

# heartline

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Singapore Heart Foundation

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WHEN THE  
CAREGIVER  
NEEDS CARE  
当看护者也需要关怀

ADD A SPRING  
IN YOUR STEP

MCI (P) 069/07/2022

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## heartline

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Dear Readers,

This issue of *heartline* brings to light the challenges caregivers face and stresses the need to reciprocate the care they give. The timing is in sync with the government's plan to create a Healthier Singapore where citizens age gracefully with support from family and society. In this vision, caregivers play a critical role and must be supported.

This reminded me of a friend. Her 89-year-old father suffered from cardiac failure, diabetes and chronic obstructive pulmonary disease, but he could still move around with assistance and was mentally alert. His eldest daughter was his primary caregiver. Over the years, caregiving grew more difficult. Burnout and compassion fatigue started setting in when their father became bedridden, developed pressure sores and eventually caught a urinary tract infection which necessitated hospitalisation. He passed away a few days later.

Burnout and compassion fatigue of sole caregivers can compromise nursing care and trigger further health complications and deviation from medication adherence.

How is this different from nurses who are professional caregivers, you may ask? Nurses are able to take a break, keep a certain emotional distance and they suffer less guilt when they take time off to recharge. Locally, the caregiver is predominantly the child who may compromise career opportunities and scale back on social life to look after the parent. It is physically taxing, emotionally draining and consumes the caregiver's social life at the expense of living up to the concept of filial piety. Chronic caregiver stress can increase their heart disease risk too. These days, strategies and resources are available to support caregivers but, unfortunately, are lesser known.

As a society, we have an obligation to support the caregivers amongst us.

Please read this issue of *heartline* carefully and help us to look after our elderly and ailing citizens by looking after their caregivers so that everyone can live rich and fulfilling lives. If you have any suggestions or comments on this important topic, please let us know and share them with us. ❤️

Patrick Deroose

FEATURE

# HEALTHY MINDS, **HEALTHY HEARTS**

Mental ill health is a global problem. In 2017, nearly 800 million people were living with a mental health disorder, and almost one in three people are affected at some point in their lifetime. In comparison, Singapore sees a slightly smaller proportion of people affected by a mental health condition in their lifetime, with around one in seven people. However, its prevalence is increasing. The restrictions and lockdowns caused by the COVID-19 pandemic have also worsened the situation. What is worrying is that more than 75% of people with mental health problems do not seek help and miss out on vital help and support.



Being healthy is more than just having no physical disease or infirmity; you also need good social and mental well-being. Most people know what the main risk factors are for cardiovascular disease (CVD), but not everyone is aware that poor mental health can affect your heart too and vice versa.

## The head-heart connection

Several studies have found that mental health conditions such as anxiety and depression are prevalent in persons with CVD. In the US, one in five patients admitted for an acute cardiac event met the diagnostic criteria for major depression

and more than half exhibited significant depressive symptoms. Locally, a study showed that 1 in 8 patients with Coronary Heart Disease (CHD) experienced higher levels of anxiety and 1 in 10 patients with CHD had higher levels of depression.

Mental health conditions can develop after an acute cardiac event and often stem from fear (e.g., of dying or recurring pain), vulnerability, sadness, hopelessness, and a sense of loss of control over one's health and well-being. This can impact the heart patient's quality of life and can even cause Post Traumatic Stress Disorder (PTSD).

Those who struggle with their mental health are also more likely to have CVD. When a person experiences anxiety, stress, depression and/or PTSD, it causes physical changes to the body, such as increased heart rate or blood pressure. If the mental health condition persists over a period, these changes to the body can increase the risk of heart disease.

Additionally, it is known that those who are affected by a mental health condition are more likely to adopt lifestyle behaviours that increase their risk of developing CVD. They are more likely to smoke tobacco, have sedentary lifestyles and may adopt a diet high in sugar and fats.

### Symptoms of mental ill health

We all experience challenging times in our lives, so it is normal at times to feel

down, worried or anxious. If these feelings do not go away, it may be a mental health condition that could benefit from support and treatment. How can you recognise the symptoms, either in yourself or in others?

#### The symptoms include:

- Low mood (feeling sad or empty)
- Loss of interest in things you used to enjoy
- Reduced concentration (or difficulty concentrating)
- Feelings of hopelessness/helplessness/worthlessness
- Changes to your sleep pattern (unable to sleep or sleeping too much)
- Feeling anxious or worried all the time
- Feeling fatigued
- Having severe panic or intense fear
- Suicidal thoughts

### Seek help

If you experience these symptoms for a prolonged period, do not ignore them but instead seek help and support from family, friends and healthcare professionals. If you can, speak with your family or friends and share how you feel. Helping them understand how you are feeling means you do not have to avoid the issue, and they may be able to support you.

If you observe the symptoms in others, there are very practical ways to show them you care. For example, let them know that if they want to talk about it, they can. Try not to be judgemental and listen as the person may know what would help them. For some, your presence, a listening ear or perhaps even a hug is all that is needed.

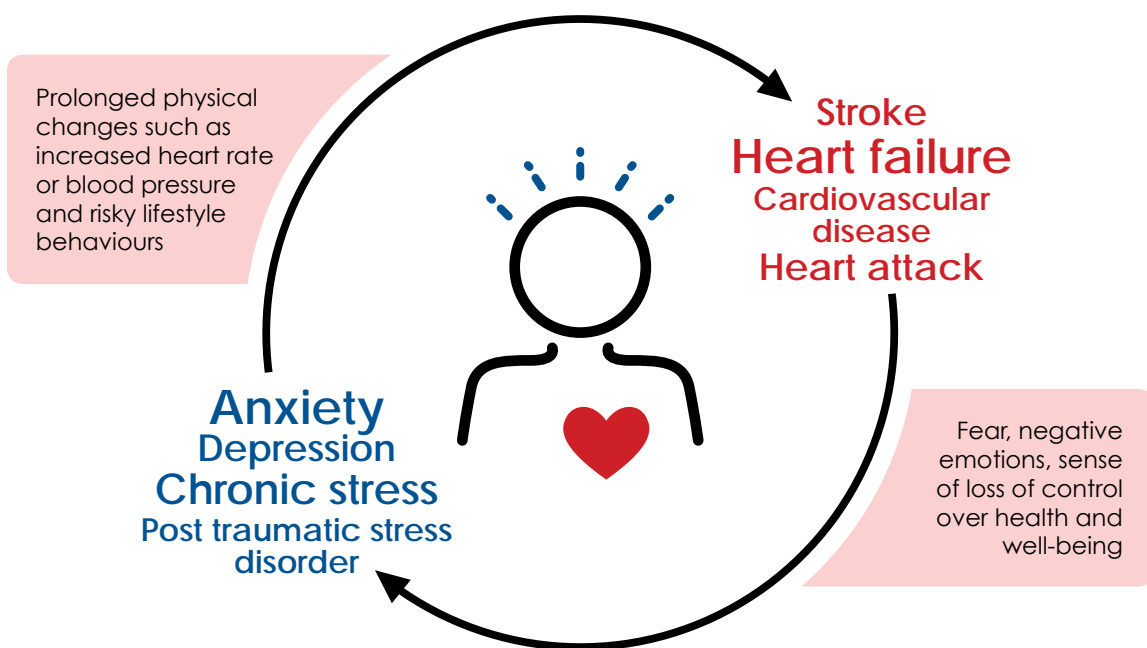
Do not be tempted to use flippant comments such as “cheer up” or “pull yourself together” as these do not work and may worsen the situation. Others may need the help and support of a healthcare professional.

