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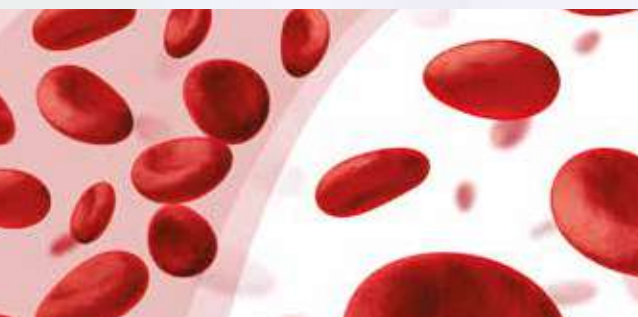
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From the Desk of the CEO

Bringing You more of IJN's best

We have become sedentary.

Modern lifestyles have bred in us a tendency to spend a good part of the day facing the computer, laptop or mobile phone. Yes, it may very well be for work or online classes - as it has been for most of 2020 and 2021 because of the pandemic - but it has significantly reduced physical activity and exercise.

Add to this our fondness for processed, fatty, and sugary foods, and we have some of the key contributing factors for modern diseases.

A good part of these modern diseases is related to our vascular system. This complex network of veins and arteries is vital to life, and if these blood vessels become diseased, it can disrupt the supply of oxygen and nutrients within our bodies.

Such diseases can be either acquired or congenital; what we do, how we take care of ourselves, and what we eat can play a big role in how healthy our blood vessels are.

At IJN, we have a dedicated centre that is also committed to helping you take care of your blood vessels. Dealing with matters of the heart and by extension the circulatory system, our latest endeavour was the expansion of our dedicated **Vascular Centre** that offers the A to Z of vascular specialities.

Led by a multi-disciplinary team of dedicated specialists and a complimentary allied health team, the **Vascular Centre** offers the best of vascular care and treatment. Highly trained, highly skilled and highly specialised, our doctors and surgeons are dedicated and committed to working seamlessly to provide the best evidence-based treatment plans and protocols for vascular diseases and problems.

Equipped with state of the art, cutting-edge technology, as well as a **Hybrid Operating Room**, **IJN's Vascular Centre** offers holistic treatment for vascular issues, from comprehensive screening and diagnosis facilities right up to post-surgery care and follow-ups.

This centre further complements our commitment to deliver unparalleled care to cardiovascular patients - both adult and paediatric - and continues to distinguish IJN as the premier Heart Centre in Malaysia.

IJN Vascular Centre is an advance expended service from IJN Private Healthcare. IJN Private Healthcare offers an all-new level of excellence and brings an unrevealed experience of healthcare convenience.

From specialist consultations, medical screenings and a variety of services, dietary consultations, sleep study and non-invasive cardiac laboratory, you can find it all and more on one level.




DATUK DR AIZAI AZAN ABDUL RAHIM
 Chief Executive Officer