



PMCare Capsule

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THE QUARTERLY CAPSULE

FOR INTERNAL CIRCULATION ONLY

Issue No.1/2008

JANUARY 2008

Cover Story

Communicable Diseases

Features

Preventing Infectious Diseases

**If You Are Pregnant or
Thinking About Getting Pregnant...**

Beat Dengue Now

Reports

PMCare Wellness Programmes

PMCare Sports Carnival 2007

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CONTENTS

THE EDITORIAL

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This Capsule consists of materials compiled from various sources to serve as educational material only.

	Page
Message from the CEO	3
Communicable diseases	4
If you are pregnant or thinking about getting pregnant...	6
PMCare Wellness Programmes	7
PMCare Sports Carnival and Annual Dinner 2007	9
Protect yourself from mosquito bites and dengue	10
Beat dengue now	11

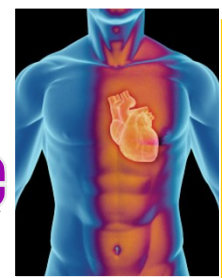
PMCare would like to thank all our members for your continuous support. We look forward to serve you better.



Check out PMCare Health Bulletin for the latest health news and information at www.pmcare4u.com.my

Capsule Theme

**Communicable
Diseases**





Message from the CEO

Wan Shukri Ariffin

Chief Executive Officer, PMCare

Greetings to all,

We meet again in the first issue of PMCare Capsule for the year 2008. To us, the New Year signifies the kind of continuous improvement and commitment that we need to deliver in order to have a good and productive year filled with success. We also hope to be able to deliver a 'wow' factor while delivering our quality services to our clients in return for their continuous support to us. For a start of this year, we have been entrusted by Telekom Malaysia (TM) with the renewal of our contract for another 3 years until 2011.

Looking back, the year 2007 had been an eventful one for us at PMCare. In terms of business and operational level, we managed to renew contracts with our clients for longer periods and we have successfully organized several

medical and wellness programmes for our clients. We are also conscious of our Corporate Social Responsibility. We have been sponsoring Rumah Insaniah Siti Hasmah at Jalan Klang Lama since we started our operations in 1995 and last year we conducted 29 preventive programmes for our clients.

This first quarter issue puts forward interesting articles on our theme for this time "Communicable Diseases". The need for awareness on communicable diseases is a must since there has been a growing trend. Communicable diseases are primary cause of mortality gap between the rich and poor countries.

Communicable diseases or infectious diseases are illnesses

caused by organisms such as bacteria, viruses, fungi and parasites. Communicable diseases are transmitted by various routes and have varying degrees of infectivity. The infectivity of certain communicable diseases determines the type of infection control strategy applied to prevent further infections.

Once again, we wish to thank all our valued clients, business associates, friends and whomsoever who have contributed and have supported us thus far. We are hopeful of your continued support in the years to come. Best wishes & stay healthy always.

Happy New Year

May this new year bring prosperity and good health to you and your family.

Communicable Diseases

A communicable disease such as cold is a disease that spreads from person to person. Communicable diseases are diseases that you can "catch" from someone or something else. Some people may use the words contagious or infectious when talking about communicable diseases.

What do you "catch" when you get a communicable disease?

When a person becomes sick with a communicable disease it means a germ has invaded his body. Germs fear soap and water. Washing your hands well and often is the best way to beat these tiny warriors.

What are germs?

Germs are tiny organisms (living things) that may cause disease. Germs are so small and sneaky that they creep into our body without being noticed. In fact, germs are so tiny that you need to use a microscope to see them. We do not know what hit us until we have symptoms (runny nose, cough, sore throat, fever, etc.) that let us know we have been attacked.

Germs are microbes. A microbe is a tiny living organism that can only be seen with a microscope. Microbes are the smallest form of life on Earth. Microbes have existed for millions and possibly even billions of years. Although some microbes can make you sick or may even be deadly, most are harmless and some are extremely helpful. Microbes can be found virtually anywhere in air, water, plants, animals and humans. A germ is a microorganism that causes disease. Germs are also known as pathogens.

Are there different types of germs?

There are four major types of germs:

- Bacteria
- Viruses
- Fungi
- Protozoa

REMEMBER - All microbes are NOT Germs!

- We could not digest our food without microbes.
- Garbage would not decay without microbes.
- Plants would not grow without microbes.
- The gas we pass is caused by bacteria in our intestines.
- Without microbes there would be no life on earth.

