One World, One Home, One Heart.
Dear Readers,

In 1971, the world famous heart transplant surgeon Christian Barnard in “Heart Attack: You Don’t Have To Die” shared his views on statistics and patient care. He wrote - “All of us (doctors) must listen to what the statisticians tell us and help them to collect their data”. But in the same paragraph he wrote - “The doctor has both a responsibility to keep informed about contemporary research developments in the field of coronary heart disease and a responsibility to treat each patient as an individual”.

Today, this philosophy is upheld by many doctors, but also by the Singapore Heart Foundation. Our mission of educating the general public on cardiovascular disease must always be based on solid up-to-date research. However, when fazed with a question from a member of the public, approach this member as a unique individual, not a statistical number.

That is why the recent column in The Straits Times (6 August 2011) by Andy Ho interested me greatly. Mr Ho highlighted the scrutiny under which the media must be placed. Big headlines “It’s time to end the war on salt” will do us no good, particularly when based on misinterpretation of science.

The recent issue of Consumer Report September 2011, has a better approach. It brings to life in layman terms the research published in Circulation (29 July 2008) - “Many people fail to take the proven steps to prevent heart attack and strokes”. It goes on to publish the dramatic numbers on the impact of these simple measures on the American population; Lower your blood pressure to a systolic below 140 and a diastolic below 90 to save 6.2 million heart attacks and 7 million strokes over the next 30 years. Or, improve your cholesterol levels to < 160 for LDL (bad) cholesterol for people at low risk to save 9.6 million heart attacks and 3 million strokes over the same period. The article also provides a short and sweet description of heart attack warning signs and heart tests you need (and those you don’t need). This common sense approach creates a knowledgeable and well informed population, who will be able to have a conversation with their doctor on their individual needs.

We all have the obligation to educate ourselves. We have to be discriminatory in what we are reading on the internet or mass media. We cannot take whatever the media headlines for the truth just like that, but critically evaluate the message. Is this a reputable scientific publication with expertise in the field? Are the articles peer reviewed? What are the researcher’s credentials? Is this original research? How recent was the research conducted? Was scientific rigour applied to the numbers?

With our National Heart Week/World Heart Day activities in the month of September, every Singaporean is given the opportunity to gain knowledge on heart disease. Come with your questions and your family, and join in on the various educational sessions, customised for varying age groups and interests.

An informed person tends to stay healthier or cope better when illness strikes. Dr Barnard noticed this too when he wrote - "It is quite simply that patients must be kept informed. In dealing with the sick and frightened people, I have found time and again that a few minutes spent at the bedside in quiet explanation will often do more to set a man’s mind at ease, than any tranquilizer that the pharmaceutical industry can produce - and in far healthier ways.”.

So do not be afraid, but be informed!

Patrick Deroose
Cigarette Smoking and Heart Disease

Article contributed by Dr. Raymond Wong

Epidemiology and trends
Cigarette smoking is the single most preventable cause of cardiovascular disease in the world. Fortunately, according to the Ministry of Health (MOH) Singapore, Singapore’s smoking prevalence is among the lowest in the world, with a prevalence of below 14% (about 360,000 Singaporeans) in January 2010.

Men are 6 times more likely to smoke than women. Male smoking prevalence exceeds 20% for all age groups from 18 to 69. Among the different ethnic groups, Malay men aged 30 – 39 years have the highest smoking prevalence of 49%, as compared to 19% for Chinese and 12% for Indians. More than half of women smokers are below 29 years old and their smoking rate has risen sharply from 5% in 1998 to 9% in 2007.

Source: www.moh.gov.sg January 2010

Cigarette smoking is commonly associated with breathing problems and lung cancer, but it is also a major cause of heart and blood vessel illnesses. According to the American Heart Association, cigarette smoking is the most significant preventable cause of premature death in the United States; about a fifth of all heart deaths in the U.S. are directly related to cigarette smoking.

How do cigarettes cause cardiovascular illness?
Approximately 4,000 chemicals inside a cigarette have the ability to harm the body systems. Nicotine, for instance, speeds up the heart rate, raises blood pressure, and constricts the arteries throughout the body. Carbon monoxide affects blood oxygen supply and increases blood clotting.

