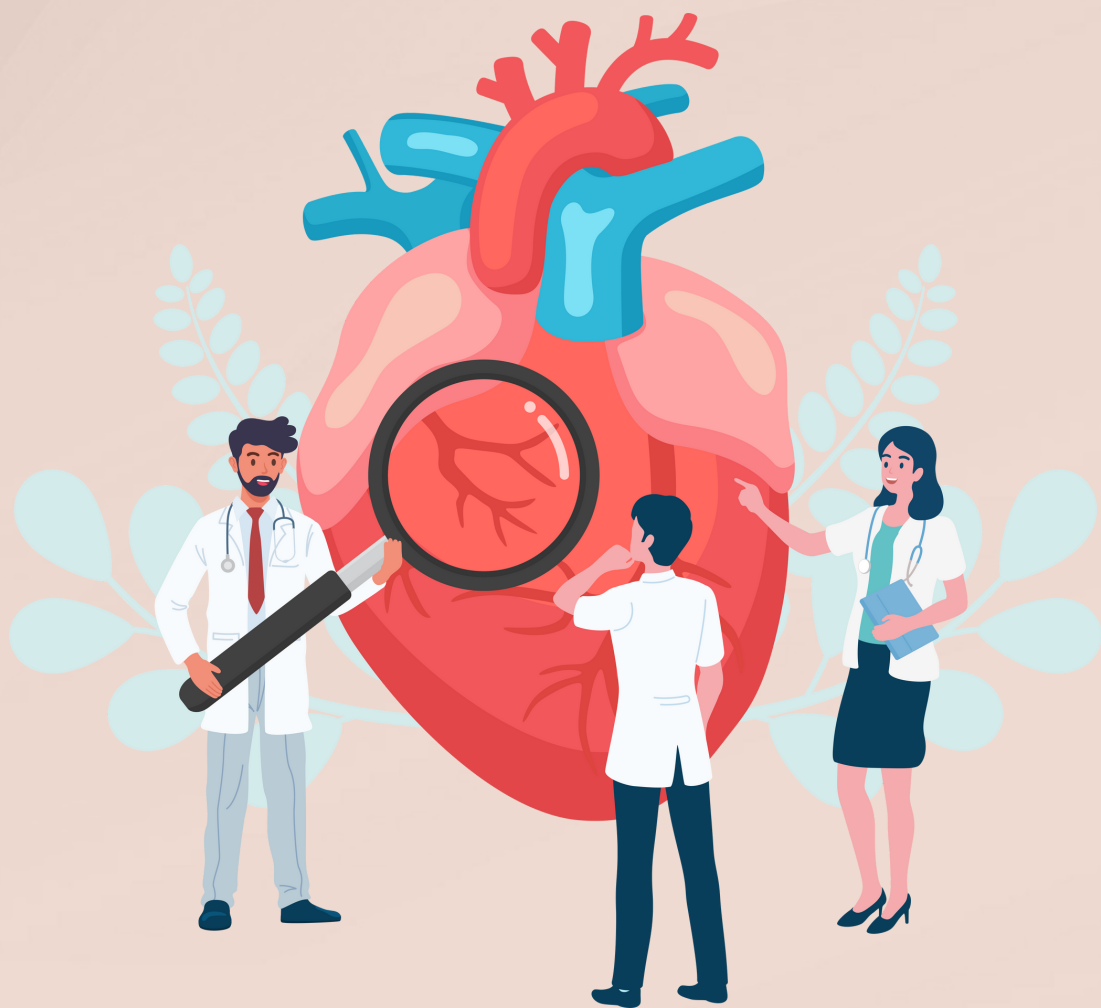




Week 3

Heart Diseases



Weekly Health Tips
We Are One (WAO)






Dear Colleagues

Welcome to Week 3 of our Weekly Health Tips series! This week, we're focusing on heart diseases.

We'll delve into the intricacies of heart health, providing valuable insights, and practical tips to help you safeguard your cardiovascular wellness.

Join us as we embark on a journey to understand and prevent heart disease, empowering you to take proactive steps towards a healthier heart and a happier life.





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Heart Diseases

What is it?

Heart disease refers to a range of conditions that affect the heart's structure and function. It includes various conditions such as coronary artery disease (CAD), heart failure, arrhythmias, heart valve disorders, and congenital heart defects. Heart disease is a leading cause of morbidity and mortality worldwide.

Who can be diagnosed with it?

