



## *Donor Report (December 2016 to November 2017)*

The Heart Fund is a sub-fund of NUHS Fund Limited, for the purpose of assisting needy patients and supporting continuous medical research and education programmes in the field of cardiovascular diseases.

NUHS Fund Limited is a Company Limited by Guarantee (CLG) and a registered charity with IPC status. The charity was set up to promote medical research and development as well as provide health related services for the benefit of the Singapore Community. A key objective is to address unmet gaps not covered by existing government and community assistance schemes and to assist patients who are determined to be in need of financial assistance with the costs of medical treatments, including the costs of the recovery process.

# 39 patients were assisted by the Fund!

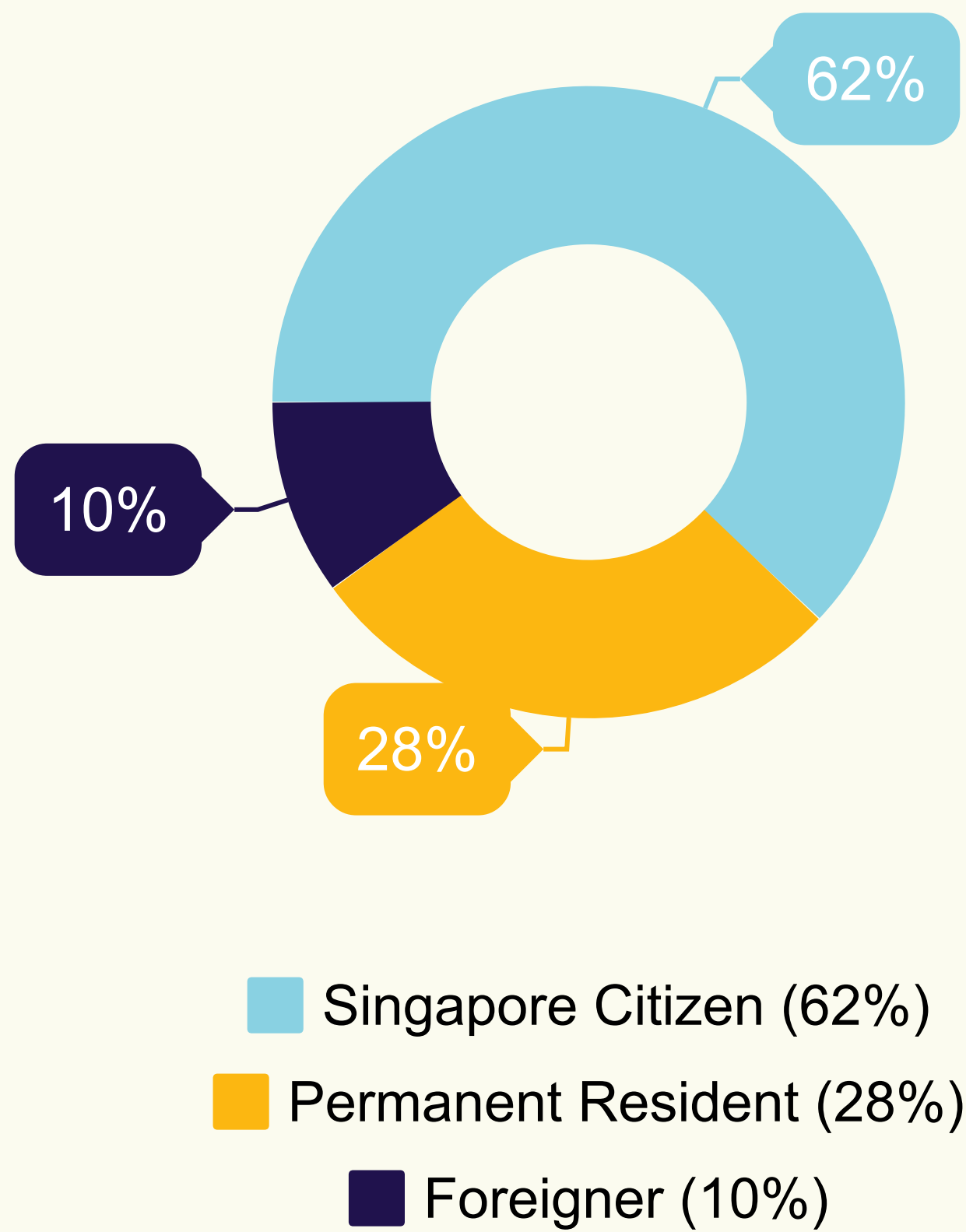
\*61 applications were approved over the past 12 months

