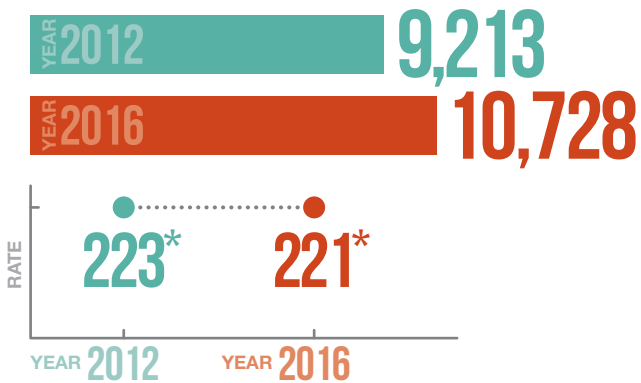


HEART ATTACK

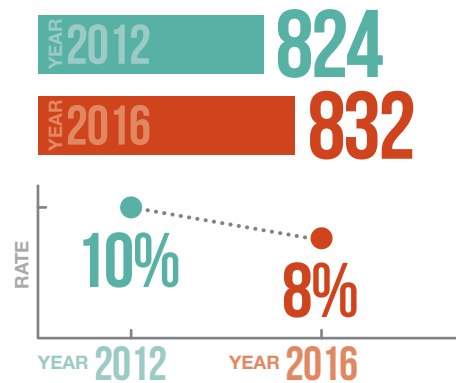
IN SINGAPORE

FACTS AND FIGURES

Incidence of heart attack



Death from heart attack within 30 days



WHAT TO DO WHEN A HEART ATTACK OCCURS

IDENTIFY THE COMMON SYMPTOMS



Chest Pain



Shortness of Breath



Cold Sweat

CALL 995

for an ambulance immediately



PREVENTION IS THE BEST PROTECTION



Eat all food in moderation and opt for healthier products



Exercise and maintain a healthy weight



Avoid smoking



Go for health screening and follow-up



Control blood pressure, cholesterol and glucose well

* Incidence rate per 100,000 resident population after taking into account of population growth and ageing.

[^] Door-to-balloon time measures how fast a heart attack patient receives primary percutaneous coronary intervention from the first medical contact. 90 minutes is the international standard.