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6 New Hospitals to Start Using Peth Yoeung System in January 2020

Starting the year 2020, six new public and private hospitals in January have signed an MOU with “Peth Yoeung” to install and use Peth Yoeung Cloud-based Hospital Management System so that every operation in the hospital is done digitally and every data is safely secured.

First of all, The Cambodia-China Friendship Preah Kossamak Hospital, one of the biggest public hospital in Cambodia, signed an agreement with “Peth Yoeung” on the 13th of January, 2020 in order to transform all the operation of its 30 medical specialties into digitally operated so that it can provide a better healthcare service to every patient who go to this hospital.

Secondly, Phon Sokmeng Polyclinic which is located in Chom Chao District, Phnom Penh has finally made a priceless decision by deciding to use the cloud based Peth Yoeung System to digitalize the clinic’s operation and patient records in early January.



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Thirdly, one of the biggest clinic located in Kompong Cham Province, The Thida Maternity and Clinic have also decided to go live with “Peth Yoeung” system to make sure that all patients’ records are safely stored, and every operation and services will go digital.

Sometimes has past, and in mid-January, the 4th Hospital has decided on installing Peth Yoeung system. It is the Elite Clinic which is located in Sangkat Stung Meanchey, Khan Meanchey, Phnom Penh.

Moreover, around the same period, another hospital from Kandal Province, Sok Heng Ang Snoul Clinic, located in Angsnoul district agreed to install “Peth Yoeung” System in their clinic in order to control every operation so that it could provide better healthcare services to patients.

Almost to the end of January, another clinic called Teng Soeun Clinic decided to go live by installing Peth Yoeung Cloud-based Hospital Management

System. Clinic Teng Soeun specialized mainly on Bone Fracture, Lung Disease, and General Consultation.

Now that these hospitals and clinics are equipped with Peth Yoeung System, they will soon be fully operated digitally.

A spokesman and business operation advisor of “Peth Yoeung”, Mr. Bin Socheat said that the Cloud-based Hospital Management System “Peth Yoeung” will not only help reduce the workload of the hospital staff but will also make them work faster and more convenient, helping more patients. It will also reduce the hospital expense by limiting unnecessary printing and the use of paper.

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.



Thida Maternity Clinic (upper-right), Phon Sokmeng Polyclinic (left) and SokHeng Ang Snoul Clinic (right)

Training Activities in January to the Hospital Recently Installed “Peth Yoeung” System

In January 2020, the “Peth Yoeung” System Training team have visited 2 hospitals/clinics; National Pediatric Hospital and Sokhak Poly-clinic and Maternity, located in Takhmao, Kandal province; to train and show the hospital staff about how to use our “Peth Yoeung” system.

The training included mainly on showing the users on how to register the patient in the system, storing data, and many other hospital operations. From February onward, these two 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.



Training activities by Peth Yoeung team to the Doctors and Nurse at the National Pediatric Hospital

*11 Activities You Should Do to Keep Your **Heart** Healthy*

The risk of heart disease among people are on a rise from one year to another. Do you want to have a healthy heart? The following are some tips to keep your heart in good check.

1. Reduce Salt Consumption

To help lower the risk of high blood pressure, you should be very careful about consuming salt. The WHO recommends we should reduce salt intake to 5 grams a day.

2. Drink More Water

To avoid dehydration, you should drink a lot of water every day. You should always carry a bottle of water with you wherever you go.

3. Do Exercise Regularly

Everyone knows that exercise is very important for one's health; therefore, you should find some time to jog or exercise for at least 15 to 30 minutes per day. Moreover, you should use the stair instead of using the elevator, walk

or ride a bicycle to work, and do more housework.

4. Eat Healthy Food

You should always eat nutritious food for your body including food that has a lot of fiber like vegetables and fruit, Chocolate, Fishes with high Omega 3, nuts

5. Don't Smoke, and Stay Away from an Air Polluted Area.

Many studies have found that people who smoke or inhale a lot of smoke have around 20% to 30% risk of having heart disease.

6. Reduce the Amount of Alcohol Consumption

Drinking alcohol is not good for health. Among all types of alcohol, studies found that Red Wine is actually good for the heart; however, try limiting your consumption to half or 1 glass of red wine .

7. Control Cholesterol and Fat

Eating the food that is high in fat, can be the reason for the risk of heart disease. Control your fat intake to about only 7% of your daily diet.

8. Maintain your Healthy Weight

Being overweight puts you at risk for diseases such as heart disease, diabetes, and stroke. Therefore, controlling your body from getting fat or overweight is very important.

9. Always make Yourself Happy

Studies have shown that stress, anxiety, and anger can increase the risk of heart disease and stroke. Therefore, you should maintain a positive outlook on your life so that you could have better health.

10. Drink Tea

Studies show that drinking one to three cups of tea a day can help reduce the risk of heart problems. Drinking tea reduces the incidence of chest pain and heart attack.

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11. Always clean your teeth
Dental hygiene not only make your teeth healthier and whiter, but some research has shown that bacteria that cause gum disease can also increase the risk of heart disease because those bacteria will enter the blood-stream, causing the increase in C-reactive protein, which is a sign of inflammation in the blood vessels. Therefore, you should brush and floss your teeth regularly.

Quote of the Months

“ When I first started my business, I wrote and store information on papers. It was so hard because when there is a lot of paper, we had a hard time finding the document we want, and it’s hard to remember as well.

I decide to use the system (Peth Yoeung System) because I saw that the program in the system could be a lot of help to my clinic especially the system could safely keep medical records and even personal information of my patients. Not only store but make it much easier to find later too. If we want to find, say the patient’s medical records, I just need to type in the patient’s name or phone number, I will find it., “ said

Dr. THAY Mengkry



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How to Take Care of Your Eyes




HOW TO TAKE CARE OF YOUR EYES



EAT HEALTHY FOOD

You should always include vegetables and fruits in your daily diet, especially those that has the color of Green, Yellow and Orange, given that they are rich in Vitamin A. Fishes that is rich in Omega 3 is also important for your eyes.



GIVE YOUR EYES A REST

When spending a long time in front of computer, you should Give your Eye a Rest by doing a 20-20-20 rule. Every 20 minute, you should rest your eye by looking away from the computer to an empty space for 20 feet (6 meters) ahead of you for at least 20 seconds each time.



WEAR SUNGLASSES

When you’re outside, you should always wear sunglasses in order to protect your eyes from getting a direct exposure to the UVA and UVB. Doing this could also prevent you from an age-related eyes problems.



WEAR A PROTECTIVE EYES WEAR

In order to prevent you from having eyes injuries, you should wear protective eye wear whenever you play sport, repair your house, work in construction field...



MAINTAIN A HEALTHY BODY

Chances are, if you have disease such as diabetes, overweight or high blood pressure, the risk of suffering from eye disease will also increase as well. Therefore you should live a healthy live to keep your eyes healthy.

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