\*16 patients had more than one application approved

Note: Majority of the charts in this report are based on dollar amount

## By Citizenship

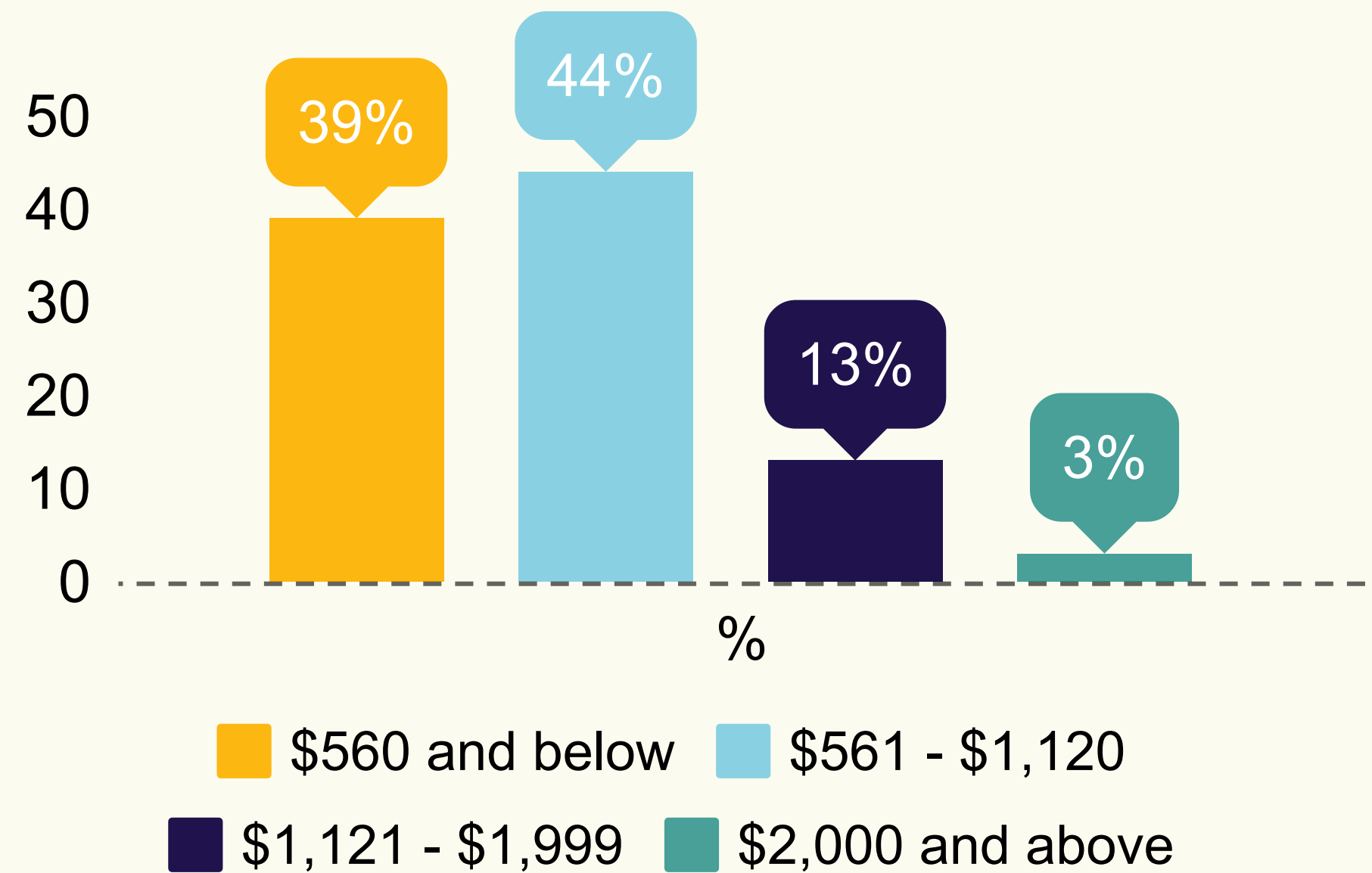
For Singaporeans who have access to Medifund, support is provided for areas excluded by Medifund.



