HEART ATTACK IN SINGAPORE

FACTS AND FIGURES

Incidence of heart attack

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Rate</th>
<th>2012</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>9,213</td>
<td>10,728</td>
</tr>
</tbody>
</table>

Death from heart attack within 30 days

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Rate</th>
<th>2012</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>824</td>
<td>832</td>
</tr>
</tbody>
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90% of the cases had door-to-balloon time within 90 minutes.

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
- Go for health screening and follow-up
- Control blood pressure, cholesterol and glucose well
- Avoid smoking

* 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.