



The Little Red Dress Fashion Photography Competition

Red is the colour of the season, and the Singapore Heart Foundation explains exactly why you too should start wearing this fiery hue.

How much do you know about heart disease? Do you think it's something that only affects men and the elderly? You're not alone — which is why the Singapore Heart Foundation wants to change the public's perception of heart disease and stroke. The diseases are the leading causes of death in Singapore, but only a worrying 12 percent of women have discussed their risk of heart disease with doctors.

But if all this talk of dying and illnesses is too depressing to think about, how about a spot of fashion photography to jumpstart your interest? Inspired by how the little black dress is a staple in every woman's wardrobe, the Little Red Dress Fashion Photography Competition was started to remind women to take care of their hearts.

Meet the winners

Entries poured in from budding photographers all over the island, but there could only be one winner each in the open and student categories.

Zhang Minhua, 18, started developing an interest in photography when he took a photography module as part of his creative media design course in the polytechnic. When asked about the inspiration for his winning student category entry, Minhua says, "The woman standing in the sea is a metaphor for all the courageous women in the world

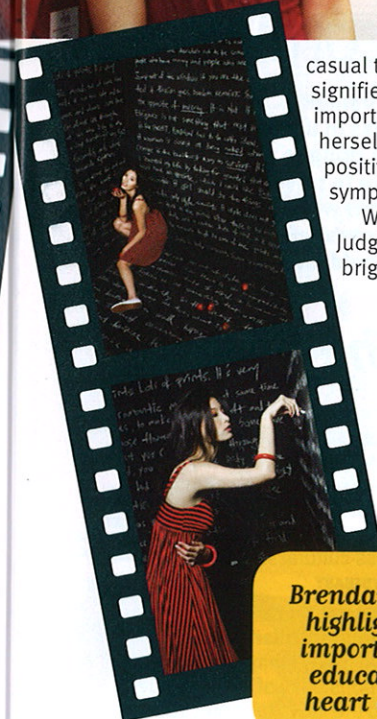
who stay strong despite facing many obstacles. No matter how strong the waves may be, one must always have faith that they will be calm eventually. Every problem can be solved, so long as you keep trying."

Shot in a different style, but just as captivating, is studio assistant Brendan Zhang's, 26, entry. "I wanted the series to show your lifestyle can make a difference to your health. The setting was kept deliberately

Zhang Minhua's winning entry, Washed, about enduring life's obstacles



"They're all great, how can we possibly choose?"



Brendan's entry highlights the importance of education in heart disease



Whoever said heart disease was a boring topic?



casual to emphasise the importance of an active lifestyle. The apple signifies a healthy diet, and the writing on the wall highlights the importance of education in preventing heart disease. The model herself is brimming with vitality to depict health, energy and positivity." He adds that these are all important considerations as the symptoms of heart disease are more dormant in women than men.

We wish Minhua and Brendan the best in their endeavours. Judging from the high standard of their entries, they certainly have bright futures in front of them. **C**

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