### Ways of treatment

If people are not able to manage their mental health problems themselves or with the help of loved ones, they should contact their family doctor or cardiac rehabilitation specialist.

The healthcare professional will conduct an assessment to determine how the person’s mental health is affected. This may include a screening questionnaire where the person answers a series of questions that can help to guide the healthcare professional to make a diagnosis.

It can be difficult to figure out the actual cause of some symptoms, for example, lethargy, as these could be caused by the heart condition itself. In some cases, the medication a person has been prescribed could cause a symptom of a mental health condition. A one-off assessment may not be enough in these cases, hence several consultations with the healthcare professional may be needed until a diagnosis can be reached.



There are several ways in which mental health conditions can be managed.

#### Exercise regularly

Exercise causes the release of endorphins, or "feel-good hormones" as they are often known, making a person feel happier and blocking feelings of pain. If possible, people should engage in things that make them happy and avoid or lessen the things that may be causing anxiety.



#### Avoid unhealthy habits

Having a mental health condition may also cause people to turn to unhealthy coping mechanisms such as bingeing on junk food, alcohol or smoking cigarettes. Try to avoid these things and slowly return to healthier behaviours.



#### Get medical help

Some people with certain mental health conditions may benefit from psychological therapy (talking therapy). This will involve seeing a therapist to discuss the cause of the mental health problem and find ways to manage or cope with it. Others may need medication, for example, antidepressant medication, but this will be guided by the healthcare professional.



#### Adopt relaxation techniques


Meditation, yoga or Tai Chi may also be helpful in relaxation and coping with the stresses of everyday life.



#### Break down big tasks

Avoid taking on too much and break tasks into smaller, more manageable chunks. Completing the small pieces will give a sense of achievement.



Mental health conditions are very common, but much more can be done to treat and support people. The important factor is that the person experiencing symptoms related to a mental health problem should not feel alone and seek help and support early. Everyone should remember "it's okay not to be okay!". 

#### Where to Get Help

- ♥ Your family doctor
- ♥ Cardiac rehabilitation team
- ♥ Institute of Mental Health's Mental Health Helpline - 6389 2222
- ♥ Singapore Association for Mental Health's Helpline - 1800 283 7019
- ♥ Silver Ribbon Singapore - [silverribbonsingapore.com](http://silverribbonsingapore.com)
- ♥ Care Corner Counselling Centre – [carecorner.org.sg](http://carecorner.org.sg)

*Article is contributed by Prof Susan Dawkes, Former President, British Association for Cardiovascular Prevention and Rehabilitation (BACPR) and Head of School, School of Nursing, Midwifery and Paramedic Practice and a Professor of Nursing and Cardiovascular Health at Robert Gordon University, Scotland. She was also a keynote speaker at the Singapore Prevention and Cardiac Rehabilitation Symposium 2021, organised by the Singapore Heart Foundation.*

# WHEN THE CAREGIVER NEEDS CARE

Have you heard of caregiver burnout? Caregiver burnout happens when caregivers cannot meet their own physical, emotional and spiritual needs while caring for their loved one. During this process, the caregiver's attitude may change from positive and caring to negative and unconcerned. Their physical and heart health may also suffer.

Imagine coming home on a sunny day. You grab a bottle in anticipation of quenching your thirst when you realise that the bottle is empty. This analogy represents what it means when a caregiver experiences burnout – the caregiver is empty and has nothing left to give. This feeling of emptiness is not just physical but emotional and mental too.

Caregivers of persons with cardiovascular conditions often experience higher levels of strain and depression and lower social support than noncaregivers. This stress may come from worrying about another heart attack, not knowing what to expect after a loved one's discharge from the hospital, financial issues and the possibility of losing their loved one.



#### Signs of caregiver burnout

I once supported a young man who was a caregiver to his mother with a medical condition. He experienced anxiety attacks at the sounds of slight movements in the night and felt urges to check on his mother. His sleep, studies and ability to be an effective caregiver were affected as his physical and mental health suffered.

Burnt-out caregivers may experience the following:

#### Physical

- Changes in appetite, weight or both
- Difficulty sleeping
- Getting sick more often
- Lack of energy

#### Social

- Withdrawal from friends and family
- Neglecting responsibilities
- Loss of interest in activities they previously enjoyed

#### Emotional

- Easily irritable
- Feeling anxious or sad all the time
- Overreacting to minor issues

#### Spiritual

- Feeling resentful and bitter about life
- Losing a sense of purpose or meaning in life
- Thinking that one is being punished
- Blaming God

## Complications of Caregiver Burnout

Chronic stress and negligence in attending to their own health by eating a healthy diet, getting physical activity and treating physical and emotional problems can lead a caregiver to serious health problems that include cardiovascular disease (CVD).

### Depression and anxiety

A 2017 meta-analysis linked major depressive disorder to a 72% increased risk for CVD and increases in specific categories of coronary heart disease, cerebrovascular disease, congestive heart failure and CVD-related death. Other meta-analyses have also demonstrated an association between anxiety and a greater risk of cardiac death, incident CVD and stroke.

### Obesity

Stress can also affect one's appetite and influence dietary preferences. People who increase food intake in response to stress report craving foods high in fats and sugar. Energy-dense foods with little physical activity set the stage for the development of overweight and obesity, a risk factor for heart disease and stroke.



## Tips for caregivers

### Set aside time to refuel

Would you worry if the pilot announces that the plane is out of fuel while you're en route a long-haul flight? I am sure you will be relieved if the pilot refuels at a stopover before carrying on the journey. Similarly, caregiving is usually a long journey; self-care isn't a luxury but a necessity.