Smoking contributes directly to atherosclerosis, a process of building up of fatty material in the arteries. These deposits of fatty plaques can narrow the passageway or lumen of the coronary arteries, thereby depriving the heart muscles of oxygen-rich blood supply. This is especially critical during physical activity.
Undue strain on the heart may result in chest discomfort (or angina pectoris) and other symptoms. When one or more of the coronary arteries are totally occluded, a heart attack (injury and damage to the heart muscle) may result. The risk of heart attack increases with the number and duration of cigarettes smoked, and there is no safe amount of smoking.

Elsewhere in the peripheral blood vessels of the arms, legs and neck, similar problems occur as in the heart. This manifests as painful cramping of the leg muscles when walking (claudication), or even stroke.

The other detrimental effects of cigarette smoking include: lower HDL (good) cholesterol, higher LDL (bad) cholesterol and triglyceride, injury to cells lining coronary arteries and other blood vessels. Diseases related to smoking are lung and throat cancers, long-term lung problems such as chronic bronchitis and emphysema, diabetes and other forms of clotting conditions.

**Quitting cigarette smoking**

Quitting cigarette smoking not only confers benefits by reducing the risk on heart, brain and blood vessel systems, it also promotes self-esteem, improves one’s facial complexion and tastes. According to the American Heart Association, those who stop smoking in their late thirties add roughly 6-9 years to their lifespan. After one year, heart disease risks drop to half that of a current smoker. In Singapore, where a pack of cigarette typically costs at least $10, quitting smoking translates to massive cost savings.

The National Tobacco Control Programme (NTCP) in Singapore was set up in 1986. It aims to reduce smoking prevalence (see [www.hpb.gov.sg/ntcp.aspx](http://www.hpb.gov.sg/ntcp.aspx)). Measures such as high tobacco taxation, frequent review and timely update of cigarette control legislation, limiting smoking in public places, providing easy access to smoking cessation clinics, and active public education targeting at youth and young working adults, contribute to lowered rates of smoking habit.

Smoking cessation services are also offered by the Singapore Heart Foundation, and it is advised that all who are determined to quit smoking seek professional help to ensure success.
As part of our cardiovascular disease preventive efforts, the SHF–Isetan Foundation Heart Wellness Centre (HWC) offers free smoking cessation services to students who have been referred by the Health Sciences Authority (HSA) for compulsory counselling. In May 2009 however, the new ruling by HSA does not make smoking cessation counselling mandatory anymore.

Despite the waning demand, SHF still continues our efforts in providing assistance for those who need to quit smoking. Since January 2011, HWC has started providing Smoking Prevention Talks to reach out to youths who are still in school; targeting the Upper Primary and Lower Secondary levels. Post-talk evaluation showed that the students found the talks informative as it increased their awareness on the harmful effects of smoking. They were also confident of declining cigarettes and knew where to seek help if needed.

Other outreach efforts to the community include our partnership and participation in the recent Health & Fitness event at Bishan Junction 8, and the I Quit movement at Toa Payoh HDB Hub. Apart from providing smoking cessation messages through printed collaterals, we also attracted members of the public to our booth by providing smokerlyzer tests. The smokerlyzer test keeps smokers informed about their carbon dioxide level, with the intention of reducing cigarette intake.

For the first time, SHF also used APRIL - an age progression software that shows how one’s physical appearance will change with smoking. After a photo is taken, the software will convert the photo and print out one’s current appearance, alongside with one’s future appearance if he/she smokes. APRIL aims to highlight the physical effects that smoking has on a person, and especially targets those who are image-conscious.

Our volunteer cessation counsellor who was present at the event, also provided advice and counselling to those who were keen to quit smoking.
Zespri World Heart Day
Charity Picnic
Pack your breakfast and come join us!

17 September 2011, 9-11AM
Shaw Foundation Symphony Stage
Singapore Botanic Gardens

Hosted by
Mediacorp Love 97.2FM
DJ Violet Penyeng • DJ Wallace

And more happening events!
Performances by Mediacorp Artistes, Gurmit Singh and Auntie Lucy
Games • Learn CPR • Blood Pressure Checks

Also...
In conjunction with Kings Festival 2011,
Singapore Botanic Gardens will be offering
hourly guided tours on the same day.
For more information, visit www.heart.org.sg
Free lychee fruit for the first 500

*Kindly email jcomnes@heart.org.sg with your full name, IC and mobile number.

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*Based on Nielsen MarketTrack, value and volume sales in Singapore total grocery for Soya category (April 2010 - March 2011) (Copyright © 2010, The Nielsen Company)
Health Bites

In this edition, we highlight the effects of certain foods on our cardiovascular health and share with you the Number one killer in many developing nations.