What are some examples of the different types of germs?

Bacteria are everywhere. They live in sub freezing cold temperatures and boiling hot temperatures. They live up high in the sky and down deep below the ocean. Some bacteria are harmful but most are harmless or even helpful.

Have you ever heard of people becoming sick after eating undercooked hamburger? The bacteria that can invade your body if hamburger is tainted with bacterium and not cooked thoroughly is E Coli. E Coli is a bacteria that can cause people to become very sick and possibly be life threatening. Another common bacteria associated with food poisoning is Salmonella. When this bacterium is eaten it causes nausea, vomiting, abdominal pain and diarrhea. Did you ever become sick with strep throat? Strep throat is caused by a common type of bacteria called Streptococcus. Strains of streptococcus that causes throat and skin infections lurks worldwide and spread by touch or through the air. Strep is usually not fatal and can be treated with antibiotics.

Remember that not all bacteria are bad. Some bacteria are good for our bodies, they help keep things in balance. Examples of bad things caused by bacteria are sore throats, ear infections, cavities and pneumonia.

Viruses depend upon a host to survive, grow and reproduce. A host is the plant or animal on which or in which another organism lives. Viruses cannot live outside other living cells. Viruses are the smallest and simplest microbes, just a ball of genes wrapped in a shell about a millionth of an inch across. No one knows exactly how long they've been on Earth or how they evolved.

COVER STORY

Once they are inside the body, viruses can spread and make people sick. They reproduce by injecting their genes into a cell to produce thousands of new viruses. Viruses cause chicken pox, measles, flu and many other diseases. Anyone can get the flu, an extremely contagious viral disease. The influenza virus spreads through the air or by touch but usually is not fatal. There is no cure but influenza often can be prevented with a yearly vaccination.

Chicken Pox is also caused by a virus. Most people who catch it are under 12 years of age. In olden times, the word "pox" meant curse. Wishing someone "a pox on your house" was wishing them bad luck. Although getting chicken pox seems like bad luck, "pox" now means skin eruptions or breakouts. And you did NOT catch the virus from a chicken. Actually, chicken pox got its name from cicer, which is the Latin word for chick peas. People used to think that the bumps caused by the virus looked like chick peas on the skin.

Fungi are multi-celled plant-like organisms. Unlike other plants, fungi are not able to produce their own food from soil, water and air. Instead, fungi get their nutrition from plants, food and animals. Fungi thrive in warm, damp environments. Most fungi are not dangerous. An example of something caused by fungi is athlete's foot - that itchy rash that teens and adults sometimes get between their toes.

Protozoa are one-celled organisms like bacteria. Protozoa also love moisture and often spread diseases through contaminated water. Some protozoa cause intestinal infections.

Prevention

To prevent germs from entering your body, follow these seven tips:

1. Wash your hands.

Keeping your hands clean is very important! Scrub those hands before eating and after visiting the bathroom. Use plenty of soap and warm water. You should spend at least 20-25 seconds washing your hands.

2. Make sure your burgers are well done.

Do not eat pink meat. Raw meat is loaded with harmful bacteria. Make sure those burgers are well-cooked.

3. Watch out for bugs.

If you are in the woods beware of mosquitoes and ticks; wear long sleeve shirts and long pants, and put on bug spray. Lyme Disease (deer tick) and West Nile Virus (mosquito) are two diseases that we can catch from insects.

4. Wash those fresh fruits and vegetables.

Make sure you get your five servings a day of fruit and vegetables to stay healthy, but wash those fresh fruits and vegetables first before you eat them.

5. Beware of wild animals.

Many creatures such as bats, raccoons and squirrels can carry diseases. So keep a safe distance from wild animals. Be especially wary of nocturnal animals that you see out and about during the day.

6. Say "NO" to cookie dough.

Cookie dough that is made with raw eggs could be carrying bacteria such as salmonella. You could get food poisoning from eating raw eggs. Do not worry about cookie dough ice cream, the eggs have been cooked.

7. Do not drink water in the wild.

Harmful microbes can be lurking in water that has not been treated for drinking.

What exactly is Athlete's Foot fungus?

Athlete's foot is a very common skin condition. Many people will develop it at least once in their lives. It occurs mostly among teenage and adult males. It is uncommon in women and children under the age of 12.

You can prevent athlete's foot by following some simple rules:

- Wash your feet daily.
- Avoid tight footwear, especially in the summer.
- Wear cotton socks. Do not wear socks made of synthetic materials.
- If possible, go barefoot at home.

