

Q: What should I do if I have chest pain?

A: If you are a patient with a history of coronary heart disease, please discuss with your doctor what to do.

When you experience chest pain, you should immediately go to the emergency department of your nearest hospital. Do not drive. Instead, you should take a cab or call 995. On your way to the hospital, rest by sitting or lying down. You can chew and swallow half an aspirin immediately unless you have been instructed otherwise.

Q: Does diet affect my heart health?

A: A healthy diet is a great first step to a healthy heart. Enjoy a diet low in fat and eat plenty of cereals, vegetables, fruits and grains. You should also reduce your intake of saturated and trans fats, which would help lower your cholesterol, especially if you have high cholesterol.

Q: Is exercise important for my heart health?

A: Do consult your doctor before starting any exercise programme. Your goal should be taking part in moderate exercise for 30 mins or more for 3-5 times a week. If you feel breathless or overly tired, or if you develop chest pains, stop exercising and consult your doctor.

Smoking is a serious risk factor of heart attack and stroke. If you are a smoker and would like to quit smoking, or if you know of someone who would like to give up smoking, please contact NUH's Smoking Cessation Clinic at 6772 5733 for professional help. Alternatively, you can call the Health Promotion Board's QUITLINE at 1800 438 2000.

Waiting time may vary due to various reasons. We ask for your understanding that priority will be given to patients who:

- 1) are ill or require immediate attention
- 2) have made prior appointments

If you have any feedback, please email us at cardiac_clinics@nuhs.edu.sg

Location



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Contact Information

National University Heart Centre, Singapore

1 Main Building, Heart Clinics@Level 1 & 3.
Opening Hours: 8.30 am - 6.00 pm (Monday - Friday)
Closed on Weekend & Public Holidays
Website: www.nuhcs.com.sg

Getting to NUH

Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station will be served by three exit-entry points.

- Exit A: Right at the doorstep of National University Heart Centre, Singapore.
Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.
Exit C: Leads to NUH Medical Centre.

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition. Information is correct at time of printing (May 2014) and subject to revision without notice. Copyright© is held by the publisher. All rights reserved. Reproduction in whole or in parts without permission is strictly not allowed.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

Make a donation and help us continue the fight for every heartbeat!

For more information, log on to www.nuhcs.com.sg/about-us/make-a-gift.html

National University Heart Centre, Singapore
A member of the NUHS

First Visit at NUHCS



View patient education videos on NUHCS YouTube page



Step 1:
Download a FREE QR Reader on your smartphone and scan the QR code.



Step 2:
The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS

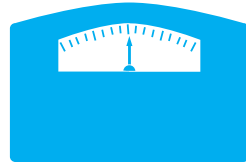


Scan the QR code

First Visit at NUHCS



Registration



Height, Weight & Blood Pressure Measurement



ECG Test



Home sweet home



You may be asked to make payment before or after you collect your medications from the pharmacy.



Pre-admission counselling is required only if you need to be warded for a procedure.

Consultation



Diagnostic test

- Echo Test
- Treadmill
- Vascular Test
- Holter Blood Pressure
- CPET (Cardiopulmonary Exercise Testing)

During consultation, you may be requested to do a blood test or one or more diagnostic test(s) (some of which are listed above)



After consultation, if required, you may be scheduled for a follow-up appointment.