Omega-3 fatty acids is good for the heart

A study by Musa-Veloso et al (2011) has discovered that daily consumption of more than 250mg of omega-3 fatty acids was associated with a 35.1% reduction in the risk of sudden cardiac death, and nearly 16.6% reduction in the risk of non-fatal coronary events.

Several other meta-analysis of other studies also suggest that additional reduction in risks of death from coronary heart disease, can be achieved if intake of these fatty acids is increased. However, more studies will need to be done to see if this applies to the general population.

Omega-3 fatty acids may be found in foods such as salmon, canned tuna, walnut and sesame seed.

Cruciferous vegetables linked to lower cardiovascular disease risk

Now there are more reasons to eat your vegetables! A study in Shanghai has discovered that high intake of vegetables - in particular cruciferous vegetables and fruits, were associated with a reduced risk of death from cardiovascular disease. Some examples of cruciferous vegetables include broccoli, cauliflower, bok choy and watercress. This study is significant as it features Chinese or Asian participants, as compared to other similar studies which usually feature Caucasians.

Stroke beats heart disease as Number one killer in many developing nations

In many developing nations, stroke has overtaken heart disease as the Number one killer. A new study suggests that this could be because of lower national income and vascular risk factors. China in particular, had higher mortality from stroke compared to heart disease. Besides taking care of one’s risk factors, one of the surprising findings of the study is that health resources and their availability also have a strong influence on disease burden. This is probably because this affects other aspects of stroke, such as access to care and treatment.
One World, One Home,

About World Heart Day

❤ The World Heart Federation leads the global fight against heart disease and stroke via a united community of 200 members. Through their collective efforts, they help people all over the world to lead longer, better, heart-healthy lives.

❤ World Heart Day was created to inform people around the globe that cardiovascular disease (heart disease and stroke) is the world’s leading cause of death, claiming 17.1 million lives each year or 29% of all deaths globally.

❤ Together with its members, the World Heart Federation spreads the news that at least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled.

❤ Almost half of those who die from chronic diseases, including heart disease and stroke, are in the most productive period of their lives – between 15 and 69 years old.

World Heart Day 2011

❤ Starting from 2011, World Heart Day will be on 29 September every year. In Singapore however, we will be celebrating World Heart Day on the weekend of 24 & 25 September 2011.

❤ Global leaders have recognized the urgency to prioritize the prevention and control of cardiovascular disease (CVD) together with the other non-communicable diseases (NCDs), which include cancers, chronic respiratory diseases and diabetes; by holding the first ever United Nations High-Level Meeting on NCDs in September.

❤ However, it is important that efforts to fight CVD do not rest only with policy makers and global leaders. Individuals throughout the world can also reduce the CVD burden, by learning about the risk factors and taking vital steps to reduce their own and their family’s risk.

❤ As a hub for family activities, and as a focal point in everyone’s life, the household is the perfect place to start taking action to improve heart health. That is why this year, for World Heart Day, the World Heart Federation and its members are focusing their efforts on the home. By adapting a few household behaviours, people all over the world can have longer and better lives through the prevention and control of heart disease and stroke.

This year, SHF encourages you to take charge of your family’s heart health and become your home’s advocate for heart-healthy living. Here are 4 actions you and your family can take:

1. Ban smoking from your home
   - Stop smoking tobacco in the home to improve your own and your children’s heart health
   - Implement a new rule in your home: for every cigarette someone smokes, an extra household chore is waiting!

2. Stock your home with healthy food options
   - Start the day with a piece of fruit or prepare your own lunch at home to ensure healthy options are taken to work or school
   - Make sure every evening meal contains at least two to three servings of vegetables per person

3. Be active
   - Families should limit the amount of time spent in front of the TV to less than two hours per day
   - Organize outdoor activities for the family, such as cycling or hiking trips, or simply playing in the garden
   - When possible, instead of using the car, take your bicycle or walk from home to your destination

4. Know your numbers
   - Visit a healthcare professional who can measure your blood pressure, cholesterol and glucose levels, together with waist-to-hip ratio and body mass index (BMI).
   - Once you know your overall CVD risk, you can develop a specific plan of action to improve your heart health. Make this action plan clearly visible in your home as a reminder!
By putting into action the steps above, you and your family can reduce the burden of CVD wherever you are in the world. However, not all heart events are preventable. It is therefore important to know what action to take should a heart attack or ischaemic stroke, occur in the home.

Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim. Learn the signs and symptoms of a heart attack or stroke, so that you can seek medical help immediately for a family member if need be.

**Warning signs of a heart attack include:**

- Chest discomfort, including squeezing or pain in the centre of the chest between the breasts or behind the breastbone
- Discomfort and/or pain spreading to other areas of the upper body such as one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
  Other signs include: unexplained weakness or fatigue, anxiety or unusual nervousness, indigestion or gas-like pain, breaking out in a cold sweat, nausea, vomiting, light-headedness and collapse

**Warning signs of a stroke include:**

- Sudden weakness of the face, arm, or leg, most often on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If experiencing any of these signs (which could come and go), call your emergency services / ambulance immediately. If there is no emergency response number, seek medical attention as soon as possible.

Learning how to assist a loved one in the event of a sudden cardiac arrest could save their life. SHF offers a CPR+AED certification course. More details can be found here:

It’s that time of the year again when we bring National Heart Week and World Heart Day to you! The theme this year is “One World, One Home, One Heart”. Let’s take a look at the activities that SHF has planned for National Heart Week/World Heart Day 2011!

HEART FAIR 2011

Date: Saturday 24th September & Sunday 25th September
Time: 9am to 8pm

OFFICIAL LAUNCH

Date: Saturday 24th September
Time: 6pm to 7pm

So come on down to the Toa Payoh HDB Hub Hall Area on 24 and 25 September, and join us in our exciting activities!

Launch of the Heart4Life Mobile Application for iPhone/Android

To create awareness on the importance of learning CPR skills, SHF will be launching the Heart4Life mobile application (app) for iPhone and Android platforms. Sponsored by Boehringer Ingelheim, the app will be able to show users how to administer step-by-step CPR. In case of an emergency, we hope that this app will help one to save a life.

Heart4Life will also list where Automatic External Defibrillators (AEDs) can be found in Singapore, feature heart health tips, and more.
Smoking Cessation Corner

Smoking is one of the risk factors that leads to cardiovascular disease. Smokers face approximately thrice the risk of having heart attacks than non-smokers. They are also more than twice as likely to meet with sudden cardiac death.

If you are a smoker, or know someone who smokes, then visit our SHF smoking cessation corner where we will counsel smokers on the dangers of cigarettes, the ways to cut down on smoking and eventually quit the habit. This is in line with Health Promotion Board’s I Quit movement under the National Smoking Control Campaign (NSCC).

Healthy Diet

Join us at our Nutrition Corner as we feature cooking demonstrations, and provide nutritional information to help you make healthier choices. You may also sign up for our educational supermarket tours, where our nutritionist will teach you how to make better food choices and read food labels at the supermarkets.

Health Screenings for only $5!

SHF will be providing health screenings for only $5! This will include a blood test for total cholesterol and glucose* and checks for blood pressure, BMI (Body Mass Index), total fat percentage and visceral fat. There will also be CPR+AED demonstrations held, so watch out for them!

*Note: If you would like to take the glucose test, please fast 8 hours before the health screening.

HeartBeat Dance Competition

For the 2nd year in a row, Natasha Studios will be collaborating with SHF to organise a dance competition during the Heart Fair! The theme this year will be “Dancing To One Heartbeat.” Expect slick dance moves and upbeat songs, in commemoration of National Heart Week/World Heart Day!

Exhibition Corner

More than 20 exhibitors will be featuring numerous health-related products or equipment during Heart Fair 2011. Some exhibitors include Nestle and Nutrisoy, so do come down to find out more!

Nutrition Talks and Cooking Demonstrations

To help members of the public learn more about heart healthy food choices and how to cook healthy meals without sacrificing taste, we will be having numerous nutrition talks and cooking demonstrations during the two days.

For the latest updates on National Heart Week / World Heart Day 2011, please contact Ms Chloe Zhou at chloe@heart.org.sg or Mr Jerry Song at jerry@heart.org.sg.

You may also visit our website at www.myheart.org.sg for more information.

WE HOPE TO SEE YOU THERE!
Employees are the most important resource in any organisation. Healthy employees are more productive and they also spend fewer days away from work due to illnesses. Hence, unnecessary medical costs are reduced, allowing an organisation to run smoothly and efficiently.

