



*Highlight : Peth Yoeung Team team at Kampong Thom Provincial Hospital to present and Demo Peth Yoeung System there in order to support to transform the hospital to operate digitally.*

## *Two More Private Clinics To Go Digital with Peth Yoeung*

For the past month, 2 new private clinics have signed an MOU with “Peth Yoeung” to install and use Peth Yoeung Cloud-based Hospital Management System so that every operation in the clinics is done digitally, and have every data safely stored in Cloud. Those clinics are Khmer Kid Pediatric Clinic, and EKIP Gastrointestinal and Liver Specialist Clinic

Khmer Kid Pediatric Clinic is a clinic that specialized in kid’s health consultation and treatment. You can find Khmer Kid Pediatric at house number 29 AE, Street 217, Phum Borey Kamkor, Sangkat Jerng Ek, Khan Dangkor Phnom Penh. This clinic is a newly established clinic, and it will be opened next month on June 1st 2020. We are very delighted to have this clinic on board with

Peth Yoeung, and hope this hospital go digital as soon as it open.

Next, during the same period, the EKIP Gastrointestinal and Liver Specialist Clinic also finally decided to use Peth Yoeung System. You can find EKIP Clinic in two different branches.

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# Four Panel Hospitals and Clinics Received Training To Operate Digitally

Peth Yoeung team have 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. In May 2020, we have been providing training sessions to around 5 hospitals and clinics.

Because the **National Pediatric Hospital** has a lot of Specialist and as many as 400 system user, it takes quite sometimes in order to make the whole hospital go digital, and now there are an on-going standby, trainings and supports provided by Peth Yoeung team to the hospital's staff, nurses and doctors in order to help them go digital as soon as possible.

Joining Peth Yoeung the previous month, staffs from two private clinics received training from Peth Yoeung train-



*Peth Yoeung Training Activity at Bio Plus Medical Clinic, Located at Diamond Island, Phnom Penh*

ing team earlier this month and those are **Sok Kheng Clinic**, located at Roka Commune, Pea Rang District, Prey Veng Province, and **Bio Plus Medical Center**, located at the Diamond Island, Sangkat Tonle Bassac, Khan Chamkarmon, Phnom Penh. In each of the clinic, we have provided exclu-

sive training for a few days, and would standby later to explain the using process in real time at the clinics.

Moreover, deciding to join Peth Yoeung late this month, **Khmer Kid Pediatric Clinic** have also received a few system training sessions about the hospital flow so that it will go

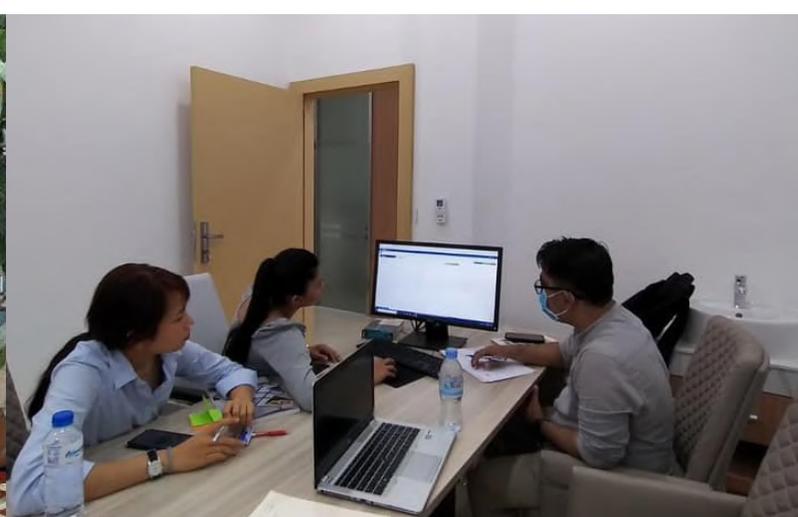
digital very soon too.

Besides training to the recent hospitals, Peth Yoeung team have also been doing a remote training to **777 Clinic**, which is located in Siem Reap Province. 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 all these hospitals and clinic, the training session included mainly on showing the nurse, doctor and all the hospital staff on how to register the patient in the system, storing medical records, and manage many other hospital operations. From now and June onward, these hospitals will be fully operated with our Cloud-based Hospital Management System, and every patient will receive a faster and better quality health-care through this digital health service.