## By Per Capita Income (PCI)

\*Means Testing is performed by MSW\*\* based on Medifund criteria (\$560 to \$1,120)

\*84% of our applications belong to the lowest 30% of our community by Household Income (Department of Statistics), Year 2013

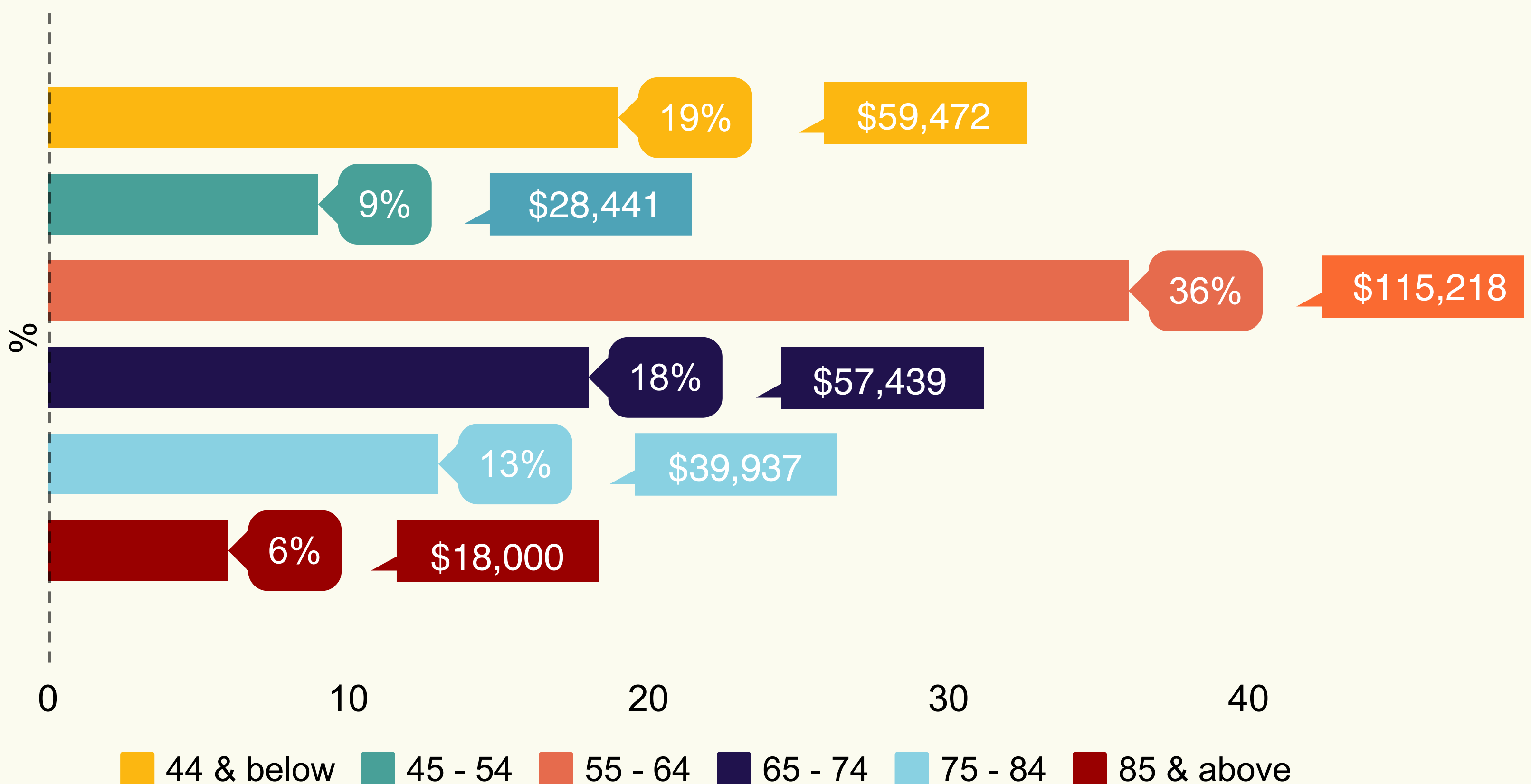


Note: Eleven patients assisted by The Heart Fund who had more than one application approved belong to the PCI category of \$560 & below

\*\* MSW refers to Medical Social Workers.