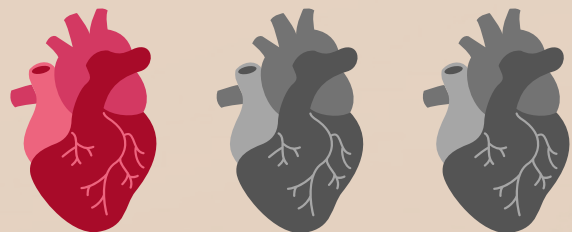
Heart disease can affect individuals of all ages, genders, and ethnicities. While some forms of heart disease are more prevalent in certain demographics (e.g., CAD is more common in older adults), anyone can develop heart disease due to a combination of genetic, environmental, and lifestyle factors.

Why is prevention important?

Preventing heart disease is vital for reducing the risk of heart attacks, strokes, heart failure, and other cardiovascular complications. By adopting heart-healthy habits and managing risk factors, individuals can lower their likelihood of developing heart disease and improve overall quality of life.

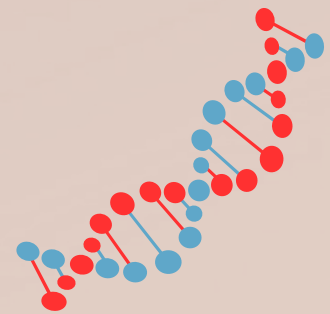
Did you know?

According to [Singapore Heart Foundation](#), heart disease and stroke claim 23 lives daily in Singapore, constituting nearly one-third (31.4%) of all deaths in 2022.



What Causes Heart Diseases?

Heart disease can be caused by a combination of factors, including:



Unhealthy Lifestyle Habits

- Poor diet
- Lack of exercise
- Smoking
- Excessive alcohol consumption
- Stress

Medical Conditions

- Hypertension
- High cholesterol
- Diabetes
- Obesity
- Chronic kidney disease

Genetic Factors

- Family history of heart disease
- Genetic predisposition to certain heart conditions



Signs of Heart Diseases

Common signs and symptoms of heart disease may include:



Chest pain or discomfort



Shortness of breath



Fatigue



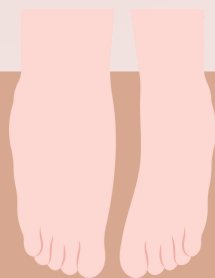
Dizziness



Light-headedness



Palpitations



Swelling in the legs, ankle, or abdomen



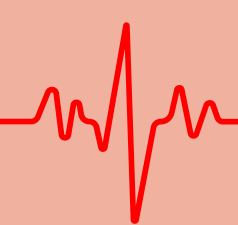
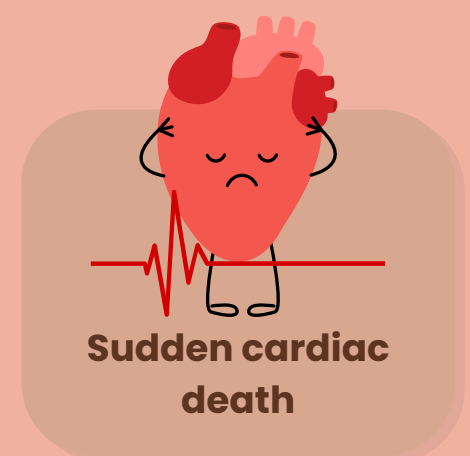
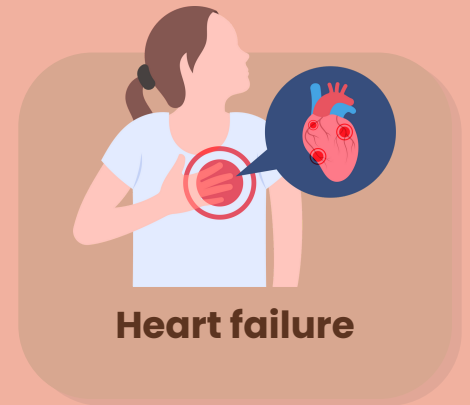
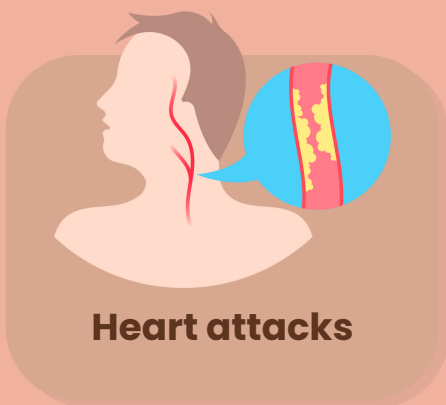
Irregular heartbeat



How Does Heart Diseases Affect Us?