**Why is nutrition education important?**
It is a well-known fact that diet is one of the modifiable risk factors in the prevention of chronic diseases such as type 2 diabetes, cardiovascular disease, hypertension, and stroke. People who practise healthy eating habits can lower the risk of developing preventable chronic diseases such as heart disease, high blood pressure, stroke, and others.

**How does SHF support nutrition education in the workplace?**
The Singapore Heart Foundation (SHF) believes that nutrition education in the workplace helps employees adopt healthier eating habits and therefore reduce the risk of chronic diseases.

To meet the interests and needs of employees and organisations, our nutritionist has developed a series of nutrition educational talks, which consist of informative theory learning as well as interactive activities and small group discussions. These talks contain practical ideas and resources to help promote healthy eating.

Employees will also acquire the correct skills in selecting/buying healthier ingredients when cooking at home, as well as making healthier food choices when eating out. Our nutritionist also assists employees to set realistic goals for eating healthily – for instance, incorporating sufficient fruits, vegetables and whole grains in their daily diet.

SHF’s nutrition educational talks and workshops have benefitted employees from various workplaces such as:
- Accounting and Corporate Regulatory Authority (ACRA)
- Central Provident Fund Board (CPF)
- EMC2 Computer System
- Merck & Dohme Singapore
- Mitsui & Co. (Asia Pacific)
- Mitsui Elastomers Singapore
- Mitsui Phenols Singapore (MPS)

At Mitsui Phenols Singapore, all participants found our talk informative, interactive and interesting, and agreed that the nutrition educational talk motivated them to make healthier food choices in the future.

“This is the second time we have invited SHF to deliver a nutrition talk to our employees. I appreciate that the complicated health information has been made easy to understand, to laymen like us.”

Ms Ong Li Kiang
Senior Executive, Human Resources
Mitsui Phenols Singapore
**Nutrition Education for Low-income Elderly**

**Why is the programme important?**
Nutrition Education for Low-income Elderly (NutriEd Elderly) was developed by our SHF nutritionist to address the needs of educating the elderly from low-income families with practical and good nutrition information. Proper nutrition is an essential part of heart health education. However, elderly members of low-income families often neglect their health and hence, they were chosen for this programme.

Singapore Heart Foundation is committed to continue the efforts as we have noticed that poor health usually occurs in people who have limited access to resources as well as heart-health-related knowledge.

**How is the programme run?**
This initiative started in April 2010. The nutrition programmes are run monthly and advertised through poster placements, flyers distribution and via word-of-mouth.

This year, we have been working hand in hand with the team in Sunlove-Marsiling Neighbourhood Link in planning, organising and delivering a 5-month nutrition education programme to their Malay-speaking and Mandarin-speaking elderly respectively. Based on our past experience working with the team in Care and Friends Centre in Dakota, we have improved the content of the programme by placing more focus on developing skills of choosing the right kinds of food and using healthier cooking methods with lower cost.

**What is taught in the programme?**
Our intention is to help the needy elderly understand the idea of healthy eating and for them to enjoy healthy eating, even when they have to stretch their dollar throughout the month. Different topics are covered in each session such as:

- Health on a plate
- How to be slim and fit
- All you need to know about food and cholesterol
- Vegetable, fruits, wholegrain and your blood pressure
- Myths and facts about the diabetes diet

During the programme, feedback is also collected from time to time so that we can improve ourselves further. We are excited to note that the participants from the Sunlove-Marsiling Neighbourhood Link enjoyed providing ideas on topics and sharing their eating habits with us. They also found the topics covered to be useful and practical, and gained nutritional knowledge after the programme.

With the elderly benefitting from the programme, it is indeed rewarding to know that we have fulfilled our mission to promote heart health, prevent and reduce disability and death due to cardiovascular diseases and stroke.

**OUR COMMITMENT...**
SHF is dedicated not only to making our future programmes more fun and interesting, but also to impact the eating behaviour of the elderly, as well as influencing them to become more active. Our next goal is to reach out to more needy elderly with good quality programmes tailored for their benefit.

To find out more details about our nutrition education programme, please contact Ms Ng Hooi Lin at hooilin@heart.org.sg or call 6354 9373.
New Initiatives by SHF

Singapore Heart Foundation has launched two new initiatives that will help us further our mission of promoting heart health. Let’s take a look at them below.

