

CEO's Message

When women take care of their health, they become their own best friend.

– Maya Angelou

Women are the pillars of our community, family and hearts. They provide the care and support every one of us needs to pull through in life. The selfless act of caring for others and nurturing their loved ones is reflected clearly through the hearts of women.

Through this selfless act and responsibility, women tend to put the well-being of others before themselves. This unfortunately has turned into a possible obstacle for women to seek timely medical help, especially for one of the most important organ – the beating heart.

In Institut Jantung Negara's 15th edition of Heartbeat, we dedicate this edition to educating our community about the link between women and heart diseases. Just like everyone else, women too need to stay vigilant of their heart health. At every stage of your life, from young to the golden years, it is the health of your heart that matters because ultimately, that will allow every woman to make the best out of their lives.

At IJN, we encourage you to take charge of your heart health and for the men, be sure to follow through and ensure that your loved ones are getting the right care for their heart too. Stay safe and healthy.

Datuk Dr. Aizai Azan Abdul Rahim
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