Caregiving is just one of our many roles, and taking short breaks allows us to manage the other areas of our lives physically, emotionally, socially and spiritually. Allocating time for self-care has proved to decrease caregiver burnout significantly in a study on family caregivers.

### Ways to self-care:

#### Physical care

- ♥ Exercise regularly, such as taking walks
- ♥ Have a balanced diet
- ♥ Go for regular medical check-ups
- ♥ Don't look at your handphone when you can't sleep at night. Read a book or listen to relaxing music instead.

#### Emotional care

- ♥ Practise self-compassion – relate to yourself in a way that is forgiving, accepting and loving when things are not going their intended way. Allow yourself to feel and cry, and be kind to yourself. Everyone has their limitations on what they can take.
- ♥ Find humour to help deal with everyday stressors.

#### Social care

- ♥ Connect and have regular time-out with family and friends.
- ♥ Consider joining a caregiver support group. Caregiving can feel like a lonely journey. Hearing from others undergoing similar struggles can reduce that sense of isolation and provide mutual learning and support.
- ♥ Ask for help when you need it. It can be for little things like groceries or to watch over your loved one while you take time off.

#### Spiritual care

- ♥ Make time for self-reflection and go for a nature walk.
- ♥ Seek religious support or a spiritual advisor if you have a religious belief.



## Be equipped and educated

Equip yourself with knowledge about the condition, symptoms and possible progression from your loved one's medical team by attending caregiver training. Although we cannot predict what will happen, being educated on the progression of the condition helps us to be better prepared.

You can also equip yourself with resources available in the community. Approach a medical social worker to ask about the schemes, programmes and services available for your loved one or yourself. Caregivers who were initially unaware of the support available often struggle alone longer than required. You can check out the one-stop portal by the Agency for Integrated Care ([www.aic.sg](http://www.aic.sg)) which provides digital information and resources for caregivers and care recipients.

## Acknowledge and accept

Have meaningful conversations with your loved one about Advance Care Planning and the Lasting Power of Attorney early, as forward planning lessens future financial and care issues. Start by finding out what is important to your loved one. When they are ready, have deeper conversations together with a healthcare professional.

Finally, take time to build positive memories together.

It is important to refuel so that we can refresh our loved ones when they need us.

If you are interested to know how well you are coping as a caregiver, scan this QR code to take a self-assessment:



**Caregivers are unsung heroes who provide not for glory or fame but from a sense of duty and without expectations of reciprocation. However, caregivers need care too, even when care recipients are unable to reciprocate that care.**

On behalf of all care recipients, thank you. ♥

Article is contributed by Mr Roger Tan, Principal Medical Social Worker at the Institute of Mental Health.

**1 in 2 Singaporean adults carry a health risk.\*  
 Unfortunately, there are no warnings.**



**Borderline high to high blood cholesterol is a risk factor in developing coronary heart disease. Plant Sterols have been proven to lower blood cholesterol.**

Consuming 2 grams of plant sterols daily can help reduce your cholesterol levels. Drink MARIGOLD HL Milk with Plant Sterols daily for a heart-friendly diet.

\*Source: Ministry of Health, National Health Survey 2010 - 1 in 2 Singaporean adults have borderline high to high blood cholesterol.

**MARIGOLD HL Milk. The Perfect Balance of Highs and Lows.**

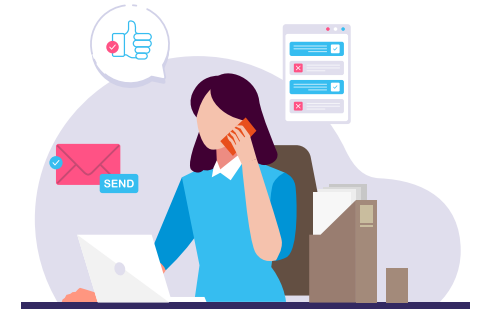
# PUTTING STRESS MYTHS TO REST

The nation is stress-stricken. Annually, over 160,000 people in Singapore fall prey to stress-related illnesses estimated to cost S\$3.1 billion, according to a 2019 global report. **While there are no quick fixes to this growing problem, read on for insight into the matter, so that you are well-equipped to handle the stressors that come your way.**

By GILLIAN LIM

## Any stress is bad for you.

**False.** A UC Berkley researcher found that moderate stress improved mental performance, alertness to surroundings and encouraged memory recall. It is also a driving force for meeting deadlines and helps trigger a fight-or-flight response to perceived danger. However, prolonged stress can damage heart health as it affects sleep and appetite and causes individuals to engage in unhealthy behaviours, such as drinking, smoking and bingeing on comfort foods, as a way to cope.



## Having pets can reduce stress.

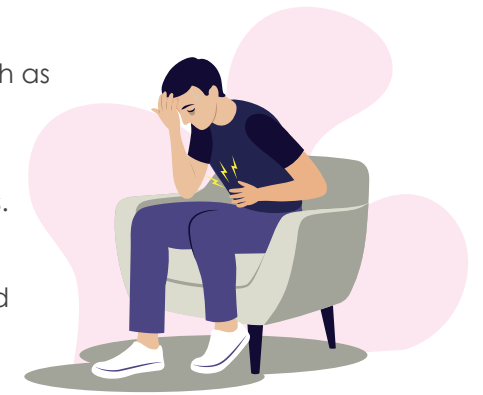
**True.** Our cuddly friends may bring additional work and responsibilities, but they are wonderful companions that help us de-stress. Research has shown that petting dogs not only reduces cortisol, a stress hormone, but also boosts the production of happy hormones, such as serotonin and dopamine, to keep you calm and relaxed. Plus, having pets may motivate you to meet your walking goals and provide opportunities for social interaction – all of which are good for the heart.



## Only major stress symptoms require attention.

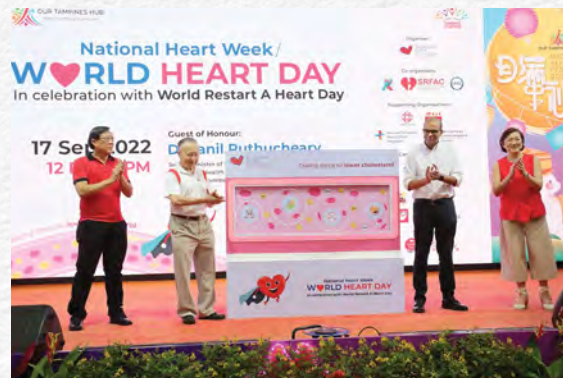
**False.** Stress manifests in many physiological forms, such as headaches, stomach aches, insomnia and poor concentration. These early signs of stress may come and go, but they should not be dismissed, especially if they occur frequently and interfere with daily activities. Prompt intervention is needed as prolonged stress can escalate into serious health issues like a weakened immune system, increased susceptibility to illnesses and digestive problems.