FREE CPR+AED Awareness Talk

- Do you know the symptoms of a heart attack?
- Do you know the difference between a heart attack and sudden cardiac arrest?
- Do you know what to do during cardiac emergencies?
- Do you know what an Automated External Defibrillator (AED) is?

If you answered ‘No’ to any of the above questions, it may be timely for you to participate in our CPR+AED Awareness Talk, and learn more about the No. 1 killer disease in Singapore and worldwide.

Singapore Heart Foundation is offering complimentary CPR+AED Awareness Talks for schools, companies and organisations. We aim to promote the importance of life-saving skills and to encourage more members of the public to enroll in the CPR+AED Certification Course.

Topics covered include:
- Symptoms of sudden cardiac arrest and heart attack
- Common causes of sudden cardiac arrest and heart attack
- What is cardiopulmonary resuscitation (CPR)?
- Importance of CPR
- Assessing casualty
- Applying basic skills and steps of CPR
- Introduction to AED
- Hands-on for participants (maximum 2 participants)

For enquiries and more information, please contact Ms Denise Ng at denise@heart.org.sg / 6354 9355 or Mr Hidayat at hidayat@heart.org.sg / 6354 9354.

Hip Hop for Heart

Hip Hop for Heart programme is a new heart health initiative by the Singapore Heart Foundation, which aims to encourage participation in vigorous activities as part of a healthy lifestyle. Hip Hop for Heart is characterised by its dynamic athleticism and exuberant style. These classes focus on freestyle, individual essence and attitude. To achieve these, participants will be taught basic grooves, body isolation and the different ways to execute Hip Hop movements. Come prepared to move your body and burn those calories!

Why Hip Hop?

Recent data has shown that the obesity rates in Singapore have increased from 6.9% to 10.8% in the past seven years. Exercise and proper nutrition are crucial to help lower obesity rates. Our Hip Hop for Heart programme provides students with the necessary tools to keep fit and healthy. An hour-long session of Hip Hop for Heart is more than enough to raise the heart rate and increase cardiovascular endurance.

Benefits of Hip Hop for Heart
- It is fun!
- Provides aerobic and anaerobic benefits
- Improves flexibility, co-ordination and agility
- Develops balance and spatial awareness
- Improves cardiovascular fitness
- Enhances self-confidence and self-esteem
- Improves general and psychological well-being
- Improves social skills
- Helps to reduce stress and boost energy levels

For more information, please email Ms Amutha at amutha@heart.org.sg or call 6354 9346.
A Relaxing Weekend for the Heart Support Group

On 9 July 2011, twenty six friends and family members of the Singapore Heart Foundation’s Heart Support Group embarked on a one day trip to Kampung Sarang Buaya, which literally means ‘Crocodile’s Village’.

Situated away from the busy and hectic life of the city at the borderline of Muar and Batu Pahat, the participants got a taste of the unique and peaceful traditional lifestyle of Malaysia.

Some highlights of the trip included visits to the pineapple and palm oil plantations, learning about the techniques of rubber tapping and the making of Gula Melaka (a type of palm sugar).

It was a nostalgic trip for those who had visited Kampung Sarang Buaya before, and it was definitely an eye opening and educational trip for the rest. At the end of it all, new friends were made and stronger bonds forged – indeed a great way to spend the weekend!

Golfers Swing Clubs for Heart Health

130 golfers came together at the Tanah Merah Country Club on 14 July 2011 and raised over $280,000 for SHF. The SHF-Isetan Foundation 10th Heart Charity Golf is a signature annual fundraiser by SHF, aimed at raising funds for our life-saving programmes and to help battle cardiovascular disease - the Number one killer in Singapore.

Guest-of-Honour Mr Lee Yi Shyan, Minister of State, Ministry of Trade and Industry and Ministry of National Development, graced us with his presence at the event. Celebrities which included Chen Tian Wen, Zheng Ge Ping, Pan Ling Ling and Cavin Soh also teed off to lend their support for the Foundation.

