

Patient and Family Education

CORONARY ATHEROSCLEROSIS

Dear Patient,

This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult your doctor or healthcare professional for detailed medical advice.



About your condition / procedure

Coronary atherosclerosis is an accumulation of fatty deposits in the coronary artery wall. It leads to gradual narrowing of the arteries which supply nutrients to the heart muscle.

Patient Education Video(s)

Please scan the QR code to watch the patient education videos by *SingHealth – National Heart Centre Singapore*.



Understanding the Heart



What is Coronary Artery Disease



Heart Attack

Activity / Rehabilitation



- **Aerobic exercise** such as brisk walking, jogging or swimming is recommended for heart health. If you are unsure, start by walking which is the safest form of exercise.
 - Healthy adults should ideally complete **at least 150 minutes a week of moderate intensity exercise** (e.g. brisk walk). Seek your doctor's advice for suitable exercise tailored to your condition.
 - Inactive adults should start gradually, with light or moderate intensity at a shorter duration (<10 min), with sessions spread throughout the week.
- **Get 6 to 8 hours of sleep daily.** Inadequate sleep of ≤ 4 hours or excess sleep ≥ 10 hours has been linked with increased coronary artery disease.
- **Stop smoking**, if you are smoking.
 - Smoking contributes to atherosclerosis and increases the risk of heart attack.
 - Many stop-smoking aids can improve your chances of success in trying to quit smoking. Speak to your doctor for help in quitting smoking.
- **Keep stress under control.** Continuous, unrelieved stress causes your heart to work harder.
- **Maintain a healthy BMI.** Healthy range for Asians: 18.5 to 22.9 kg/m².

Nutrition / Diet



- **High fibre diet**
 1. Take at least 2 servings of fruits and 3 servings of vegetables daily (1 serving = 100 grams).
 2. Take oats, beans, bran, whole-grain bread, and wheat germ.
- **Minimise trans-fat**
 - Limit hard margarine, deep fried food, pastries, cakes and foods made with vegetable shortening, hydrogenated or partially hydrogenated oils.
- **Healthier sources of protein**
 - Choose fish, skinless poultry, lean white meat, nuts, bean products and low-fat dairy products.
 - Avoid red meat.
- **Reduce saturated fats**
 - Avoid visible and animal fats (butter, cream, ghee, lard) and poultry skin.
 - Limit use of palm oil and coconut oil. Replace coconut milk with low fat / skimmed milk when cooking curry dishes.
- **Choose healthier unsaturated fat cooking oils** such as sunflower, soya bean, olive, peanut, canola oil.
- **Go for healthier snacks**
 - Take 4 handfuls of nuts per week preferably roasted and unsalted.
 - Walnut, almond, pecan, and hazelnut are best for the heart (other nuts such as pistachio peanut and cashew are fine too).
- **Reduce salt intake**, especially if you have high blood pressure.
 - Limit intake to less than 1 teaspoon of salt per day.
- **Limit alcohol intake** to not more than 1 glass (wine) or 1 can (beer) a day.

By simply following 4 simple steps:

1. *Stop smoking*
2. *Take 5 servings of fruits or vegetables daily*
3. *Maintain a healthy BMI between 18.5 to 22.9 kg/m²*
4. *Exercise at least 150 minutes a week (moderate intensity exercise)*



YOU CAN DECREASE YOUR RISK OF HEART DISEASE BY 40%

Follow-up appointments

- Keep your appointment(s) as scheduled, reschedule your appointment as soon as possible if you have missed your appointment.
- For any change of appointment(s), you can do so in the following ways:
 - Manage your appointment(s) on-line
 - Via SingHealth Health Buddy App
 - Call NHCS Appointment Hotline (6704 2000)
 - Email: central.appt@nhcs.com.sg