Adrenaline and cortisol, hormones released when the body is stressed, also increase heart rate and blood pressure. Fluctuation in heart rate and blood pressure could worsen heart conditions such as atrial fibrillation and trigger broken heart syndrome in severely distressing situations. Do not put off seeking help for your mind, as it can impact your heart. ❤️



# TAKING STEPS TO LOWER CHOLESTEROL TOGETHER

In the last decade, the prevalence of high blood cholesterol has seen an alarming increase in Singapore, from 25.2% in 2010 to 39.1% in 2020. It is the second most common risk factor for cardiovascular disease (CVD) and a silent killer with no warning signs. Set against this backdrop, National Heart Week/World Heart Day (NHW/WHD) 2022 was aimed at activating the public to take steps to lower blood cholesterol.



Dr Janil Puthucheary (second from right), Senior Minister of State for Health and Communications and Information, graced the event at Our Tampines Hub as the Guest of Honour.



The two-day community roadshow, held on 17 and 18 Sep, kickedstart with a drumming performance by the Healthy Heart Support Group - a peer support group for heart clients undergoing cardiac rehabilitation at SHF's Heart Wellness Centres.



Event attendees took away cholesterol-related information from the exhibition and health talks by cardiologists, physiotherapist and our dietitian.



Over 60 people were awarded a two-year CPR+AED certification through our free CPR+AED Certification Courses, while others had a go at chest compressions on the manikin at the CPR Self-Learning Kiosk.



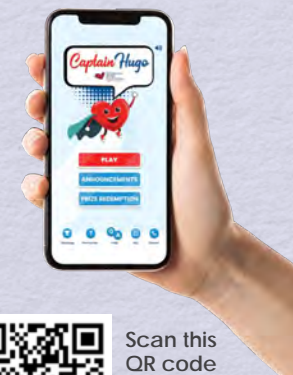
Trendy exercises suitable for all ages were introduced to the public to excite them in getting active for their hearts.



**Go Red for World Heart Day:** 24 iconic landmarks in Singapore lit up in a symbolic red on 29 Sep in support of World Heart Day. The public also joined the movement through a social media photo contest to raise awareness of CVD.

**A big thank you to the sponsors, exhibitors and building owners who came together to reinforce the message of lowering blood cholesterol for better heart health!**

**Captain Hugo returns!** In line with our campaign theme, SHF's award-winning online game takes on a cholesterol focus to educate and motivate Singaporeans to care for their hearts. Special challenges, double points boosters and prizes await you! Available for play on [captainhugo.myheart.org.sg](http://captainhugo.myheart.org.sg) till 30 Sep 2023.



Scan this QR code to play Captain Hugo now.



Captain Hugo was also made available on Shopee Go between 29 Sep and 12 Oct to amplify our efforts in heart health education. Participants could earn points to redeem Shopee-exclusive rewards.

In addition, SHF collaborated with Shopee Supermarket on the Care for Your Heart campaign to make healthy eating more convenient and accessible with a list of cholesterol-friendly foods, curated by SHF's dietitian, on the platform.

# CELEBRATING NEW BEGINNINGS WITH CORTINA WATCH

Heart patients undergoing cardiac rehabilitation at the Singapore Heart Foundation's Heart Wellness Centre at Bukit Gombak Sports Centre are set to continue enjoying good access and affordable fees to cardiac rehabilitation, thanks to the strong support offered by luxury watch retailer Cortina Watch.



From left to right: Ms Jacqueline Leong, Assistant Director of SHF Heart Wellness Centre; Mr Jeremy Lim, Executive Director Group COO of Cortina Watch; Dr Low Lip Ping, SHF Chairman Emeritus; Mr Raymond Lim, Executive Director Group CEO of Cortina Watch; Dr Tan Yong Seng, SHF Board Member; and Mr Vernon Kang, SHF CEO were present at the unveiling ceremony.



The SHF-Cortina Watch Heart Wellness Centre (HWC) at Bukit Gombak Sports Centre was unveiled on 30 Aug 2022 in appreciation of Cortina Watch's generous donation of funds raised from the sale of the Happy Hearts Cortina 50<sup>th</sup> Anniversary timepiece.



Cortina Watch's Executive Director Group CEO, Mr Raymond Lim and Executive Director Group COO, Mr Jeremy Lim also toured the facilities at the SHF-Cortina Watch Heart Wellness Centre and were presented with a token of appreciation.

# LIFESAVING IS FOR EVERYONE

Enthusiastic shouts of "Call 995!", "AED is here!" and "Stay clear!" rang from SHF's headquarters on a Saturday afternoon. It's a different race for the Special Olympics Singapore (SOSG) athletes as they, along with their caregivers and volunteer coaches, underwent cardiac arrest simulations to acquire basic resuscitation skills.

The unique group comprising intellectually disabled athletes and their supportive guardians formed a powerful picture of the Inclusion Revolution—proof that people of all abilities can learn CPR and AED and be confident and ready to save lives.

By JOANNE SU, GILLIAN LIM



Paulo (in black) and his father, Arnel, putting the CPR+AED skills they learned to practice.



Time is equally precious to a cardiac arrest victim as it is to an athlete, and the participants demonstrated this fundamental of CPR well, pushing hard and fast. SOSG athlete Paulo Bulosan, 23, and his parents, Arnel and Zann Bulosan, recount their learning experience with us.

### Why did you decide to participate in our Restart A Heart Programme?

**Zann:** We think it's good to learn how to do CPR, especially when we're getting older. So at least Paulo will know how to prompt [for help] in case of emergency.

### How did you find the class?

**Arnel:** It was fun! [Paulo] was excited. He always tells us that when we grow old, he will be the one to take care of us. So I told him [when we were practising

on the manikin], "Imagine that this is Daddy who cannot breathe." That's why he was very (laughs) — he was pumping very hard and fast!

**Paulo:** If I see Daddy [unconscious], I must do CPR. Call 995! 1-and-2-and-3-and-4-and-5, press the heart. Put the pads. Pump!

**Arnel:** I really appreciated the small class size. We could focus on the speaker and practise immediately in small groups.

### What was the most important thing you learned today?

**Paulo:** I want to show them; I want to share [with my co-athletes who are not here today]. Learn CPR! CPR can save lives. They can save lives too.

