

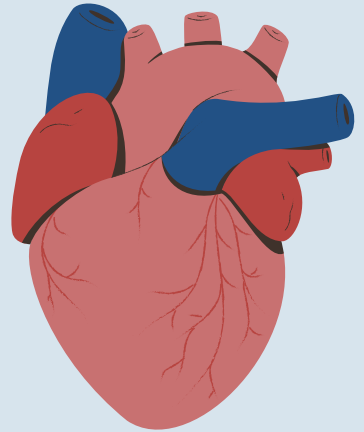
Cardiovascular Disease



What are Cardiovascular Diseases? (CVD)

CVD is a group of disorders of blood vessels related to the heart. It is the leading cause of death worldwide, resulting in more than 30% of deaths worldwide.

- In Singapore, almost 1 out of 3 deaths is due to CVD
- Compared with males, women with CVD has increased to a greater extent



Risk factors

- Age
- Sex
- Genetic predisposition
- Family history of CVD
- Hypertension
- High blood sugar
- High blood cholesterol



Lifestyle risk factors

- Obesity
- Unhealthy diet
- Unsufficient physical activity
- Smoking
- Alcohol
- Poor sleep quality



Exercise and sleep

Exercise regularly

- 30 min of moderate exercise 5x weekly or 30 min of vigorous exercise 2-3x weekly
- Avoid prolonged sedentary seating

Good sleep amount and quality

- At least 7-8h per night
- Creating a comfortable environment for sleep



Adopt a healthy diet

- Maintain healthy BMI (18.5-23.0kg/m²)
- High intake of fruits and vegetables, fish and low-fat dairy
- Low intake of high-fat and processed foods, salt and sugar
- Abstain from alcohol consumption

Mental Wellness

- Maintain an optimal mental state for overall health
- Engage in physical or social activities to boost mental well being
- Seek mental support from families, friends or professional counselling services

