



HE. Mam Bun Heng, Minister of Health Cambodia held e-Health Yoeung Card and speak at the e-Health Yoeung Launching Event at Preah Ang Duong Hospital

e-Heang Yoeung, Card and Mobile App, Launched at Preah Ang Duong Hospital

On the 22nd of June, HE Mam Bun Heng, Minister of Health Cambodia, presided the official Launching of Smart Hospital e-Health Yoeung at Preah Ang Duong Hospital in order to transform this public hospital to use more advanced technology to easily manage and connect with their patients when they go to receive the medical service.

e-Health Yoeung is a multi-function tool that can benefit both the

doctor and the patients. Patients can use both card and app to easily manage every aspect of their medical records and appointment with doctors, while the doctor can easily find the patient's medical records in the system as well as asking to view more of the patients' records at other hospitals under the permission of the patients.

In that launching event, HE. Mam Bun Heng, Minister of Health

Cambodia, said that Smart Hospital e-Health Yoeung will enable hospitals to effectively manage their patients, such as patients' medical records, and help patients to create appointments with doctors and remind them about those appointments later too.

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“Smart Hospital e-Health Yoeung Enable Hospitals to Effectively Manage Their Patients,” said Health Minister

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Dr. Lou Ly Kheang, Director of Preah Ang Duong Hospital announce in that event too that Preah Ang Duong Hospital is the first hospital in Cambodia to launch Smart Hospital e-Health Yoeung as it is not yet available in any other public or private hospitals yet. He continues that in a technology-driven society, he will try his best to make the hospitals provide a more convenience medical services to patients, using modern technology solutions.

e-Health Yoeung Mobile App enable user to manage their Medical Records, initiate an appointment with a hospital/doctor, get a notification alert about the appointment, manage their personal profile, read useful health tips every day, and receive many useful News from the Ministry of Health and other health-related institutions.



HE. Mam Bun Heng tour and observe the e-Health Card Activation for patients at the Preah Ang Duong Hospital

e-Health Yoeung Card have a 16-digit code and one QR Code that represent the patient. Patients who have this card will be able to synchronize their information, medical histories to as many hospitals as they want with this code. When going to the hospital, just passing this card,

the receptionist would be able to scan the code, and have the patient’s profile generate automatically to their system.

In that occasion, Ms. Pong Limsan, founder and CEO of “Peth Yoeung” System explain that Smart Hospital e-Health Yoeung comes with functions that could benefit

both the doctors and patients. She also points out that e-Health Yoeung was made to work connectively with Cloud Hospital Management System “Peth Yoeung”, and only the hospitals that use Peth Yoeung system can use every function of e-Health Yoeung to the fullest.

In Mid-2019, Peth Yoeung System was first launched at the Preah Ang Duong Hospital to help make every hospital’s operation digitally run and patient’s medical records safely stored in cloud. Peth Yoeung and e-Health Yoeung works together very connectively.

Besides Preah Ang Duong Hospital, Peth Yoeung is also planning to launch e-Health Yoeung in other public and private hospital/clinics in the near future too. Our vision is to make medical service the easiest and fastest solution possible for every patient across Cambodia.

Two Hospitals and Clinics Received Training to Operate Digitally



Dr. Kong Piseth Eye Hospital ‘s Reception Area

Peth Yoeung team has been working diligently for the past month in order to provide the best support to our panel hospitals and clinics, especially the two big public hospital, National Pediatric Hospital and Cambodia-China Preah Kossamak Hospital. Besides that, in June 2020, we have also been providing training sessions to two hospitals and clinics, which are Lasante Medical Center and Dr Kong Piseth Eye Clinic.

provided to the clinics in order to help speeding the process of going digital with Peth Yoeung.

Lasante Medical Center is a medical center that specialize in general health consultation and treatment, located on the Street 262, near the Independent Monument, Khan Doun Penh, Phnom Penh.

As the name would tell, Dr. Kong Piseth Eye Clinic is a clinic specialize in eye consultation and treatment.

These are some refresh trainings and support we

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Four More Private Clinics to Go Digital with Peth Yoeung

In late May and in June, there are many events happened. In the occasion, we got four new private clinics on board with us who have signed an MOU with "Peth Yoeung" to install and use Peth Yoeung Cloud-based Hospital Management System to have every operation done digitally, and every data safely stored in Cloud. Those clinics are Reiseikai Japan Clinic, Samphub Sophea Poly Clinic Olympia, Orchid Plaza Hospital and Ly Srey Vyna Clinic.

Reiseikai Japan Clinic, a Japanese-owned Clinic is now installing Peth Yoeung System. This clinic specializes in general health consultation and treatment. You can find Reiseikai Japan Clinic at house number #9GA, St. Keo Chenda, Village 3, Sangkat Chroy Changva, Khan Chroy Changva, Phnom Penh. We are very delighted to have this

clinic on board with Peth Yoeung, and hope this hospital go digital soon.

