

# DEFYING Heart Disease

**A mother's tale of triumph**

**H**ailing from the picturesque 'Land Below the Wind,' Siti Norhaslinda binti Artoro's journey through motherhood has been nothing short of remarkable. A twist of fate came early in her life when she was diagnosed with a congenital heart condition, setting the stage for a life filled with ups and downs.



Here is a peek at Siti's story of resilience, navigating her heart condition, embracing motherhood, and the bright future she envisions with Institut Jantung Negara (IJN).



## THE HARDSHIPS I FACED

For almost a decade, Siti has been living with a heart valve condition. Along this path of trials and tribulations, she has had to endure two heartbreaking miscarriages, a stroke in 2018, and frequent bouts of severe coughs and flu that disrupted her daily life. Sleep deprivation, stress, and mental and physical health struggles became part of her daily reality.

Pregnancy further intensified her health challenges. Accompanied by uncontrollable cravings for sweets, she experienced a sudden weight gain of four kilograms in just one month. "I slept during the day and stayed wide awake at night. My days became topsy-turvy," she recalled.





## MY MESSAGE TO YOU

"Before embarking on the journey of parenthood, plan ahead," Siti advises couples considering pregnancy. She emphasised the importance of family planning and selecting the right contraception method tailored to individual needs.

She urges couples to consult with a doctor, understand their health conditions, and be aware of the potential risks associated with pregnancy. Considering the emotional and financial demands of raising a family is crucial, and seeking financial assistance when needed is a wise step.



## THE TURNING POINT

Nevertheless, Siti defied the odds stacked against her by her heart condition, all thanks to the unwavering support she found at IJN, which tended to her health and eased her financial worries.

Since being referred to IJN, Siti has found solace in knowing that her health is in capable hands. The medical professionals at IJN meticulously monitored her vitals and carefully assessed her baby's development during her prenatal checkups.



Siti also enjoys financial relief, thanks to the *Rawatan Pesakit Unit Taksiran Khas* (Patient's Treatment Special Assessment Unit), a financial aid program established by the Ministry of Health in collaboration with IJN.

She also pays tribute to her mother and husband, who have been her pillars of strength. She fondly remembers their daily walks in the nearby park, dedicated to improving her physical and mental health.

## A HELPING HAND



The Special Assessment Unit offers financial aid by assessing patient cases and providing funding assistance to cover surgical and treatment costs. This support extends not only to pensioners and civil servants but also to individuals who do not fall into these categories. ❤️

**Before embarking on the journey of parenthood, plan ahead.**