Heart disease can have significant effects on physical health, quality of life, and overall well-being. These conditions can result in disability, reduced life expectancy, and significant healthcare costs.

Complications of heart disease may include:



Tips on Preventing Heart Diseases



Regular exercise

Aim for at least 150 minutes of moderate intensity exercise or 75 minutes of vigorous exercise per week



Have a balanced diet

Follow a balanced diet. Limit intake of saturated fats, trans fats, cholesterol, sodium, and added sugars.



Follow medication recommendations

Manage underlying medical conditions through medication and lifestyle modifications



Quit smoking

Quit smoking and avoid exposure to second-hand smoke



Manage Stress

Practice stress management techniques to reduce stress levels and promote overall well-being



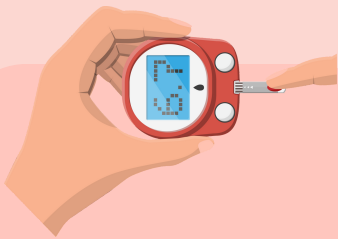
Maintain a healthy weight

Maintain a healthy weight through balancing caloric intake with physical activity



Heart Diseases Test Tool

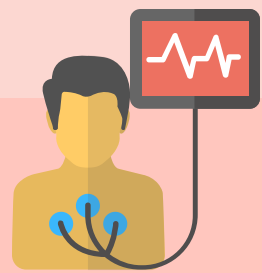
Utilize online resources or consult with a healthcare professional for heart disease risk assessments, screening tests, and diagnostic evaluations. Tests may include:



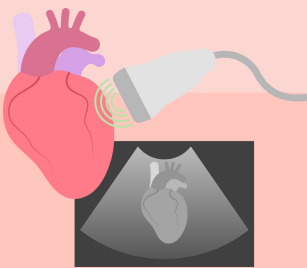
Cholesterol screening



Blood pressure test



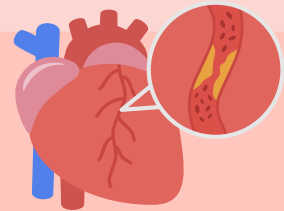
Electrocardiogram (ECG)



Echocardiogram




Stress test



Coronary angiography

The problem with heart disease is that the first symptom is often fatal."




Testimonial: Heart Attack Survivor

Mr Tan Boen Hian, 73, a heart attack survivor, shared with heartline how lifestyle disorders had brought about his hypertension and heart conditions, and how he is coping with a “new norm”. Read more [here](#).



What was your lifestyle before your heart attack?

I led a rather active lifestyle – I liked to jog and cycle. But I loved eating too: siu yoke (roasted pork belly) at least twice a month and instant noodles twice a week to try out different flavours. And every day after dinner, I would have a scoop of ice cream.



When did your heart attack occur?

For about two years before my heart attack, I often felt cramps in my arms when I cycled. As they would usually go away after a short rest, I thought it was just due to my bad posture and I ignored it.

One night after dinner, I had the same cramp in my arms but this time it did not go away. I measured my BP, and it was very high at about 250 (over 90).

My family sent me to the hospital, where I was diagnosed with a heart attack. Doctors managed to insert one stent to the almost 100% blocked artery and later performed open-heart surgery on the other two arteries.



Testimonial: Heart Attack Survivor

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What lifestyle changes have you made since then?

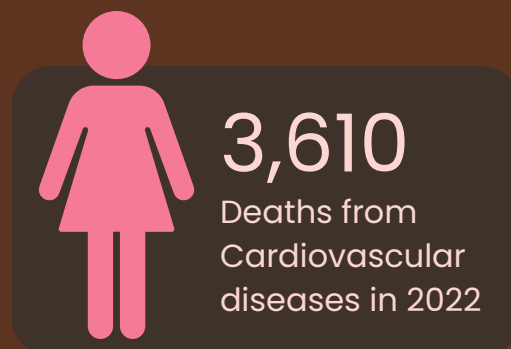
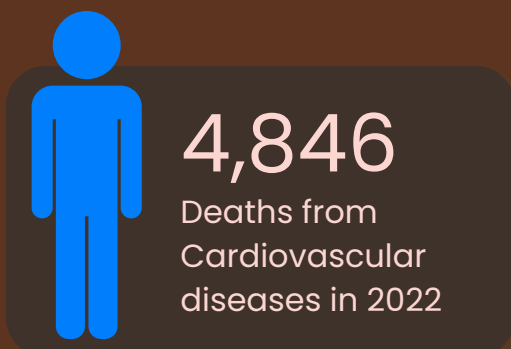
My present diet is free of grease, no trans-fat and sugar reduced. I also joined the Singapore Heart Foundation Heart Wellness Centre to continue with my physical exercises.



