

Cardiologist urges early screening as heart disease rises

Synopsis: Singaporean specialist Dr Tan Sian-Tsung recommends lifestyle changes and preventative tests starting in the 30s to combat climbing cardiac threats.

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Singaporean cardiologist Dr Tan Sian-Tsung during an interview on Saturday. Khmer Times

People in Southeast Asia should begin regular health screenings from their 30s and adopt healthier lifestyles as cardiovascular disease continues to rise across developing countries in the region, Singaporean cardiologist Dr Tan Sian-Tsung has recommended.

Speaking during an interview in Phnom Penh on Saturday, Dr Tan said governments should strengthen public awareness and screening programmes while addressing major cardiovascular risk factors, including

smoking, high cholesterol, diabetes and obesity. He attended the 2nd Therapeutic Fusion Forum and Cardio Metabolic Forum, participating in a panel discussion on cardiovascular and cardiometabolic health.

Dr Tan noted that cardiovascular disease has not yet peaked in most developing nations in Southeast Asia, unlike in developed countries where rates have remained relatively stable over the past two decades. Increasing affluence and development are contributing to rising obesity and diabetes rates, while many individuals remain unaware that they have hypertension or diabetes or are failing

to receive treatment.

"Patient education and government initiatives would be the main thing," he said.

He urged authorities to take the lead in raising public awareness, particularly within rural communities, and recommended screening for metabolic risk factors starting around the age of 30. He also called for stronger measures to discourage smoking, such as restricting cigarette access and increasing costs.

In treatment, Dr Tan highlighted advances in stent technology, artery imaging and cholesterol-lowering medicines. He pointed to the

DynamX Bioadaptor stent, a newer device designed to allow arteries to regain natural pulsatility after unlocking approximately six months post-implantation. While particularly promising for younger patients, it costs about twice as much as a conventional stent.

Artificial intelligence-backed imaging technologies now help doctors assess arteries and ensure stents are correctly positioned and expanded.

Newer cholesterol-lowering medicines can reduce LDL cholesterol to very low levels safely and effectively, with some administered via injection every two weeks or every six months.

"These are not available yet in Cambodia," Dr Tan said, adding they could arrive in the country within the coming year. He urged people not to overlook heart disease symptoms, particularly those occurring during physical exertion. While chest tightness is a typical warning sign, patients with diabetes may experience only breathlessness.

Women can present with less typical indicators, such as throat tightness, arm discomfort or back pain. Because heart-related symptoms can mimic gastritis or acid reflux, clinical assessment remains essential.

"You can't be sure just by the symptoms alone," he said.

Although smartwatches can monitor heart rate, heart-rate variability and oxygen saturation, and sometimes record a single-lead heart tracing, Dr Tan cautioned against relying on wearable devices to diagnose serious cardiovascular conditions. Blood pressure measurements taken via wearables remain less accurate than conventional medical equipment.

For adults over 30 or 40, he recommended regular medical check-ups, metabolic screening and blood pressure monitoring.

"Live life in moderation is my number one tip," Dr Tan said, encouraging people to seek medical advice for concerning symptoms and undergo routine screening even when feeling healthy. ■

The Kingdom of Cambodia
Nation Religion King

Invitation for Bids (IFB)

Date: 24 August 2026
Ref. IFB No.: PMO-BIDFMP-ICB-CW01
Name of Project: Construction of Barvel Irrigation Development and Flood Mitigation Project (BIDFMP)
Loan Agreement No.: EDCF Loan No. KHM-35
Contract Title: The Construction of Barvel Irrigation Development and Flood Mitigation Project in Battambang Province, Cambodia.
Contract No.: PMO-BIDFMP-ICB001

- The Government of the Kingdom of Cambodia (hereinafter referred to as the "Borrower") has received a Loan from the Export-Import Bank of Korea (hereinafter referred to as the "Bank") from the resources of the Economic Development Cooperation Fund (hereinafter referred to as "EDCF") of the Republic of Korea in the amount of USD 98,655,000 (Ninety-Eight Million Six Hundred Fifty-Five Thousand US Dollars) toward the cost of the Barvel Irrigation Development and Flood Mitigation Project (BIDFMP) in Battambang Province (hereinafter referred to as the "Project") and intends to apply a portion of the proceeds of this loan to payments under the contract for which this Invitation for Bids (IFB) is issued.
- The Project Executing Agency (PEA), the Ministry of Water Resources and Meteorology (MOWRAM), now invites sealed bids from eligible bidders to construct the Barvel Irrigation Development and Flood Mitigation. The construction period is thirty-six (36) months.
- Bidding will be conducted through Competitive Bidding (CB) among Korean Companies procedures specified in the Guidelines for Procurement under the EDCF Loan and is open to all the eligible bidders that also meet the following minimum qualification criteria:
 1. The Bidder shall have at least two (2) contracts of construction experience within the last fifteen (15) years prior to the deadline of bid submission, meeting the following requirements:
 2. The Bidder shall, within the last fifteen (15) years prior to the deadline of bid submission, have completed at least two (2) contracts of construction experience in either flood mitigation projects or agricultural/irrigation projects based on agricultural civil engineering with a value of contract at least US\$ 12,000,000 for water gates or weirs with the control discharge of at least 300 cubic meters per second (300 m³/s) for a design flood and a value of contract at least US\$ 24,000,000 for canals/rivers with the minimum length of 16.0 kilometres or a design flood of at least 60 cubic meters per second (60 m³/s).
 3. The Bidder shall have the minimum average annual construction turnover US\$ 45,000,000 calculated as total certified payments received for contracts in progress or completed, within the last 3 years prior to the bid closing date.
 4. The nationality of all eligible bidders shall be the Republic of Korea.
 - Interested eligible Bidders may obtain further information from the Ministry of Water Resources and Meteorology (MOWRAM) by request the authorize letter for the information via the email address stated in Item 8 from the next day after this issuance to 17:00 Hrs. on 07 September 2026, Cambodia local time (two weeks from the issue date).
- A complete set of bidding documents may be sent to any interested Bidders on the submission of a written application to the designated email addresses to address below or at MOWRAM's address below and upon payment of a non-refundable fee of US\$300 with transfer to account Bank or will be by cash:

Bank Name: National Bank of Cambodia.	Account Address: N364, Preah Monivong Blvd, Sangkat Preah Daxan Thkov,
Bank Address: 22-24 Norodom Blvd, Phnom Penh, Cambodia	Khan Chamkar Mon, Phnom Penh
Account Name: MWRMBARVEL Irrig Dev-Flood Mitig	Account No.: 000-000-018-813 and CIF No.: 0000025

 Up to receiving the payment, the documents will be sent to the representative email addresses of the bidders or directly to designated representative bidders.
- Bids must be delivered to the address stated in Item 8 below on or before 14:00 Hrs (local time) on 23 October 2026 (60 days from the date of IFB). All bids must be accompanied by a bid security of US\$ 1,600,000 (one million six hundred thousand United States Dollars) guaranteed from the eligible bank. Late bids shall be rejected. Bids will be opened at Roundtable Meeting Room, MOWRAM, on the same day in the presence of the Bidder's representatives who choose to attend at the address below or Bids will be opened through, video conference at 14:30 Hrs (local time) on the same day. The presence of the Bidder's representatives can be an option for opening bids.
- Technical bids will be opened as stated in ITB 25.1 after the deadline for bid submission in the presence of bidders' representatives who choose to attend. The Financial Bids shall remain sealed and will be held in custody by the Employer. The Financial Bids of only Technically Responsive and Qualified Bidders shall be opened after the technical bids' evaluation, whereas the financial bids of those bidders whose technical bids are not responsive and qualified shall be returned unopened after the contract is awarded. All bids must be submitted in sealed envelopes in accordance with the instructions provided in the bidding documents. Any bid that is submitted late or not properly sealed shall be rejected and not be evaluated.
- The Ministry of Water Resources and Meteorology (MOWRAM) will not be responsible for any costs or expenses incurred by Bidders in connection with the preparation or delivery of Bids.

The address referred to above is:
Ministry of Water Resources and Meteorology (MOWRAM)

H.E. Poth Sachak, Secretary of State #364 Monivong Blvd, Phnom Penh, Cambodia Tel.: +855-12-908-751 E-mail: sachakp@mol.gov.kh	H.E. Huang Sunfuan, Project Manager #364 Monivong Blvd, Phnom Penh, Cambodia Tel.: +855-12-609-437 E-mail: huang_sunfuan@yahoo.com	Mr. Song Chhenboak, Procurement Officer #364 Monivong Blvd, Phnom Penh, Cambodia Tel.: +855-92-661-345 E-mail: chhenboak@gmail.com
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9. Bidders (including each partner and representative in the case of a joint venture or association) shall submit the original signed form of the "Declaration of Participation in Economic Development Cooperation Fund (EDCF) Financed Projects", together with the certificate of corporate seal registration in Korean and the certificate of business registration in English, to the Bank (at the address specified in the Bid Data Sheet) by mail or in person, at or before the deadline for submission of bids. In addition, Bidders shall include a copy of the signed form in the Bid according to the ITB 11. Failure either to submit the original signed form to the Bank or to include a copy of the signed form in the Bid shall result in the Bid being declared non-responsive.

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Cambodia to host global parliamentary summit

Synopsis: Lawmakers meet to advance global peace and legislative diplomacy.

Khmer Times Team

CAMBODIA will host the 2nd Inter-Parliamentary Speakers' Conference (ISC-2) from August 26 to 28 at the General Department of Taxation Convention Centre.

The event brings together parliamentary leaders, international delegates, and global institutional representatives to promote peace, international law, and shared prosperity.

Hosted by the Senate and National Assembly under the theme "Solidarity for Peace and Shared Prosperity: Strengthening International Law and Resolving Conflicts Peacefully," the conference highlights legislative diplomacy and multilateral cooperation.

King Norodom Sihamoni will deliver a royal message during the opening ceremony. Key addresses will be given by Senate President Hun Sen, Founding President of the Inter-Parliamentary Speakers' Conference Syed Yousaf Raza Gillani, Prime Minister Hun Manet, and the



Senate First Vice-President Ouch Borith holds a meeting to review preparations for the 2nd Inter-Parliamentary Speakers' Conference in Phnom Penh on Tuesday. National Assembly

ISC secretary general.

Delegates will participate in plenary sessions and general debates co-chaired by Senate First Vice-President Ouch Borith and Gillani, focusing on pressing global challenges. Deputy Prime Minister and Foreign Affairs and International Cooperation Minister Prak

Sokhonn is also scheduled to deliver a special address.

Attendees will receive a royal audience with King Sihamoni, pay courtesy calls on top national leaders, and tour cultural exhibitions and sites in Phnom Penh. National Assembly President Khoun Sudary will deliver the closing remarks. ■