If You Are Pregnant or Thinking About Getting Pregnant...

Some pregnant women may be at risk of catching communicable diseases that could infect their baby before he is born or at the time of birth. Some of these infections are very common at home, in the community, and in childcare centers and schools. Some are rare. Some are spread through the air and some by direct contact with infected body fluids, while others are sexually transmitted or require close contact for a long time. While sexually transmitted diseases (STDs) are common, they are not an occupational risk in the childcare or school setting.

Here is a list of communicable diseases to look out for during pregnancy:

- Chickenpox
- Cytomegalovirus infection (CMV)
- Fifth Disease (Parvovirus B19)
- Genital Warts
- Hepatitis B
- Measles
- Mumps
- Rubella
- Sexually Transmitted Diseases (STDs)
- Chlamydia
- Gonorrhea
- Herpes
- Human Immunodeficiency Virus (HIV)
- Syphilis
- Toxoplasmosis
- Certain other bacterial or viral diseases

School and childcare employees and students who are pregnant or who are thinking about getting pregnant should be aware of these diseases. They can then check with their doctors before and or after they get exposed. Blood tests may be needed to see if the woman could have been exposed to these diseases. Other women may need vaccines or specific treatment for protection from these infections.

Pregnant women should check with their doctors if they think they have been in contact with any of the diseases listed above or if they have symptoms of these diseases. Each exposed person needs to be individually evaluated. Pregnant women do not routinely need to be excluded from settings where diseases are occurring since the risk to any pregnant woman will depend on the type of disease, the way the disease is spread and whether that woman is already immune (has had the infection in the past) to the disease.

PMCCARE Wellness Programme 2007

PMCCare, in collaboration with our clients & providers have organized various wellness programmes throughout the year to enhance and inculcate the importance of preventive health to the employees and family members of the employees.

This is in line with our pledge towards building a healthy community at work and at home. The response from the members was overwhelming for both the health talks and screening programmes. We have organized 29 wellness programmes for the year 2007. The number of wellness programmes and the demand for such programmes are increasing year by year.

The support from the providers was very encouraging and we would like to extend our gratitude to all the providers who took part in all our wellness programmes.

Date	Client	Venue/Event	Activity
17 & 18 Jan 07	MIMOS BERHAD	MIMOS Health Carnival 2007	Health Screening
19-Jan-07	TNB	TNB HQ, Bangsar	Health Talk & Screening
25 & 26 Jan 07	TELEKOM	Kelab TM Health Carnival 2007	Health Screening
16-Apr-07	DAIMLER	Daimler Chrysler, Menara TM, Bangsar	Health Talk
18 Aril 07	DAIMLER	Daimler Chrysler, Pekan	Health Talk
24-Apr-07	TNB	Dewan Kelab Kilat Kenyir, TNB Terengganu	Health Talk & Screening
24-Apr-07	TNB	Dewan Putra, Stesen Janaelektrik Putrajaya	Health Screening
3-May-07	PROKHAS	Prokhas Sdn Bhd, Bukit Damansara	Health Talk
10-May-07	TNB	TNB Retiree, Jalan Duta, KL	Health Talk
15-May-07	TNB	TNBG Stesen Janaelektrik Sultan Ismail, Paka, Terengganu	Health Talk & Screening
15-May-07	TNB	TNBG, Gelugor, Penang	Health Talk & Screening
17-May-07	TELEKOM	Telekom, Seremban	Health Talk & Screening
22-May-07	TNB	TNB, Ipoh	Health Talk & Screening
24-May-07	TNB	TNB, Johor Bahru	Health Talk & Screening
26 - 27 May 2007	TELEKOM	Telekom, Alor Setar	Health Talk & Screening
28 & 29 May 07	TNB	TNB, Port Dickson	Health Talk & Screening
1-Jun-07	DRB HICOM	DRB HICOM, Shah Alam	Health Talk & Screening
13-Jun-07	TNB	TNB, Manjung, Perak	Health Talk & Screening
5 & 6 July 07	TELEKOM	Menara TM, Kuching, Sarawak	Health Talk & Screening
10-Jul-07	TNB	TNB, Cenderoh, Perak	Health Talk & Screening
11 & 12 July 07	CELCOM	CELCOM Safety Week, Menara Celcom, KL	Health Talk & Screening
14-Jul-07	TNB	TNB Bangsar Family Day	Health Screening
22 - 24 August 07	TELEKOM	Menara TM, KL	Health Talk & Screening
29-Aug-07	TNB	TNBD Jalan Timur	Health Talk & Screening
8-Sep-07	TNB	TNBD Alor Setar	Health Talk & Screening
31 Oct & 1 Nov 07	TNB	TNBD Subang Jaya	Health Talk & Screening
02-Nov-07	TNB	TNBD Seremban	Health Talk & Screening
12 & 13 Nov 07	TELEKOM	TM, JB	Health Talk & Screening
6 & 7 December 07	TNB	TNB Bangsar	Health Talk & Screening
22-Jan-08	TNB	TNB Selayang	Health Talk & Screening

