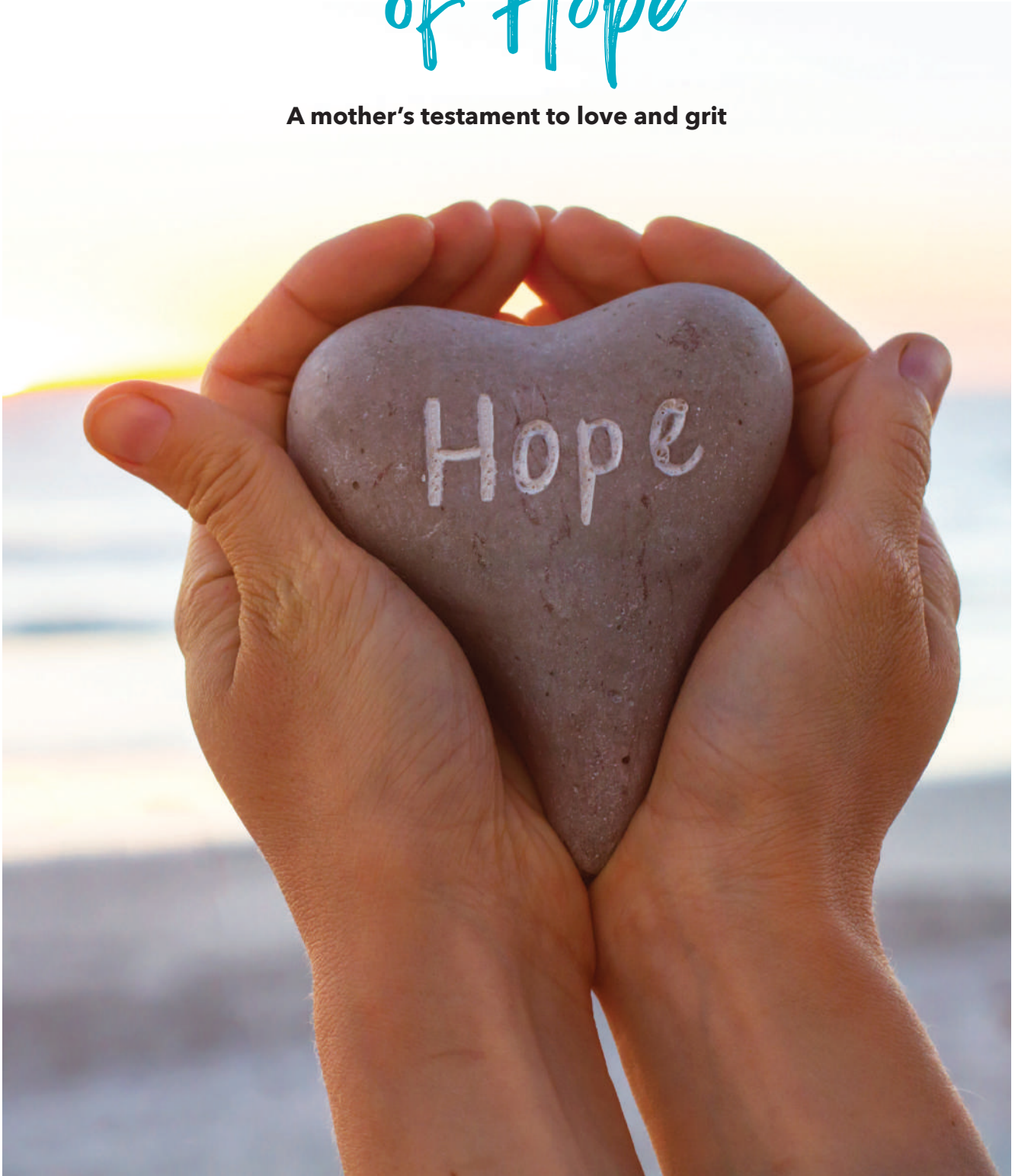


HEARTSTRINGS *of Hope*

A mother's testament to love and grit



Printharanya a/p Nagamuthu, a vibrant 19-year-old from Klang, Selangor, faced an unexpected twist in her life when she was diagnosed with a congenital heart condition at the tender age of five.

Today, she's a joyful mother of three, and we had the privilege of sitting down with Printha to hear her remarkable journey of living with her heart condition, her experiences during pregnancy, and her encounters at Institut Jantung Negara (IJN). This is Printha's inspiring story.

THE DAWN OF EVERYTHING

At the age of five, Printha received the challenging diagnosis of her heart condition.

It wasn't an easy path, and her heart's limitations made even simple tasks difficult, as she shared, "With my heart condition, I found it difficult to even climb up the stairs and go about my daily routine."

Her dream of becoming a mother seemed distant as she learned about the potential risks associated with pregnancy, including premature birth and miscarriage.

THE QUEST FOR THE RIGHT HELP

Despite these daunting odds, Printha's determination prevailed as she welcomed three beautiful children into the world. She attributes these miracles to the exceptional care she received from the dedicated team at IJN, particularly **Dr. Geetha Kandavello**, Senior Consultant Cardiologist and Adult Congenital Cardiologist, and **Dr. Sivakumar A/L Sivalingam**, Deputy Head of Cardiothoracic Department and Senior Consultant Cardiothoracic Surgeon.

The support and attention Printha received at IJN were unparalleled. Her medications were carefully adjusted to ensure a safe pregnancy. Even after childbirth, she continued her regular visits to IJN for follow-up procedures like

There are moments when I am very concerned about my health. But then the brilliant team at IJN always reassures me that I am in safe hands.

electrocardiograms (ECG) and echocardiograms (ECHO). Walking into IJN feels like coming home to Printha, as the nurses not only remember her name but also provide her with



exceptional care and compassion. In her words, "There are moments when I am very concerned about my health. But then the brilliant team at IJN always reassures me that I am in safe hands".

MY HEROIC SAGA

Like any mother, Printha has moments of worry about her condition. However, she takes comfort in the unwavering support of her loving husband, mother, and sister, who stand by her side, offering encouragement and reminding her that she is not alone on this journey.

Living a life filled with love, holding hands with her husband and children, and supported by a remarkable medical team, Printha faces the future with enthusiasm and optimism.



We hope Printha's story, a testament to the enduring power of love and inner strength, serves as an inspiration to you, reminding you to persevere through life's challenges. Always remember that you don't have to navigate your journey alone; keep your loved ones and healthcare professionals close, and together, you can conquer any obstacle that comes your way. 💕