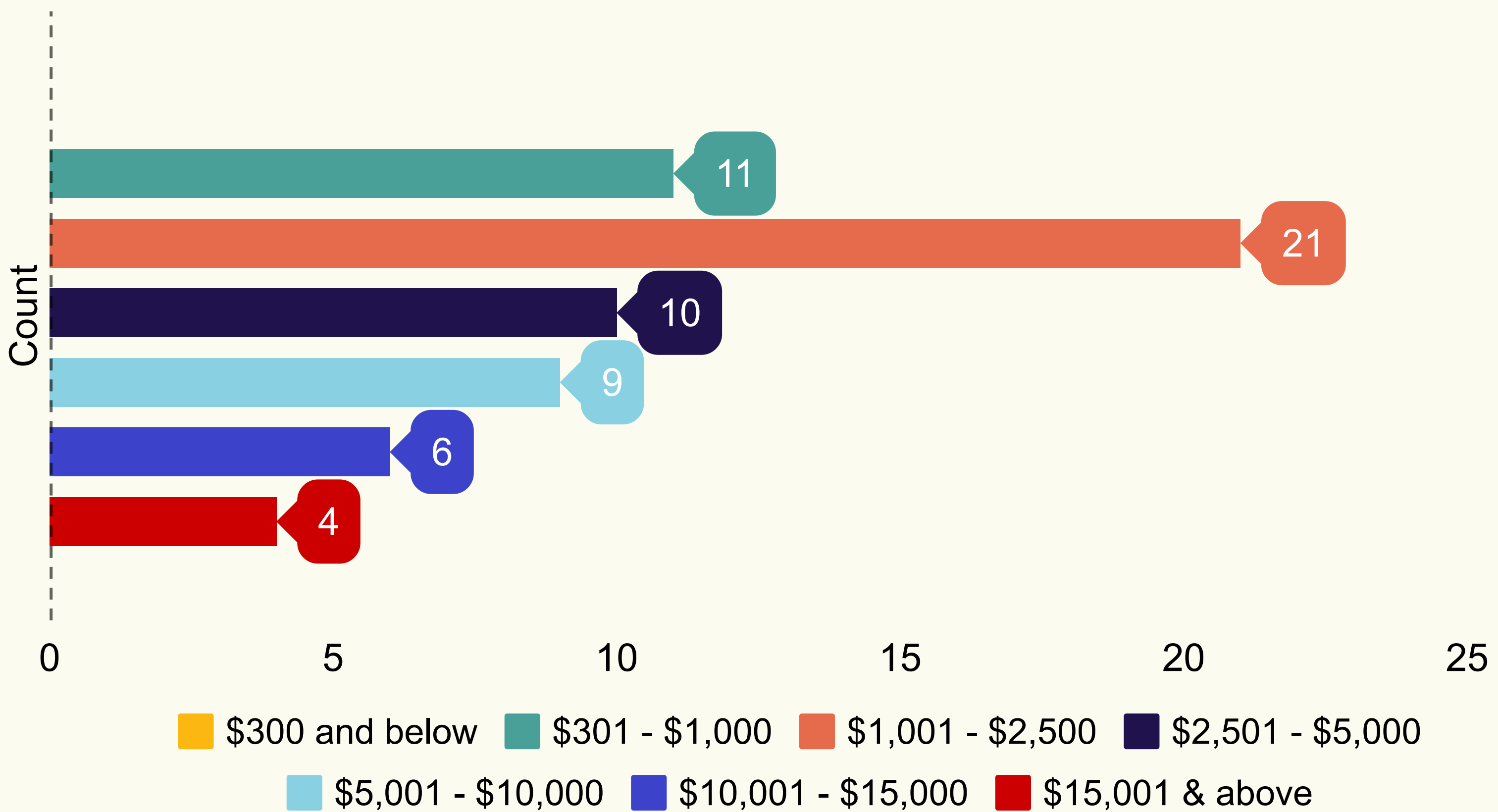
## By Age Group

The elderly comprises of the largest segment (by dollar amount) supported by the Fund, reflecting our aging population and increasing costs of healthcare



## By Funding Amount

\* In order to help as many patients as funds allow, the cap for financial assistance is currently set at \$15,000, excluding special cases



## Take The Brenner Challenge

After being diagnosed with heart disease, Nobel Laureate Dr. Sydney Brenner went through a transcatheter aortic valve implantation (TAVI) procedure at National University Heart Centre, Singapore (NUHCS). Feeling fortunate to be able to afford his treatment, Dr Brenner wanted to give back to help needy heart patients by endorsing the Sydney Brenner Fund.