The Restart A Heart Programme is a simplified CPR+AED training programme designed to give laypersons quick and simple training in lifesaving skills. Scan this QR code for more details:



We express our heartfelt appreciation to Cortina Watch in supporting our Heart Wellness Programme, an integral part of the recovery journey of our heart patients!

# Holiday GIFT GUIDE

Racking your brains over gifts for the holiday? These ideas are practical, thoughtful and good for the heart too!

By GILLIAN LIM

## 1. CPR+AED Certification Course

Empower a loved one with the ability to save a life! Team up with them in a CPR+AED certification course for double the fun and help strengthen the network of first responders.

## 2. Calming Teas

Some studies have suggested that green tea may lower risk of mortality from heart disease and stroke. While more research is needed to support the benefits of green tea, there's no denying that a hot cup of tea could help melt away daily stressors. A simple but heart-warming gift for any loved one.

## 3. Skipping Rope

Skipping is a wonderful cardio exercise that not only works the heart but also improves coordination and strengthens bone density.

Scan this QR code for details on our lifesaving courses:



## 4. Sports Shoes

Help couch potatoes get on their feet and move. Throw in an offer to accompany them on their walks or runs to make their workout extra enjoyable.

## 5. Air Fryer

The perfect appliance for busy loved ones who indulge in fried foods – sans the oil and mess.

## 6. Time

In the spirit of giving back to the community, help spread cheer and support a cause you believe in with the gift of your time.

## 7. In-kind Donation

For that loved one who has everything, a donation in their name would put a smile on their face and do good at the same time.

## 8. Hugo and Friends Keychain Plushies

A gift that will delight the little ones and inspire them to start caring for their hearts.

Receive a Hugo and Friends keychain plushie as a token of gratitude when you make a one-time donation between \$20 and \$100. Scan this QR code for more details:



# 健康心灵，健康心脏

心理疾病是一个全球性问题。2017年，有近8亿人患有心理疾病，几乎三分之一的人会在生命中的某个时段受到心理疾病的影响。相比之下，新加坡受心理健康问题影响的人口比例略小，约为七分之一。然而，心理健康相关疾病的患病率不断增长，冠病带来的限制与封锁也恶化了情况。更令人担忧的是，75%以上有心理健康问题的人不会求助，并错失关键的帮助和支持。



健康不仅仅是身体无疾病，它还包括良好的社交与心理健康。大部分人了解导致心血管疾病的主要风险因素，但并不是所有人都意识到心理健康问题也能影响自己的心脏。事实上，两者是相互关联的。

## 心脑血管相连

多项研究发现，焦虑和抑郁等心理健康问题在心血管疾病患者中普遍存在。在美国，五分之一因急性心脏病入院的患者符合重度抑郁症的诊断标准，一半以上的患者表

现出明显的抑郁症状。本地一项研究表明，每八位冠心病患者中，就有一人感到高度焦虑，而每十名患者中便有一人抑郁程度较高。

心理健康问题可能出现在急性心脏事件后，且通常源于恐惧(如害怕死亡或疼痛复发)、脆弱、悲伤、绝望，以及感到对自己健康和幸福失控。这会严重影响心脏病患者的生活质量，甚至会造成创伤后后遗症(PTSD)。

那些与心理疾病挣扎的人也更有可能患心血管疾病。当一个人经历焦虑、压力、抑郁和/或创伤后遗症时，身体会出现生理变化，例如心率增快或血压升高。若心理健康问题持续一段时间，这些身体变化可能会增加患心脏疾病的风险。

此外，众所周知，受心理健康影响的人更有可能养成不良习惯，例如吸烟、久坐不动、饮食偏高糖分和脂肪，而这些习惯是导致心血管疾病的风险因素。

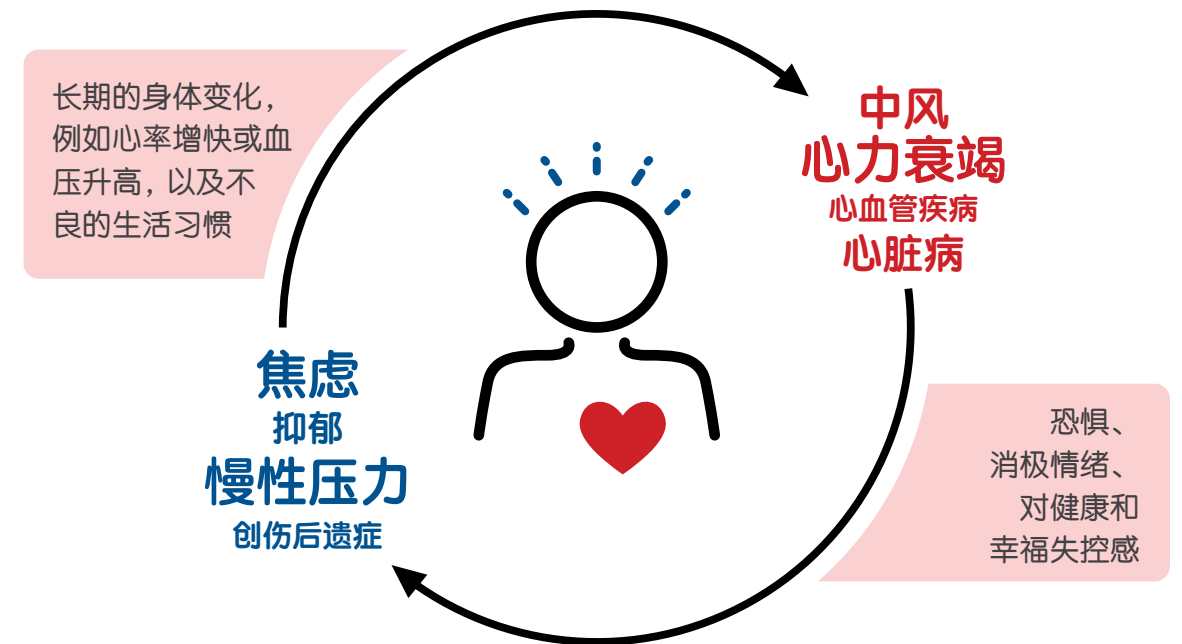
## 心理疾病的症状

我们在人生中都会经历困难时刻，因此，有时感到沮丧、担忧或焦虑都属正常。

若这些感觉没有消失，持续存在，则可能是心理健康问题，需要支持和治疗才能缓解。如何识别自己或他人的症状？

### 症状包括：

- 情绪低落(感到伤心或空虚)
- 对自己曾喜欢的事物失去兴趣
- 注意力下降(或难以集中注意力)
- 感到绝望/无助/毫无价值
- 睡眠模式改变(睡不着或睡太多)
- 总是感到焦虑或担忧
- 感到疲倦
- 极度恐慌或恐惧
- 自杀倾向



