

花朵传送

复健中心为心脏病人敞开健康之门

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我常到新加坡心脏基金复健中心接受护理, 身为受益者, 我想借《交流站》宝贵版位, 与大家分享在中心的感受, 以表对该中心的谢意。

每一次踏进复健中心, 总感觉到好像是进入了一道健康之门, 精神百倍; 尤其是遇见营养师伍卉苓小姐 (一位拥有营养学学士与运动科学硕士学位的专家), 她总是笑脸迎人, 问候大家生活可好, 身体健康吗? 她仿佛是这里的守护天使, 关心病人的饮食; 分析各人的每周饮食报告并提出改善, 避免多油多糖和多钠的食品。她教导我们如何维持均衡的饮食, 摄取适当的营养素; 同时还举办

健康饮食讲座, 使大家对饮食有正确的了解并逐步养成良好的饮食习惯。

我们应当感谢新加坡心脏基金设立了这所完善的复健中心给病人提供了一个良好保健场所, 让接受医疗后的病人通过定期运动以及培养良好的饮食习惯可活得更扎实更美好。

中心设备齐全, 提供各种运动器材, 由前国大医院资深的物理治疗师郑汉扬君指导与照顾并关注每个人的体操记录; 血压与心率是否达到标准, 以便在复诊时有良好的报告, 让每个人信心十足走向健康大道。但愿这一点点的分享能成为众患者的福音, 早日在复健中心重获健康。

SHF Heart Wellness Centre opens door to health for heart patients

I am a regular client of Singapore Heart Foundation's Heart Wellness Centre and I would like to share my pleasant experiences at the Centre and express my thanks at the same time.

Each time I come to the Centre, as I step in, I am energised. I would like to thank in particular, nutritionist Ng Hooi Lin, who never fails to greet and welcome her patients with a ready smile. Ms Ng is like a guardian angel, watching over all our diet. She ensures that we adhere to a healthy eating plan and tells us the importance of eating healthy food. She also organizes nutrition educational workshops which improves our knowledge and therefore ensures that we have a better understanding of our diet and nutritional needs.

I am grateful to the Singapore Heart Foundation for setting up this rehabilitation centre for cardiac patients. Through its services, we enjoy a better quality of life through regular exercise and by educating us on healthy eating habits.

The centre is also well equipped with a good variety of gym equipment. Under the watchful eye of physiotherapist Tay Hung Yong, blood pressure and heart rate levels are carefully monitored.

I hope all heart patients will be encouraged by this sharing and that through the Heart Wellness Centre, will experience restoration of health.

Ang De Seng