**THE HEART FUND SPECIAL**  
National University Heart Centre, Singapore

### When a Patient Becomes a Donor

Giving Back to Other Heart Patients

After being diagnosed with heart disease, Nobel Laureate Dr. Sydney Brenner went through a transcatheter aortic valve implantation (TAVI) procedure at National University Heart Centre, Singapore (NUHCS). Feeling fortunate to be able to afford his treatment, Dr. Brenner wanted to give back to needy heart patients by endorsing the Sydney Brenner Fund. Dr. Brenner recalls his experience as both a patient and donor, and shares how other heart patients can benefit from the fund.

**How was your experience with the TAVI procedure?**  
I was first diagnosed with heart disease when my doctors in Singapore noticed that I was having cardiac symptoms. These gradually worsened and it was discovered that they were due to mitral valve failure<sup>1</sup>. Because of this, I've been immobilised and unable to travel.  
When my condition got extreme, the NUHCS doctors recommended that I try a new valve that was inserted non-surgically through an artery in the groin and then pushed into the ventricle. I subsequently recovered and have been much better since. I was impressed by the skilled operation conducted here in Singapore.

**How has it benefited you and why are you grateful for it?**  
The procedure gave me a new lease of life.

**One might ask why they should keep a 90-year-old person alive. For me, my brain is still working well and I have a job as a scientist. I can pass on my knowledge to young scientists.**

**I'm thankful for this because life would have become too boring otherwise and I'd be sitting around doing nothing. As I've been active all my life, with more than 70 years in science research, allowing me to continue my work is a great boon to me.**

**Why did you decide to become a donor?**  
I wanted others to be able to enjoy the benefits too so I was very happy to become a donor.

**I think everyone can and should make a difference to not only individual lives but also to the society as a whole. If we can save someone's life, then we've also served the country.**

**Those who have the means to donate should be encouraged to help others who may not have been as fortunate as them. I'd like to thank The Heart Fund for providing this opportunity.**

**You too can make a difference to underprivileged heart patients. Empower them today at [www.giving.sg/nuhs-fund-limited/sydney\\_brenner\\_fund](http://www.giving.sg/nuhs-fund-limited/sydney_brenner_fund).**

<sup>1</sup>A disorder of the heart in which the mitral valve does not close properly when the heart pumps out blood.

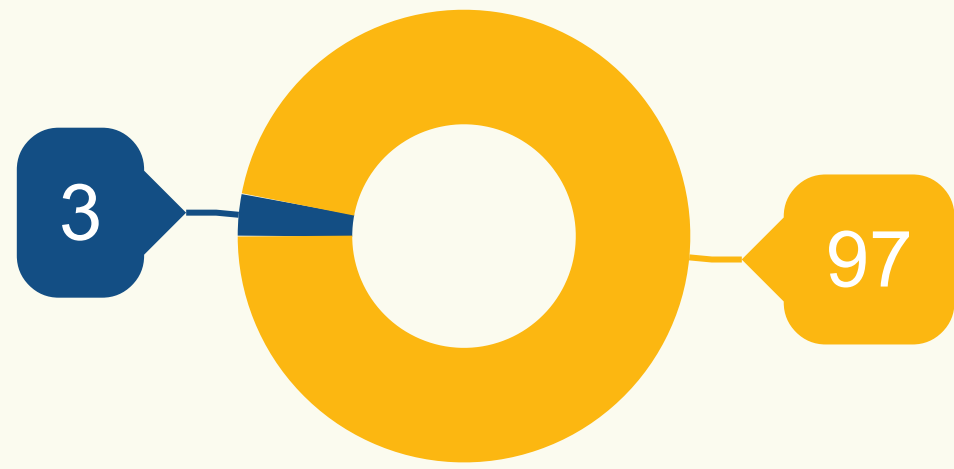
*"I think everyone can and should make a difference to not only individual lives but also to the society as a whole... Those who have the means to donate should be encouraged to help others who may not have been as fortunate as them."*