## 寻求帮助

如果长期经历这些症状，切勿忽视，要及时向家人、朋友及医护专业人员寻求帮助。如果可以，跟家人或朋友交流，倾述自己的感受。帮助他们了解您的感受意味着您不必避开这个问题，他们也可以支持您。

若发现他人有这些症状，可采取一些实用的方法来表达对他们的关心。例如，让他们知道，如果他们想倾诉，可以随时随地表达。倾听且尽量不要妄加评判，因为对方可能知道什么对他们有帮助。对有些人而言，您的存在、倾听，甚至一个拥抱就是他们所需的一切。

切勿使用轻率的评论，例如“高兴一点”或“振作起来”，因为这些没有作用，还可能使情况变得更糟。其他人则可能需要医护专业人员的帮助和支持。

## 治疗方式

如果无法自己或在家人帮助下管理心理健康问题，可联系自己的家庭医生或心脏复健专家。

医护专业人员会进行评估，以确定患者的心理健康受到了怎样的影响。这可能包括一份筛查问卷，患者需要回答一系列问题，帮助引导医护专业人员做出诊断。

某些症状，例如嗜睡无力，它们的真实起因较难诊断，因为这可能由心脏疾病本身所引起。而有些时候，患者所服用的药物则导致心理健康问题症状的出现。在这类情况下，一次评估可能不足，医护专业人员或需要进行多次问诊，才能做出诊断。



## 如何管理心理疾病

### 定期运动

运动会释放内啡肽(即常号称的“感觉良好荷尔蒙”)使人感到快乐，并阻断疼痛感。如果可以，人们应从事能让他们快乐，避免或减少可能导致焦虑的爱好。



### 避免不良生活习惯

心理健康问题也会导致人们转向不健康的应对机制，例如，暴饮暴食、酗酒或吸烟。努力避免这些不良习惯，并慢慢恢复到更健康的生活方式。



### 寻求医疗帮助

有某些心理健康问题的人可以通过心理治疗(谈话疗法)取得好转。这包括与治疗师讨论心理健康问题的导因，找到处理或解决该问题的方法。其他人可能需要药物治疗，例如抗抑郁药，但需遵循医嘱。



### 放松疗法

冥想、瑜伽或太极也有助于放松并疏解日常生活的压力。



### 分解大任务

避免承担太多任务，将任务分解成更易管理的小部分。完成小份任务会带来成就感。



心理健康问题十分常见，但有很多方法可以治疗和支持该人群。重要的是，经历心理健康问题相关症状的人不应感到孤独，并尽早寻求帮助与支持。每个人都应记住“心理健康亮红灯，不是羞耻事!”。❤

## 何处寻求帮助

- ♥ 您的家庭医生
- ♥ 心脏复健专家
- ♥ 心理卫生学院热线 - 6389 2222
- ♥ 新加坡心理健康协会热线 - 1800 283 7019
- ♥ 新加坡银丝带组织 - silverribbonsingapore.com
- ♥ 关怀辅导中心 - carecorner.org.sg

文章由：Susan Dawkes 教授写。她是英国心血管预防与康复协会(BACPR)前任主席；苏格兰罗伯特·戈登大学护理、助产学和辅助医疗实践学院院长；护理和心血管健康教授。此外，她也是2021年新加坡预防和心脏复健研讨会的主讲嘉宾，该研讨会由新加坡心脏基金主办。

# 当看护者也需要关怀

您知道看护者倦怠吗？看护者在照顾亲人时，如果一直无法满足自身的体力、情感和精神需求，便会产生倦怠。在这期间，看护者积极、无微不至的态度也可能变得消极和漫不经心。他们的身体和心脏健康也可能会受到影响。

想象一下，烈日当空的一天，您回到家中，拿起一瓶水想要解渴，却发现瓶中空空如也。看护者倦怠时，就如同这瓶水，他们已经空空如也，一滴也倒不出来了。这种空虚的感觉不仅产生在身体上，情感和精神上也是如此。

心血管病患的看护者通常会比非看护者感受到更多压力和抑郁，但得到的支持却更少。这些压力可能来自对下一次心脏病发作的担忧，无法预料亲人出院后会发什么、经济问题以及失去亲人的可能性。

## 看护者倦怠的症状

我曾经帮助过一位照顾生病母亲的年轻男子。晚上，即使是非常细微的声响也会让他异常焦虑，让他觉得一定要赶紧查看母亲的状况。由于身体和精神备受煎熬，他的睡眠、学习以及照料能力也深受影响。

倦怠的看护者可能会经历以下的症状：

### 身体

- 食欲、体重或者两者皆发生变化
- 入睡困难
- 经常生病
- 无精打采

### 社交

- 疏远朋友和家人
- 疏忽责任
- 对之前喜爱的活动失去兴趣



### 情感

- 易怒易躁
- 总是感觉焦虑或悲伤
- 对小事过度反应

### 精神

- 对生活感到不满和痛苦
- 失去生活的目标和意义
- 认为自己正在受罚
- 责怪上帝

## 看护者倦怠可引发疾病

慢性压力和忽视自身饮食健康、体育锻炼和治理个人身心问题，会给看护者带来严重的健康问题，包括罹患心血管疾病。

### 抑郁和焦虑

一份2017年的分析显示，重度抑郁症会导致罹患心血管疾病的风险增加72%，还会导致罹患特定种类的冠心病、脑血管疾病、充血性心力衰竭以及因心血管疾病而导致死亡的概率增加。其他分析还显示，焦虑与心源性死亡、突发性心血管疾病和中风的较高风险有关联。

### 肥胖

压力也会影响一个人的食欲和饮食。以摄取更多食物来应对压力的人，会非常渴望高脂肪和高糖食物。摄取能量密集型食物以及缺乏体育锻炼，是导致超重和肥胖的根本原因，而肥胖正是导致心脏疾病和中风的风险因素。



## 给看护者的提示

### 留出补充能量的时间

如果正在长途飞行途中，机长宣布飞机燃油即将耗尽，您会感到担心吗？我相信，如果机长在中途着陆添油，之后再继续旅程，您肯定会大松了一口气。同样的，看护通常也是一场漫长的旅程，照顾自己不是奢侈，而是必要。

看护只是众多角色中之一，短暂休息一下，让我们能够管理生活的其他方面，如身体、情感、社交和精神等需求。一项有关家庭看护者的研究证明，分配自理的时间可以明显降低看护者产生倦怠的概率。

