surgical intervention or endovascular therapy.

Following stroke treatment, the recovery process for each patient depends on the severity of disabilities caused by the stroke. Most stroke survivors require physical therapy to regain movement in their limbs or to prevent limb spasticity. Some may also need speech therapy to improve their ability to speak and understand conversations.

Prevention of stroke involves lifestyle modifications such as controlling one's high blood pressure and blood sugar level, consuming a low-fat diet, avoiding smoking and practising active physical activities such as exercise, jogging or hiking.

STROKE : MYTHS VERSUS FACTS

Myths :

- Stroke cannot be prevented
- There is no treatment for stroke
- Stroke only affects the elderly
- Stroke recovery takes only a few months
- Stroke is rare
- Stroke is not hereditary
- If stroke signs go away, there is no need to see a doctor

Facts :

- Up to 80% of strokes are preventable
- Call the ambulance immediately at the onset of stroke for early treatment
- Anyone can get a stroke
- Stroke recovery is a lifelong process
- Stroke is the third leading cause of death in Malaysia
- A family history of stroke increases one's risk of also getting a stroke
- Transient ischaemic attack or 'mini-stroke' increases the chance of getting a permanent stroke

GINTELL
HEALTH • LOVE • LIFE

THE MALAYSIA BOOK OF RECORDS

Largest Health Care Products Chain Store

GINTELL (M) SDN BHD
(386685-U)



Scan QR Code or Contact Us
Tel: +6016-750 0998

Follow Us:
GINTELL MALAYSIA

Subscribe To Us:
GINTELL TV

www.gintell.com

Visit Our Roadshow:

- i. **AEON MALL Seremban 2, Centre Court**
29th Oct - 10th Nov 2024 | Tel: +60 16-249 8471
- ii. **Pavilion Bukit Jalil, Centre Court**
30th Oct - 11th Nov 2024 | Tel: +60 17-298 9180
- iii. **Ipoh Parade, G floor, E1-10, in front of NIKE**
21st Nov - 1st Dec 2024 | Tel: +60 12-503 7168