

# **HEART OF THE MATTER**

Dealing with Cardiac Deaths

*Sazzli Shahlan Kasim*

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This book is dedicated to all those who have lost a loved one, and those who fear succumbing to a similar fate. I hope that this book will empower them to make better choices.

I would like to thank my wife, Masliyana, and my children, Jood, Noah, Issa, Aly and Sophie, for constantly reminding me to cherish every breathing moment. To my parents, you have raised me to appreciate and help others irrespectively.

To my cardiology team, past and present, you guys are the best. You keep me grounded with the sky being the limit. Keep up the good, selfless work. To my colleagues, seeing your determined faces motivates me to do even more!

To my patients, take each day one step at a time, knowing you are making a difference to yourself and others.

To those who have lost their loved ones to sudden cardiac death and are looking for answers, this book is for you.

It may help you grieve as you understand why things happened.  
It may reconcile matters among families and friends.

It may help give you ideas of how to reduce your own risk and lead a healthier, happier, and long life.

Come and join me and others who are now better equipped with knowledge of cardiac diseases, and together, we may just be able to make a major difference to another person's life.

Do enjoy this book as I take you through my journey as a heart specialist.

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**Prof. Dr. Sazzli Shahlan Kasim** is the Director of Hospital Al Sultan Abdullah, Universiti Teknologi MARA. As a certified trainer in Cardiology registered with the National Specialist Register (NSR), he is renowned for his expertise and leadership in the medical field. He leads the construction and operation of Universiti Teknologi MARA's teaching hospital in Puncak Alam, Selangor, and assumes the responsibility of overseeing its operations, ensuring the provision of high-quality care to patients.

With a fervent commitment to improving cardiovascular healthcare, and a strong background and specialization in Internal Medicine and Cardiology, Prof. Dr. Sazzli actively engages in educating and training the medical community. Through numerous researches, high-impact publications, lectures and seminars, he raises awareness about cardiovascular conditions and other related diseases among both the general public and healthcare professionals. His current work includes the use of artificial intelligence in improving event predictions for the population.