### 自我管理的方式：

#### 身体保健

- ♥ 定期锻炼，比如步行
- ♥ 饮食均衡
- ♥ 定期体检
- ♥ 晚上难以入眠时不要看手机。可以阅读或者听令人放松的音乐。

#### 情绪保健

- ♥ 练习自悯，即在事情发展不如意时原谅、接纳和爱自己。允许自己去感受、哭泣，善待自己。每个人都在自己能够接受的事情上存在局限。
- ♥ 用幽默来帮助缓解日常压力。

#### 社交保健

- ♥ 与家人朋友保持联系，并定期与他们聚会。
- ♥ 考虑加入一个看护者互助团体。看护能感觉像一段孤独的旅程。倾听他人与您类似的挣扎，可以减少孤独感，还能够互相学习、互相扶持。
- ♥ 在需要时寻求帮助，可以是购买日用品之类的小事，也可以是在您休息时帮您照料亲人。

#### 精神保健

- ♥ 腾出时间自我反思，在大自然中散步。
- ♥ 如果您拥有宗教信仰，寻求宗教支持或找一位精神导师。



# 破解迷思 纾解压力

我国正处于巨大的压力之下。根据2019年的一份全球报告，新加坡每年有超过16万人患上压力相关的疾病，估计损失达31亿新元。虽然针对这个日益严重的问题没有快速的解决办法，但请继续阅读，深入了解问题，以更好地处理接踵而来的压力。

## 压力都有害无利。

**错误。**加州大学伯克利分校(UC Berkley)的一名研究员发现，适度压力可改善人的精神状态，提高对周围环境的警觉性，并促进记忆的回忆。此外，它还是帮助您完成任务的动力，并有助于触发对危机作出战斗或逃跑反应。然而，长时间的压力会损害心脏健康，因为这会影响睡眠和食欲，致使个人参与不健康的行为，如饮酒，吸烟和暴饮暴食，以此作为应对压力的方式。



## 学习并获得帮助

参加看护者培训，从亲人的医疗团队了解病情、症状和可能的发展等知识。尽管我们不能预测会发生什么，但学习病情的发展情况能够帮助我们做好准备。

您也可以利用社区资源来寻求帮助。通过医疗社工，查询适合您的亲人或自己的计划、项目和服务。一开始不知道可以获得支援的看护者通常会独自挣扎更长时间。您可以查看护联中心的一站式网站([www.oaic.sg](http://www.oaic.sg))，它提供面向看护者和受方的信息和资源。

## 感谢和接受

提前计划能够减少将来的经济和看护问题，因此要尽早与您的亲人讨论拟定预先护理计划和持久授权书。先了解您的亲人的意愿，在他们准备好后，便一起与医疗保健专业人员进行深入对话。

最后，花时间一起创造开心的回忆。

补充能量至关重要，让我们可以在亲人需要时振奋精神。

如果您有兴趣了解自己作为看护者的应对能力，请扫描此二维码进行自我评估：



## 养宠物能降低压力。

**正确。**即便这些可爱的朋友带来额外的工作和责任，但它们是最好的伙伴，助我们减压。研究表明，养狗不仅能减少皮质醇(一种压力荷尔蒙)，还能促进血清素和多巴胺等快乐荷尔蒙的产生，让您保持平静和放松。此外，养宠物还能激励您实现自己的步行目标，提供社交的机会。这一切都有利于心脏健康。

## 只有重度压力症状才需要关注。

**错误。**压力表现为多种生理形式，例如头痛、腹痛、失眠，注意力不集中等等。这些早期压力迹象可能时有时无，但不能被忽视，特别是当这些情况频繁出现并干扰到了日常活动时。由于长期的压力可升级为严重的健康问题，如免疫系统减弱、对疾病和消化问题的敏感性增强，因此需要及时干预。

身体感到压力时会释放肾上腺素和皮质醇这两种荷尔蒙，也会增加心率和血压。心率和血压的波动可能会使心脏状况恶化，如心房颤动，并在极度痛苦的情况下引发心碎综合征。出现心理问题时请及时寻求帮助，因为它会影响到您的心脏健康。



看护者是无人歌颂的英雄，他们的奉献不为荣耀、不为名誉，而且也不求回报，他们所关心的，不过是做好本份。但是，看护者同样也需要关怀，尽管受方无法报答这份照护。

我们谨代表所有看护对象，向您致以衷心的感谢。♡

文章由心理卫生学院的首席医疗社工陈文铭先生撰写。

## AHOY THE SOY GOODNESS!

Enticed to try a plant-based diet for the cardiovascular benefits they tout? Besides the usual go-tos such as fruits, vegetables, whole-grains and nuts, plant-based proteins such as soy products, beans and legumes are fast-becoming popular ingredients in plant-based diets and for good reasons!

Plant-based proteins are rich in fibre, vitamins and minerals such as iron and zinc. They are naturally cholesterol-free and low in fat, in particular, saturated fat. Studies have shown that a diet rich in bad fats (i.e., saturated fat and trans fat) increases cardiovascular disease (CVD) risk. Hence, selecting minimally-processed, plant-based proteins low in bad fats can help support heart health and keep cholesterol levels in check when incorporated into a balanced diet.

Omega-3 fatty acids are wonderful aids for the heart too. While they are commonly found in fatty fish such as salmon, Omega-3 can also be found in plant sources such as soybeans,

seeds and walnuts. This essential fatty acid is important in supporting cellular function, brain development and eye health. Regular consumption of Omega-3 has also been associated with reduced CVD risk.

Double the goodness for your heart with NutriSoy Fresh Soya Milk with Omega No Sugar Added. High in plant protein, calcium and Omega-3, enjoy NutriSoy Fresh Soya Milk with Omega No Sugar Added warm or chilled, or as an ingredient in your recipes for a stronger heart and a healthier you.

To warm up your glass of NutriSoy, heat it in a microwave-safe cup at intervals of 15 seconds until your desired warmth.



**Nutritious goodness. Enjoy it warm.**

Enjoy the delicious nutrition of fresh and warm soy milk.



## KEEP HEARTS FOREVER BEATING! ❤️

Show your support for heart patients and the community in the fight against CVD. Funds raised will go towards the SHF's programmes and campaigns in heart disease prevention, resuscitation and cardiac rehabilitation, as well as to provide financial assistance for needy heart patients.



Cardiovascular disease (CVD) is consistently the number one cause of death in Singapore, accounting for about 1 in 3 deaths every year. Yet, it is also largely preventable with lifestyle and dietary changes.



