

YOUR HEART MATTERS

Heart Disease Facts in Singapore



Cardiovascular disease accounted for **30%** of all deaths in 2017. This means, nearly 1 out of 3 deaths in Singapore, is due to heart diseases

2,695
women died



3,585
men died



Symptoms of Heart Attack



Risk Factors

-  Chest pain or discomfort
-  Giddiness and nausea
-  Shortness of breath
-  Palpitations
-  Sweating

- High blood pressure
- High blood cholesterol
- Diabetes Mellitus
- Overweight/obesity
- Smoking
- Lack of exercise
- Old age
- Male gender
- Family history of heart disease

Prevention



Regular Screening

Keep your blood pressure, cholesterol and sugar level in check to detect early signs of heart disease.



Maintain a healthy weight

Being obese increases the risk for high cholesterol, blood pressure and diabetes.



Stay Active

Exercise regularly which helps to keep weight, cholesterol, and blood pressure at healthy levels.



Quit Smoking

Chemicals in tobacco can damage the function of the heart.



Manage your stress

Stress can cause high cholesterol, high blood pressure and a weakened immune system.



Healthy food choices

Avoid unhealthy food. Eat foods rich in nutrients, healthy fats, and fiber.