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What is one piece of advice you would give to anyone?

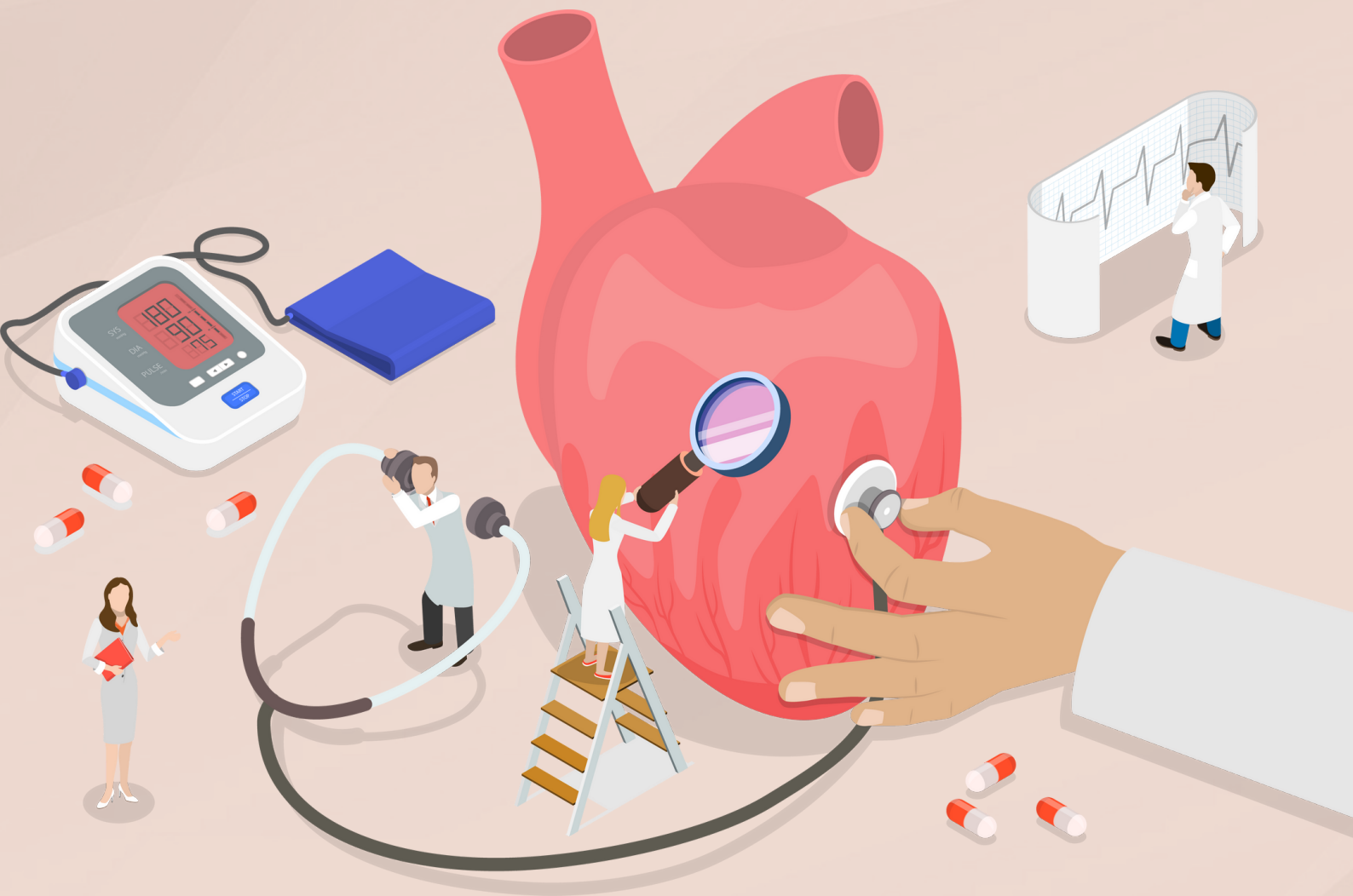
Adopting a healthy lifestyle must start young because hypertension is long-term, and there is no cure. I want to caution ladies that heart disease is one of the top killers of women in Singapore. So, stay active, have a heart-healthy diet, go for health screenings and be attentive to the signs and symptoms of heart disease.



Source: [Singapore Heart Foundation](#)



Thank you!



Have you learnt something new?