

Heart disease can be improved or even prevented by making certain lifestyle changes. The following changes can help anyone who wants to improve heart health:

- Stop smoking
- Control your blood pressure
- Check your cholesterol
- Keep diabetes under control (*if applicable*)
- Exercise
- Eat healthy foods
- Maintain a healthy weight
- Manage stress
- Deal with depression
- Practice good hygiene

DIAGNOSED EARLY

Heart disease is easier to treat when detected early. Get regular medical checkups. Early detection and treatment can set the stage for a lifetime of better heart health.

Therefore, it's important to seek a healthcare team to regularly monitor your heart health and take immediate action to improve your health condition. If you're concerned about developing heart disease, talk to us and we will share with you the necessary steps you can take to reduce your heart disease risk. This is especially important if you have a family history of heart disease.

ACT NOW!

Talk to our healthcare team and understand how we can help you stabilizing your condition, controlling symptoms over the long term, and improving your current health condition.

Ronghua Health Recovery Centre is a one-stop diabetic healthcare management centre in Singapore that adopts an integrative holistic approach in preventing and managing diabetes as well as various chronic conditions.

This involves the use of personalized 12-week program to improve and maintain your overall well-being. Our treatment approaches: Goals setting, Assessment & Consultation, Alternative Medicine, Personalized Nutrition Plan, Personalized Exercise Plan, Stress Management, Education System and Healthcare Management.

For more information, please visit our website at www.hrc.com.sg.

Visit us at:

Ronghua Medical & Recovery Centre Pte Ltd
133 New Bridge Road #B2-24
Chinatown Point Singapore 059413

Hotline: 6702 0818



BY TRAIN

North East Line (NEL), Chinatown Station, Exit E
Downtown Line (DTL), Chinatown Station, Exit G

BY BUS

New Bridge Rd (in front of Chinatown Point): 2, 12, 33, 54, 63, 124, 143, 147, 190, 520, 851, 961, 961C

A 12-Week Program for Managing

**HEART
DISEASE**



12 WEEKS
to a **NEW YOU**

BASED ON A SCIENTIFICALLY PROVEN PROGRAM

Our **12-Week Program** gives you one-on-one consultations with our healthcare team. They'll work with you to design a personalized plan that is tailored to your needs. It will help you make long-term changes to your lifestyle, so you can improve your health, fitness and overall wellbeing.

Medication

Our program compliments with your doctor's prescribed medications. We work together with your doctor to better manage your health condition.

Diet & Nutrition

For someone with heart disease, diet is a big deal. Along with other healthy habits, it can slow or even partially reverse the narrowing of the heart's arteries and help prevent further complications. Our registered dietitian will help you plan your meals and snacks, you can still enjoy your favourite food and we will guide you how to choose a healthy meal.

Exercise

Exercise strengthens the heart and blood vessels, reduce stress, and has been shown to reduce blood pressure while also boosting HDL (good) cholesterol levels.

You don't have to be a gym's member or buy Expensive equipment to exercise. Exercise need not to be long hours. Our flexibility fitness plan will fit in nicely according to your busy schedule.



Education

Knowing how to continue taking care of yourself well is at the heart of good health.

We help you to learn about your disease, how to care of your condition and skills so that you can achieve the best possible control to stabilizing the condition.



Stress Management

Learning to relax may help prevent and treat heart disease. While success varies from person to person, stress-reduction techniques have been shown to reduce high blood pressure, heart arrhythmias, and emotional responses such as anxiety, anger, and hostility that have been linked to coronary heart disease, angina, and heart attack. The choice of relaxation technique is up to individual. Our psychologist will guide you on some relaxation techniques and methods to effectively relieve stress.



Healthcare Management

You will be assigned under the care of a dedicated Healthcare Management Manager who will monitor your health conditions, to ensure you are on the right track. You can contact us anytime should you need any assistance, our professional team members will always be there to help.



RECEIVE A
PERSONALISED PLAN.



What you're getting:

You'll go through 3 phases and meet regularly with our physician, dietitian and exercise physiologist.

In total, you'll have a weekly appointments over the 12 weeks and receive:

Phase I:

- A health, diet and fitness assessment with goals setting
- Educational program
- Change & Stress Management

Phase II:

- Alternative medicine (if necessary)
- Personalized diet/meal plan
- Personalized exercise plan
- Advice, motivation and support (with a starter pack)

Phase III:

- Continuity of Phase II
- Monitoring and control
- Self management & care
- Evaluation & post assessment

We DARE to guarantee!
Results for our 12-week program are guaranteed.

* T&Cs apply