*Give to The Heart Fund today!*

<http://bit.ly/TheHeartFund>

# Your contribution to The Heart Fund have gone towards:

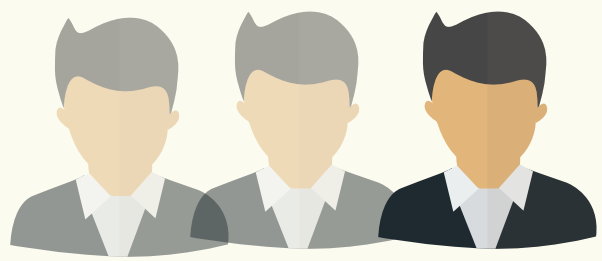


■ Medical Education / Research (3%)  
■ Needy Patients (97%)

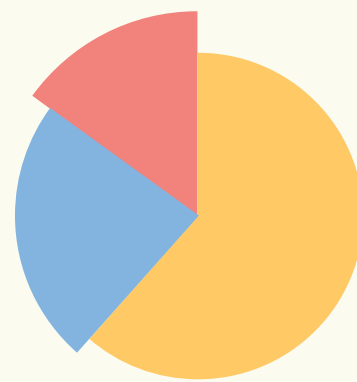
♥ Financial assistance when other avenues of financial support are not available or insufficient for costly procedures and long term medical treatment

♥ Better patient care due to continuous upgrading of skills by our Heart Centre professionals

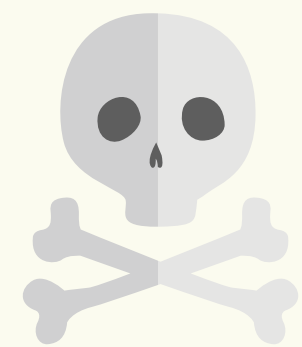
## Singapore Heart Facts



**1 OUT OF 3**  
deaths is caused by heart diseases or stroke



Cardiovascular disease accounted for **29.5%** of all deaths in 2016

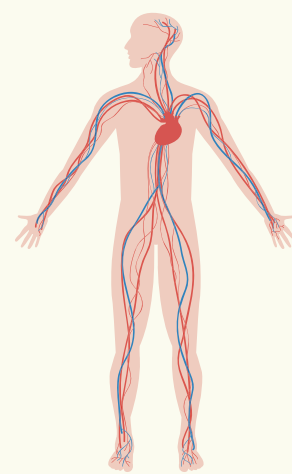


**16 PEOPLE**  
die from cardiovascular disease (heart disease and stroke)

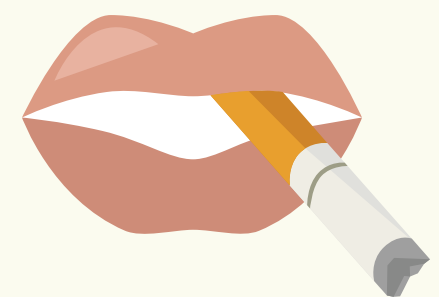
## Diabetes and the Heart



Diabetic patients are **2 to 4 TIMES** more likely to suffer a heart attack than those without

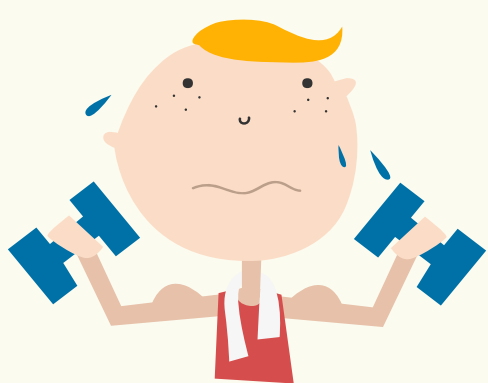


High blood glucose in people with diabetes builds up fatty deposits that affects blood flow in vessels, causing heart diseases



Smoking **DOUBLES THE RISK** of heart disease in people with diabetes

## Protect Your Heart!



Exercising lowers blood pressure and reduces strain on the heart. It increases levels of good cholesterol to help transport fats away from the heart arteries.



Have 2 portions of fruits and 2 portions of vegetables daily



Have regular health screening