

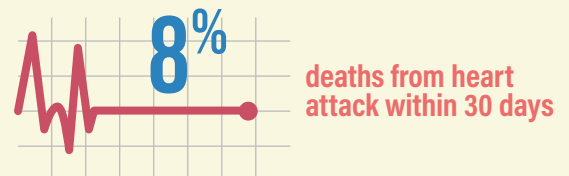
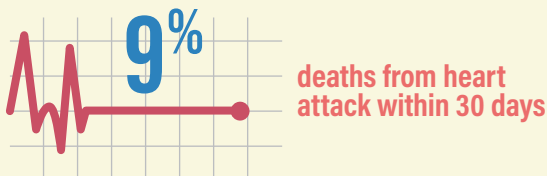
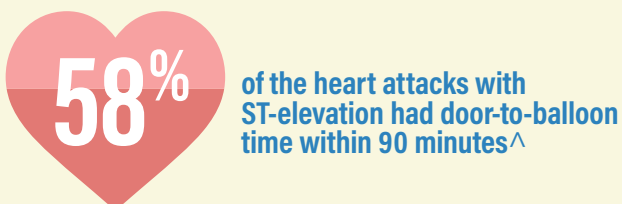
YEAR 2013

9531 Heart attacks
223 per 100,000 population*

YEAR 2017

11877 Heart attacks
234 per 100,000 population*

Every minute counts during a heart attack.



Recognise common symptoms⁺ of heart attack and act fast



Chest pain



Shortness of breath

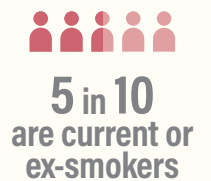
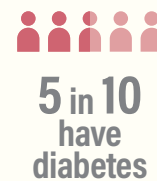
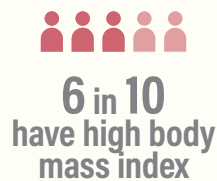
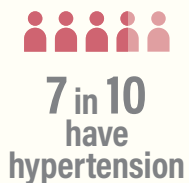


Cold sweat

995

Call 995 for an ambulance immediately if a heart attack is suspected

Common risk factors among heart attack patients



Tips to a healthier heart



Eat healthily and in moderation



Keep blood pressure, cholesterol and glucose under control



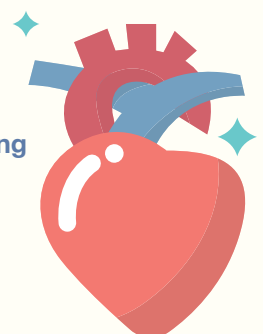
Exercise and maintain a healthy weight



Go for regular health screening and follow up



Avoid smoking



*Among Singapore residents (aged 15 years and above) and taking into account population growth and ageing

[^]Door-to-balloon time measures how fast a heart attack patient receives primary percutaneous coronary intervention to restore blood flow to the heart from the first medical contact. 90 minutes is the international standard and it is only applicable for heart attack with ST-elevation, the more severe form of heart attack with complete blockage of coronary artery diagnosed via an electrocardiogram.

⁺There are other possible atypical symptoms of heart attack such as upper abdomen pain, back pain, shoulder pain, jaw pain.