Every day, cardiovascular disease (CVD) claims the lives of 17.5 million people worldwide. The good news is that CVD is preventable, and making simple changes to what you eat and drink can lead to a healthier lifestyle. According to the Ministry of Health, soya milk is one of the top causes of deaths.

High-risk factors
Dr Low Ting Ting, a consultant with the Department of Cardiology at the National University Heart Centre, Singapore (NUHCS), says: “Singapore is unique in the region as a cardiovascular disease is a major cause of deaths and morbidity. While this, lifestyle factors — such as an unhealthy diet and physical inactivity — are the biggest contributors to the high rate of cardiovascular disease here.”

Soya beans
A build-up of bad cholesterol can lead to the clogging of the arteries and heart complications. According to the Ministry of Health, soya products are generally cholesterol-free and a source of good fats. They are also lower in saturated fat than meat products.

Walnuts
The power of walnuts is underplayed. Walnuts are loaded with many high-quality antioxidants that easily make it a powerhouse in the nutritious foods department. Much like soy beans, they contain omega-3 fatty acids. These fatty acids have been linked to a reduced cardiovascular risk according to the Ministry of Health, although further research is still being conducted.

A hearty lifestyle
The heart is an essential organ that many of us take for granted. Maintaining your heart health is crucial to living well — the reality is that cardiovascular disease is a major cause of deaths.

Your diet plays a big role in how healthy your heart is. By making simple changes to what you eat and drink, you can potentially lower the risk of developing cardiovascular disease.

In addition to cutting down on unhealthy foods and drinks, introducing these ingredients into your diet might do you wonders:

Soya beans
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Soya milk also provides complete plant proteins, unlike other regular plant proteins which lack one essential amino acid. This makes it a fantastic source of protein from Pages 86 | MIND & BODY

Avoiding exposure to second-hand smoke can also lower the risk of heart diseases and strokes. By making simple changes to what you eat and drink, you can lead a heart-healthy lifestyle. On September 26, head down to Tiong Bahru Hub Atrium between 8am to 8pm for the World Heart Day Event, where you can learn more about the benefits of NutriSoy and how to lead a more heart-healthy lifestyle!

Conditions such as hypertension, diabetes and high cholesterol are modifiable factors, becoming common among younger people.

Reduction of CVD
Dr Low says these three groups of patients should be aware of the signs of myocardial infarction (heart attack) and get medical attention immediately:

- Cancer survivors who have received chest radiotherapy.
- Women in the reproductive age group who are planning to conceive.
- Those with a family history of early coronary events.

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Reduce your risks
Dr Low recommends three lifestyle changes to reduce your risk of developing cardiovascular disease:

- Make sure your diet is high in fibre, low in salt and saturated fat, and includes plenty of fresh fruits and vegetables, wholegrains and fish.
- Get active again — The cardiovascular prevention guidelines recommend at least 150 minutes of moderate exercise a week, or 30 minutes a day.
- Don’t smoke, if you do quit! The risk decreases by almost half in the first year after quitting.
- Go for regular health screenings, and seek treatment for hypertension, obesity and diabetes.

THE STRAITS TIMES | TUESDAY, SEPTEMBER 25, 2018

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Conditions such as hypertension, diabetes and high cholesterol are modifiable factors, becoming common among younger people.
All about Salim Hashim, 65, now how about seven-and-a-half years ago, he experienced the painful symptoms of a heart attack — but didn’t suspect he was having a heart attack until he went to the hospital.

He remembers that he experienced the pain on a Sunday. It started from his shoulder blades and went down to his ribs, under the liver. He remembers that Friday he went to Temasek Polytechnic, where he works, but he was still feeling ill. He even thought he was having a heart attack.

Salim remembers that he had been feeling ill for a week or so before he went to the hospital. He says that he went to the hospital because he had been doing some gardening and he was feeling ill.

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These common symptoms may indicate that your body has underlying problems that need to be addressed.

1. Constant burping
   Occasional burping is fine — perhaps you swallowed excess air while eating or drinking too quickly. But frequent burping could be caused by heartburn, acid reflux or digestive conditions such as gastroparesis to gallstones, and even stomach cancer.

2. Clear the air
   Farting is normal, but if your farts smell unusually foul, look into your diet and stop consuming highly fermentable carbohydrates such as beans and onions.
   Try taking gut-friendly probiotics to ease your flatus woes. Heed 5 warning red flags such as unintended weight loss or blood in your stools, as they may be indicators of a serious disease.

3. Chest pains
   Do you have an unexplained pain in your chest, regardless of the level of activity you are engaged in? If this pain travels from your chest to your jaw or arms, and you start sweating, become breathless or feel nausea, visit a doctor immediately as you could be at risk of suffering a heart attack.

4. New moles
   Just discovered another red mole on your skin? Don’t panic if it is the size and measures less than 5mm.
   But if the condition persists and becomes chronic, see a doctor to rule out complications such as skin cancer.

5. Noisy nose
   You may be used to blowing your nose multiple times a day due to sinusitis, which may lower your nasal and cause breathing problems. Check your eye learn about mucosal diseases. Early detection saves sight.

Did you know?
Macular disease (including age-related macular degeneration, myopia) and diabetes may weaken your vision and cause blindness. Check your eye learn about macular diseases. Early detection saves sight.

Launch & Activities
13 October 2018 (Sat) 7:30am – 12:00pm
Makeovers by Sophia: A healthy lifestyle is the key to beauty. If you are not feeling your best, you will not feel your best.

Launch & 30th
Health Check-up of 8:00am
- Acupuncture from Skin-Care Team
- Diet & Water Exhibition
- Educational Booth & Fun Games


Awareness of Macular Diseases (AMD) Week 2018
In conjunction with Functional Screening organized by Woodlands AEC & SGD
13 - 19 October 2018
PUBLIC FORUMS

NATIONAL EYE SCREENING PROGRAMME

13 - 19 October 2018
Eye screening is available online under 52 of the following screening
Tests: Best Corrected Visual Acuity (BCVA), Field of Vision (FV), Pupillary Reaction, Fundus and Slit Lamp.
1. Age 50 and above and currently not on follow up with eye doctor
2. Person with diabetes and must be screened for eye conditions for the past one year.

PHOTO: ISTOCK

Heed these 5 warning signs

#LivingWell

MIND & BODY

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