Specialized in various aspect from Pediatric, Elderly, Gynecology, ENT, and other general Health consultation and treatment, **Ly Srey Vyna Clinic Phnom Penh** is now starting to use Peth Yoeung System. You can find this clinic at the House Number #339 A/B/C, Street 163, Sangkat Toul Tompong II, Khan Chamkar Morn, Phnom Penh. We are delighted to have Ly Srey Vyna Clinic on board with us, and we are ready to provide unconditional support to them.

In the course of next month, Peth Yoeung team will start doing training and support to the doctors and nurses who work in these Clinics about Peth Yoeung System. Not long, all of these clinics will manage their operation digitally, using less paper record, saving cost and the

environment.

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Eight Foods and Drinks Pregnant Women Should Avoid

Pregnancy is a very important time for every woman, so it's important that they eat healthy. Pregnant women should take great care of their food consumption in order to make sure that the food they eat does not affect their health and their unborn baby. The following are 8 type of foods and drinks that one should avoid or cut down on during pregnancy.

1. Mercury-rich fishes include shark meat, tuna, swordfish

Mercury is an unhealthy substance that over-consumption can lead to serious effects on your nervous system, immune system and kidneys. In addition, this is can also affect the fetus growth too. However, not all fishes have Mercury substance. Fishes is actually really good for your health, especially, if you eat Omega 3-rich fishes, it can highly benefit you and your baby.

2. Raw or undercooked fish

Eating raw fish can lead to infections because raw fish can have a lot of bacteria or parasites. Some infections can only affect the mother, causing you to be

weaken; however, some infection can have serious consequences to the unborn baby.

3. Raw or undercooked meat

Similar to raw fish, poorly cooked meat can contain a lot of bacteria or parasites which can affect the fetus. Eating such meat could also increase the risk of severe neurological illness such as intellectual disability, blindness and epilepsy to the unborn baby. When eating meat, you should cook well so that it is safe for you to consume.

4. Raw eggs

Raw eggs can contain Salmonella bacteria that can be passed on to the mother, causing the mother to experience symptoms such as fever, headache, vomiting, stomachache and diarrhea. It is better for you to consume well-cooked eggs for your and the baby's safety.

5. Organ Meat

Organ meat is actually a good source of nutrients such as iron, vitamin B12, vitamin A and copper. However, the vitamin A and copper from animal source can cause

birth defects; therefore, it is advised that pregnant women should not eat organ meat more than once a week.

6. Caffeine

Caffeine is mostly found in coffee, tea, soft drinks and cocoa. Pregnant women are advised to limit their caffeine intake to less than 200 mg per day. High caffeine consumption during pregnancy can limit the fetal growth and increase the risk of low birth weight.

7. Alcohol

Pregnant women should not drink alcohol. Alcohol consumption can increase the risk of miscarriage, unhealthy fetus and even lead to the death of fetus.

8. Raw Beansprout

To grow beansprout, we need a hot and humid environment, which can be a breeding ground to many type of bacteria, many of which are difficult to clean. Therefore, pregnant women should avoid eating raw Beansprout to prevent bad bacterial infections.

Peth Yoeung Training Activities in June

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Located on the Russian Federation Boulevard, near the Royal University of Phnom Penh, Khan Toul Kok, this clinic is quite easy to find.

In each of the clinic, we have provided exclusive training for a few days, and would standby later to explain the using process in real time on location, in order to make sure that everyone is able to use our system effectively.

With the hard work of Peth Yoeung system training team and the cooperation from the staff and doctors at the hospitals, we are sure that

these hospitals will officially go digital very soon.

To the two clinics, the training session included mainly on showing the nurses, doctors and all the hospital staff on how to register patients in the system, storing medical records, and manage many other hospital operations.

From July onward, these hospitals will be fully operated with our Cloud-based Hospital Management System, and every patient will receive a faster and better quality healthcare through this digital health service.

New Digital Hospitals in June

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Samphub Sophea Poly Clinic is another new clinic that decided to use Peth Yoeung. It specialize in Maternity, and general health consultation and treatment, located at the Olympia Mall. Another Hospital, **Orchid Plaza Hospital** has also decided on using Peth Yoeung System too. This Hospital specialize mainly on Gynecology, Maternity and Pediatric. These two clinics are newly established hospitals and has not officially opened yet; however, they are going to open very soon. In the next month or so, Peth Yoeung team will start to do

some training to the doctors and nurse at the hospital, and some other preparation in order to help these clinics operate digitally as soon as open.

Peth Yoeung is a cloud-based hospital operating system that helps every level of public and private hospitals and clinics to operate digitally using new technology, so every document and patient's records are safely stored in Cloud; easy to track and find later.

Until recently, "Peth Yoeung" System is fully installed in around 140 private and public hospitals and clinics across Cambodia.

Lifestyles : Good Food for People with Anemia

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Eat these 6 Food if you have Anemia (the lack of red blood cell)

At present, there are a significant number of people who suffer from anemia. Having the illness, most patients develop symptom such as tiredness, pale, discomfort and frequently feeling sick. To be better, you should eat foods rich in iron such as:



Green Vegetable



Beans



Nuts (Cashew, sunflower seed, pumpkin seed)



Lean Meat (Beef, Pork)



Poultry's Liver



Seafood