A big thank you to one and all!
吸烟与心脏病
作者：黄政洲医生

流行病学和趋势
吸烟是世界上最可预防心血管疾病的原因。据新加坡卫生部（MOH）统计，新加坡吸烟引发心脏病的机率在世界上是最低之一，2010年1月的患病率低于14%（约36万新加坡人）。

吸烟的男性差不多是女性的六倍之多。18岁到69岁年龄段中男性的吸烟率超过20%。从不同种族来看，马来男子在30岁至39岁之间吸烟的人数最多，高达49%，远高于华人的12%和印度人的19%。而超过一半的女性吸烟者是在29岁以下，吸烟的女性从1998年的5%大幅升至2007年的9%。

来源：2010年1月 www.moh.gov.sg

吸烟是呼吸困难和肺癌罪魁祸首，而且也是导致心脏和血管疾病的重要原因。据美国心脏协会统计，在美国，吸烟是导致过早死的重要原因，有五分之一的心脏病死亡病例是由于吸烟所引起。

香烟是如何导致心血管疾病的？
一支香烟内约有4,000种对人身体系统有害的化学物质。例如，尼古丁可使心率加快，血压升高，整个身体的动脉收缩。一氧化碳会影响血液供氧和增加血液凝固速度。

吸烟可直接导致动脉粥样硬化，就是脂肪物质在动脉中的加速形成。而这些脂肪块堆积在血管中，会导致冠状动脉的通道或管腔变狭窄，从而阻碍了含氧的血液顺利的供应到心肌。这在人运动的时候会变得尤为危险。
因吸烟引发的不必要的心脏压力可能会引发胸部不适（或心绞痛）等症状。当一个或多个冠状动脉完全闭塞，就会心脏病发作（直接伤害和损害到心脏肌肉）。心脏病的发病率与抽烟的数量和时间长短都有关系，并且绝对没有安全的吸烟量。

类似的问题还会发生在手臂、腿部和颈部等其他部位的血管。病症表现为行走时腿部肌肉痉挛和疼痛（导致跛足），严重者会中风。

吸烟的其他不利影响还包括：降低高密度脂蛋白（好的）胆固醇，增高低密度脂蛋白（坏的）胆固醇和甘油三酯，而损伤冠状动脉和其他血管的上皮细胞。与吸烟有关的疾病还有肺癌，咽喉癌，慢性肺部疾病如慢性支气管炎和肺气肿，还有糖尿病和其他形式的凝血症状。

**戒烟**

戒烟不仅可以减少对心、脑和血管系统带来的风险，同时也可以提高人的气质、气色和品味。据美国心脏协会统计表明，那些在三十几岁停止吸烟的人，平均寿命可延长六至九年。一年后，患心脏病的风险下降到了仍然还在吸烟者的一半。在新加坡，一包香烟的售价至少要10元，戒烟后就可以节省一大笔开支。

新加坡国家烟草管制规划署（NTCP）成立于1986年。它的目的是减少吸烟率（见www.hpb.gov.sg/ntcp.aspx）。如提高烟草税，及时审查和更新有关烟草控制的法律，限制在公共场所吸烟，提供便利的戒烟诊所，以及积极开展针对青少年和年轻白领们的公众教育，这些都有助于减少吸烟的可能性。

新加坡心脏基金会现在提供戒烟服务，对所有渴望戒烟的人士给与专业的辅导，从而成功的戒烟。
低收入老年人的营养教育

为什么这个课程很重要？
“低收入老年人营养教育”由新加坡心脏基金的营养师策划并在社区中执行，主要为这群老年人提供实用和正确的营养信息。众所周知，营养教育是心脏健康教育的重要部分。然而，来自低收入家庭的老年人往往忽视自己的健康，所以我们特别为他们提供了此课程。

新加坡心脏基金将会继续在这方面作出努力，因为我们注意到，那些经济能力有限和缺乏心脏健康相关知识的老年人一般健康状况都不太好。

课程是如何开展的？
这课程始于2010年4月。我们通过广告海报、传单，或者口耳相传等来推广这课程。

今年，我们与 Sunlove - Marsiling Neighborhood Link共同规划、组织和举办连续5个月的营养教育课程，并以马来语和华语来授课。过去与Dakota的Care and Friends Centre的合作累积的经验，让我们加强了课程的内容，如教导老年人选择营养价值高、价钱便宜的食物，并使用健康和低成本方式来烹煮食物。

课程的内容是什么？
在社区推广此课程的目的是在于帮助有需要的老年人，在有限的预算下吃得健康和均衡。课程的主题有：
- 均衡饮食的重要性
- 饮食和体重的关系
- 食物和胆固醇的知识
- 蔬菜、水果、全谷类和血压
- 糖尿病的饮食误区