PMCare WELLNESS PROGRAMME

Health Talk for TNB employees by our Medical Director



Health Screening at TNB Distribution, Johor Bahru



Health Talk at TNB Distribution, Johor Bahru



Blood Donation Drive at TNB Head Office in Bangsar



Health Screening at TNB Ipoh



Participants getting ready for aerobics at Menara TM.



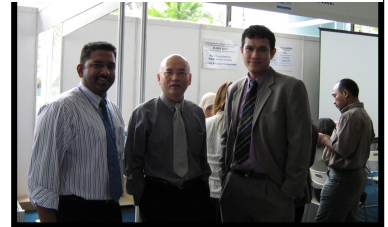
Datuk Seri Abdul Wahid Omar, the CEO of TM checking his BMI during the Health Screening at Menara TM.



Our Health Screening at Menara TM was attended by more than 3,600 visitors



Some of the providers who participated in our Health Screening at Menara TM



Our Health Screening at Menara TM was a huge success



Health Screening at TNB Generation in Paka, Terengganu



Health Talk for NUTE Members at Menara TM by our Dr Helmi



PMCare Sports Carnival 2007

PMCare Sports Carnival 2007 finally came to the end with the Track & Field event which was held on 24 November 2007 at Stadium Mini, Bukit Jalil. For the men's 100meter and 200meter events, Afendi Mohd Noor established himself as the fastest man in PMCare, winning with style ahead of others. As for the women category, we should congratulate Noor Suhaida Shariff for maintaining her reputation as the fastest women in PMCare, winning both the 100meter and 200meter women events. Their outstanding performance has significantly contributed vital points to their teams, Eagle and Peacock respectively.

The 100meter event for HOD was still among the most anticipated event. This year, En. Noor Hisyam, the head of IT Department proved himself as the serious contender to the defending champion, Dr. Benjamin (Director of Medical Services) by beating him at the finishing line. Congratulation to En. Hisyam!

One of the objective of PMCare Sports Carnival is to establish goodwill with our business associates. As in previous years, we have invited Subang Jaya Medical Centre (SJMC), Selangor Medical Centre (SMC), Ampang Puteri Specialist Hospital and Bukit Jalil Junior School to compete in the 4X100meter event. As expected, it was Bukit Jalil Junior boys who easily won that event. Our PMCare runners did not let us down as they finished third behind SJMC.

To add excitement to our sports carnival, a new event, Tug-of-War competition between the CEO Warriors and the ED Gladiators took place as the final entertainment event for the day. The event depicted tremendous fighting spirit from both teams and the atmosphere were jubilated by the cheering and shouting from the crowd, giving their utmost support. Finally the stronger CEO Warriors have emerged as the winner. Congratulations to our CEO for guiding his team to victory.

Eagle emerged as the overall CHAMPION for 2007, followed by Phoenix, Flamingo, Peacock, Falcon and Hornbill respectively.



PMCare Annual Dinner 2007

After a year of hard work, all of us had a enjoyable break by letting ourselves loose during our Annual Dinner at Holiday Inn Glenmarie. Jay Jay, the artiste of the 80's era was there to perform for us. All the employees and their spouses were sporting and came well dressed according to the theme, Groovy Nite of the 80's. It was an exciting and fun filled night with lots of lucky draws and partying. The lucky draw that was on the most wanted list was the 5 days 4 nights trip to Beijing. The luckiest employee on that night was our AGM of Finance, Kamal Aryf who won the grand price, ticket for 2 to Beijing.

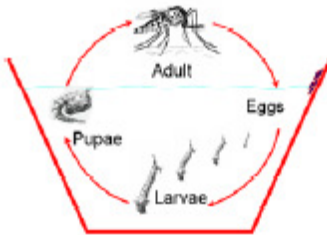
We would like to thank all our generous contributors for the lucky draw prizes.