- \$30** Funds 1 session of highly subsidised cardiac rehabilitation
- \$50** Provides transport allowance for 1 needy heart patient's visit to the hospital
- \$100** Equips a needy heart patient with a medical device such as a blood pressure monitor
- \$120** Provides CPR+AED training for 2 pax
- \$200** Provides 1 week of financial assistance for an unemployed needy heart patient

Scan the QR code to start your recurring donation pledge!



Note: Singapore Heart Foundation is an Institution of Public Character (IPC) and all local donations are 2.5 times tax deductible- subject to changes in law, if any. Please provide NRIC/FIN/Company UEN No. during your donation pledge to receive tax exemption.

# EMOJI CHALLENGE

Curb your stress levels with these stress-busting tips! Can you remember what they are? Read this issue of heartline closely for more hints.



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Complete this activity for a chance to win Singapore Heart Foundation's limited edition Hugo and Friends Keychain Plushie set.



Simply email/fax this page to [heartline@heart.org.sg](mailto:heartline@heart.org.sg) / 6258 5240 by 28 Feb 2023.

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Mobile: \_\_\_\_\_

All winners will be notified via phone or email. Good luck!

## Tips to prevent overeating this holiday season!



## #1 Focus on the company

The holiday season is a time to reconnect with family, friends and colleagues!



## #2 Control your portions

Slow down and stop when full. Don't force yourself to have another sweet treat!



## #3 Choose Nutritious foods

Opt for whole-grains, fruits and vegetables instead of foods that are rich in sugar, salt and fats.



# ADD A SPRING IN YOUR STEP

30 minutes a day is all you need to breathe new life into your home and body. Grab your cleaning supplies and start this spring-cleaning workout for a fitter heart in the new year.

By TAN ZHONG SHERN



## Window Wipers

- Find a window or surface at the shoulder or head level
- Stand with feet slightly wider than shoulder-width
- Bend and place weight on one knee while keeping the other knee straight
- Wipe the window in a circular motion
- Repeat on the opposite side



## Squat and Fold

- Find a table at hip height
- Stand with feet shoulder-width apart
- Squat to fold a clothing item and return to standing position when you are done
- Repeat until complete with laundry pile



## Shoulder Shirt Lift

- Stand with feet shoulder-width apart
- Hold a clothes pole with your elbow fully bent
- Lift your shoulder and bring it down
- Repeat

**Tip:** Increase weight on your pole by hanging multiple shirts at a go.



## Floor Lunge

- Stand with feet together
- Hold the vacuum with your dominant hand and a stable furniture with your non dominant hand
- Bring one foot in front of the other, about 2-3 feet's distance
- Bend both knees at a 90° angle with each stretch of the vacuum
- Repeat



## Pail Deadlift

- Open your feet slightly wider than shoulder width
- Fill a pail with water according to your load tolerance and place it between your legs
- Bend both knees and hips to hold the pail
- Lift the pail while keeping your back straight
- Bring it down
- Repeat



## Wipe and Weight Shifts

- Find a stable table or counter at hip height
- Take two steps back and keep your feet together. Ensure your legs and back form a straight line
- Place both hands on the table, shoulder-width apart
- Wipe the surface with one hand while shifting your body weight to the other hand
- Repeat on opposite side

# TUNA STUFFED FRESH TOMATO WITH PASTA 金枪鱼番茄意面

Serves 分量: 1  
Cooking time 烹饪时间: 30 min

NUTRIENTS PER SERVING 每份营养	
Energy 能量	435kcal
Protein 蛋白质	23.4g
Total Fat (Saturated Fat) 总脂肪(饱和脂肪)	12.5g (2g)
Cholesterol 胆固醇	21mg
Carbohydrate 碳水化合物	53g
Dietary Fibre 膳食纤维	12.5g
Sodium 钠	104mg (without tomato sauce)



## INGREDIENTS

Tomato	1
Canned tuna in water, drained	50g
Small white onion	¾ diced, ¼ sliced
Lemon juice	1 tsp
Chilli, sliced	1
Green spring onion, sliced	1 sprig
Spinach	120g
Carrot, sliced	10g
Wholemeal pasta	60g
Apple	1
Sesame oil	To taste
Black pepper	To taste
Olive oil	To taste
100% Tomato paste	To taste

## 材料

番茄	1个
水浸金枪鱼罐头, 沥干水分	50克
小白洋葱	¾切丁, ¼切丝
柠檬汁	一茶匙
辣椒, 切段	1个
青葱, 切花	1根
菠菜	120克
胡萝卜, 切片	10克
全麦意面	60克
苹果	1个
芝麻油	依据口味
黑胡椒	依据口味
橄榄油	依据口味
100% 番茄酱	依据口味

## METHOD

1. Cut off the top of the tomato to create a cap.
2. Scoop the insides of the tomato to create a bowl.
3. In a bowl, mix the tuna with diced onion, sesame oil, black pepper and lemon juice.
4. Fill the tomato bowl with the tuna mixture and garnish with chilli and spring onion.
5. Blanch spinach and carrot in boiling water.
6. Cook pasta till al dente.

## PLATING

7. Drizzle vegetables with sesame oil. (optional)
8. Toss pasta with olive oil. (optional)
9. Garnish pasta with julienned onion and drizzle with tomato paste.
10. Serve with an apple to form a Heart Smart Eating Portion.

## 做法

1. 切掉番茄顶部, 形成一顶盖子。
2. 用勺子舀掉番茄里的果肉, 形成一个碗状。
3. 在碗内, 将金枪鱼与洋葱丁、芝麻油、黑胡椒和柠檬汁混合在一起。
4. 将金枪鱼混合食材填入番茄碗中, 用辣椒和青葱点缀。
5. 在沸水中焯烫菠菜和胡萝卜。
6. 将意面煮至有嚼劲。

## 摆盘

7. 将芝麻油淋到蔬菜上。(可选)
8. 用橄榄油拌意面。(可选)
9. 在意面上装饰洋葱丝, 并淋上番茄酱。
10. 搭配一个苹果一起食用, 打造一份有益于心脏健康的料理。

Recipe contributed by Ms Jennifer Yuen, SHF Heart Wellness Centre client.

食谱由新加坡心脏基金心脏复健中心会员袁秀凤女士提供。

# Captain Hugo returns!

**SUPERCHARGE  
YOUR KNOWLEDGE  
OF YOUR**



**PLAY NOW**

Visit [captainhugo.myheart.org.sg](https://captainhugo.myheart.org.sg) or scan QR code now.  
Exciting prizes to be won!



\*Previously known as Hugopoly.