*Sok Kheng Clinic, located in Pea Reang District, Prey Veng that Peth Yoeung team go to train this month*



*Peth Yoeung Training Activity at Bio Plus Medical Clinic, Located at Diamond Island, Phnom Penh*

## Twelves Types of Healthy Food In Summer

Summer is coming, the weather is changing, making you feel hot, right? What should you do in order to make your body cool down and adjust well with the weather? Diet is one of the solution. Let's look at these type of food that contain a lot of fluid and may help your body to cool down, best choice for summer!

### 1. Watermelon

A seasonal summer fruit, watermelon is a great choice for summer, for it contains around 91.45 % of water. During summer, when you can easily sweat and dehydrate, watermelon could be a great help, and could fulfil your body's need for water. Moreover, watermelon have good anti-oxidants that could wonderfully cool you down.

### 2. Cucumbers

Cucumber contain high amount of water that could fulfil your body's water requirement. Moreover, cucumber have a lot of fiber and other nutrients that are especially good for your body. You can eat cucumber as snack or mix with your diet, a great way to stay healthy.

### 3. Melon

Melon (simply is called Sweet Cucumber in Khmer) is more like a fruit than a vegetable. It is so great to eat in summer because of

contain high amount of sugar, have a cool down effect that could make you feel fresh on a hot summer day.

### 4. Coconut water

Coconut water is the best natural water you could find. It is not only delicious and could cool you down during hot summer day, the water loaded with vitamins, mineral and many other nutrients. Coconut water is not so expensive, and you could find at almost every fruit store in Cambodia.

### 5. Mint

Mint is a type of vegetable that is known for refreshing effect, and cooling down during hot summer day. In order to eat mint, you can put it in your soup, or put in your soda drink.

### 6. Lime water

Who could resist a cold glass of lime water during hot summer day? Lime water will not only make you feel fresh and fulfill your body's need for water, but it will give you Vitamin C that is good for your body. Make your drink with a bit of sweet and salt, it will keep you fresh all day

### 7. Onions

You might be surprise to see onion on the list. Onion too could provide you a

body cooling effect. You could eat onion by making soup with it, or add it into your salad. If you add onion into you daily diet, it will also help protecting you from heat-stroke too.

### 8. Green vegetables

Green vegetables are known to be very healthy, loaded with fiber, and useful vitamin. Expert say that, eating raw green vegetable could provide you the effect of protecting your skin from the sun light. It is also make your skin less sensitive to UV light as well.

### 9. Green Tea

Green tea is a healthy drink, and is found to have effect in fighting cancer, heart disease, and helpful in lowering cholesterol and increasing metabolism activities. If you feel like hot tea is not an ideal for you during a summer day, you could try adding lime and ice.

### 10. Oranges

During summer, you can sweat a lot. While sweating, you lose potassium with it, and the lack of potassium could put you at risk of muscle cramp. Orange is rich in Potassium and Vitamin C that could help you during sweaty day. Moreover, orange is 80% water. **(continue to page 4-)**

## “Peth Yoeung is Installed in Around 120 Public and Private Hospitals”



**មន្ទីរសម្រាកព្យាបាលកុមារ ខ្មែរយីង**  
**Khmer Kid Pediatric Clinic**  
 YOUR KIDS, WE CARE

Khmer Kid Pediatric Clinic

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One branch is located in house number 94 D & E, Street 70, Sangkat Sras Chak, Khan Daun Penh, while the other is located in in front of Mondial Center, Sangkat Phsar Doeumkor, Khan Toul Kok. We are delighted to have EKIP Clinic on board with us, and we are ready to provide unconditional support to them.

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 over 120 private and public hospitals and clinics across Cambodia.

## “Nothing Can Beat the Cold Healthy Drink on a Hot Summer Day”



Summer Drink. Picture from Unsplash

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### 11. Tomatoes

Tomato is rich in anti-oxidant and Vitamin C. Moreover, tomatoes contain a lot of water, which would be a good water supplement to your body’s water requirement.

### 12. Fruits

Fruit like Avocado, Apple, Pear, and Fig are all good for your health. They not only contain good amount of water, but with great nutrients for your body too. All of these food have great cooling effect, and you should consider adding them into your diet during summer.

Eat all these food, and you will be able to enjoy summer all day long

## Lifestyles : How to Prevent Yourself from Hypertension

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## Prevent Yourself from Hypertension



Reduce Salt intake to only 5 grams a day



No Smoking



Avoid Eating high Fat Food



Eat Fruit and Vegetable Regularly



Avoid Drinking Alcohol



Exercise Regularly