在课程推行的期间，我们不时向老年人收集反馈意见。让我们高兴的是，那些参与营养教育课程的老年人都很积极地提供有关课程内容改进的建议，更不吝于分享他们的饮食习惯。许多老年人更表示，课程所涵盖的内容对他们有益和实用，他们通过这课程掌握更多正确的营养知识。

随着越来越多的老年人从本课程中受益，我们更确定自己在履行新加坡心脏基金的使命路踏上进了一大步。

我们的承诺... ...
新加坡心脏基金将会在未来提供更简单、生动和吸引人的营养课程，并继续关注老年人的饮食习惯。我们的下一个目标是，把这营养教育课程推广到各社区，让更多的低收入老年人受益。

欲知更多有关营养教育课程的详情，欢迎联络伍卉苓：hooilin@heart.org.sg，或致电6354 9373。
### Herb Baked Rainbow Fish

**Preparation Time:** 25 min  
**Baking Time:** 15 min  
**Serves 6**

**Ingredients**
- Cod fillet, 600g
- Olive oil, 2 tbsp
- Onion, 1 medium, peeled and sliced thinly into rings
- Red pepper, 50g, cored and sliced
- Yellow pepper, 50g, cored, and sliced
- Green pepper, 50g, cored, and sliced
- Celery, 1 stalk, cut into sticks ½ inch thick
- Carrot 50g, peeled and sliced
- Vinegar, 2 tbsp
- Mixed Italian herbs, 2 tbsp, crushed
- Salt, to taste
- Black pepper, to taste

**Method**
1. Heat the pan with olive oil. Stir-fry the onion for 3 minutes. Mix in the red pepper, yellow pepper, green pepper, celery, carrot and vinegar, and continue to stir-fry until the vegetables become soft. Add salt and black pepper to taste.
2. Pour half of the mixed vegetables into a microwave-safe container. Sprinkle 1 tablespoon of mixed Italian herbs on top.
3. Place the fish on top of the vegetables, and sprinkle another tablespoon of mixed Italian herbs on it. Add the remaining mixed vegetables on top of the fish.
4. Cover the microwave-safe container with cling wrap. Remember to leave a small opening to allow steam to escape, and allow an inch or more spacing between the food and cling wrap.
5. Bake for 15 minutes at 180°C.
6. Serve while hot. Dish is best eaten with rice.

### Approximate Nutritional Analysis (Per Serving)

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### Ayam Masak Merah

**Preparation Time:** 20 min  
**Cooking Time:** 20 - 25 min  
**Serves 12**

**Ingredients**
- Whole chicken, with skin and fat removed, 1.2kg
- For Marinade
  - Turmeric powder, 5g
  - Dash of white pepper
  - Dash of salt
- For Sauce
  - Part A
    - Lemon grass, 15g
    - Blue ginger, 15g
    - Garlic, 50g
    - Ginger, 50g
    - Onion, 50g
    - Dried chilli, 10g
    - Tomato, 100g
    - Water, 150ml
  - Part B
    - Tomato paste, 70g
    - Coriander powder, 5g
    - Fennel seed powder, 5g
    - Chilli powder, 5g
    - Cumin powder, 5g
    - Sugar, to taste
    - Salt, to taste
    - Canola oil, 6 tbsp

**Method**
1. Cut chicken into 12 pieces. Place chicken in a bowl and marinate with turmeric powder, white pepper and salt (quantity listed under For Marinade) for 10 minutes.
2. Pan-roast the chicken in a non-stick pan with canola oil using slow heat, until chicken is three-quarters cooked. Put aside.
3. Blend Part A ingredients in a food processor until it becomes a smooth paste.
4. Heat up a pot. Add approximately a tablespoon of canola oil and add ingredients for Part A. Cook till the aroma of the ingredients emerge.
5. Add in Part B ingredients and cook using slow heat for 10-15 minutes, till the gravy thickens.
6. Add in chicken and stir. Make sure the chicken is fully covered with gravy. Once the chicken is fully cooked, it is ready to be served.

### Approximate Nutritional Analysis (Per Serving)

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One World, One Home, One Heart

NATIONAL HEART WEEK / WORLD HEART DAY 2011

JOIN US BETWEEN 9AM TO 8PM
Toa Payoh HDB Hub on 24th & 25th Sept’2011 (Sat & Sun)

Nutrition talks and cooking demonstrations
Launch of ‘Heart4Life’ mobile application
Health screenings for only $5*
Smoking Cessation Corner

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