Protect yourself from mosquito bites and dengue



Dengue is carried by the *Aedes aegypti* mosquito, which can be found in the home.



This mosquito lays its eggs on the walls of water holding containers that are found around the home. Eggs hatch when submerged in water. Within 8 days the mosquito can complete its life cycle from egg, to larvae, to pupae and to an adult flying mosquito.

To help reduce the mosquito population in your community and the risk of exposure to dengue, eliminate larvae that grow in stored water.

If you have mosquitoes in your house:

- Eliminate or control any containers where the mosquito can lay its eggs, either by emptying the water, covering them or turning them upside down.



- Keep mosquitoes outside by fixing or installing window and door screens. Do not give mosquitoes a place to breed. A small amount of water can be enough for a mosquito to lay its eggs.
- Look around every week for possible mosquito breeding places. Empty water from buckets, cans, pool covers, flower pots and other items that are not being used. Clean pet water bowls daily. Check if rain gutters are clogged. If you store water outside or have a cistern, make sure it is covered up. Encourage your neighbors to do the same.

If you have problems with the water supply in your area and you have to store water:

- Wash the interior of containers with a brush or sponge to remove mosquito eggs that might be present, before filling them with water.
- Keep containers with water tightly sealed so that mosquitoes cannot get inside and lay eggs. If you observe mosquito larvae, empty the container to eliminate any mosquito eggs.
- Look around every week for possible mosquito breeding places. Empty water from buckets, cans, pool covers, flower pots and other items that are not being used. Clean pet water bowls daily. Check if rain gutters are clogged. If you store water outside or have a cistern, make sure it is covered up. Encourage your neighbors to do the same.



Incorrect



Correct

In order to prevent the *Aedes aegypti* mosquito from laying its eggs in containers where you store water, keep it covered.

Remember that after the rain... there are more mosquitoes



Some mosquitoes lay eggs in the walls of artificial (plastic, metal, glass) containers with fresh water. Other mosquitoes prefer dirty water in trenches or brackish water in swamps to reproduce. In only one week these eggs can hatch and grow into adult mosquitoes.

Immediately after the rain, SEARCH for and ELIMINATE all WATER accumulated in containers and help your community to PREVENT DENGUE.



Dengue Breeding Sites



Ornamental structure with collected rain water.



Tyres kept out doors collect rain water.



Rain water collected in a tree hole.



Flower pot with water collection.



Barrel without lid for water storage.



Water collected under the flower pot.



Open water container.



Plates used for holding water under flower pots.



Bamboo stumps used at construction sites and for fencing collecting rain water.



Open tar drums at road construction sites.



Un-open tar drums with depressed lids collecting rain water.



Over head water storage tanks without properly fitted lids.

Dengue symptoms can include:

- Fever
- Headache
- Muscle and joint pains
- Nausea / vomiting
- Rash
- Hemorrhagic manifestations

If you have these symptoms, ask your physician to order a test for dengue.

Treatment:

- Rest, drink plenty of fluids and consult a physician.
- Avoid pain relievers that contain aspirin and non steroidal anti-inflammatory medications such as ibuprofen.
- Acetaminophen or paracetamol may be used.

If you have dengue:

- Avoid mosquito bites while you have a fever.
- Do not let mosquitoes bite you. They can infect other members of your family with dengue after biting you.
- Use mosquito barriers until the fever subsides, to prevent day-biting mosquitoes from biting a sick person, becoming infected and then biting someone else.
- Rest in a screened room or under a bed net. Use insect repellents and spray insecticide indoors if there are mosquitoes.

Beat Dengue now



WEEKLY CHECKLIST

- | | | |
|------------------------------------------|-----------------------------------|-------------------------------------------|
| ✓ Empty/cover containers that hold water | ✓ Store containers in a dry place | ✓ Throw out containers that aren't needed |
| Discard or wipe dry | ✓ pot plant bases | |
| Empty and store dry | ✓ tyres | |
| | ✓ buckets | |
| | ✓ tin cans | |
| | ✓ plastic containers | |
| Ensure lids are tightly fitted | ✓ overhead water tanks | |
| | ✓ drums & barrels | |
| Empty and discard, or store upside down | ✓ fallen palm fronds | |
| | ✓ pot plant containers | |
| | ✓ empty coconut shells | |
| Clear if blocked and flush with hose | ✓ roof gutters | |



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