

When you have high cholesterol, the first thing to do is to change your diet and fitness: less saturated fat, no trans fat, and more activity.

Source: WebMD Medical Reference Reviewed by James Beckerman, MD, FACC on March 22, 2016

DIAGNOSED EARLY

High cholesterol promotes the narrowing and hardening of your arteries — a condition called atherosclerosis. Atherosclerosis progresses slowly and often without early symptoms, but it can lead to a variety of complications, including heart attack and stroke.

Excess low-density lipoprotein (LDL), or "bad," cholesterol can slowly build up in the walls of your arteries. It then combines with triglycerides — a form of fat in the blood — and other deposits such as calcium, cellular waste products and a fibrous, insoluble protein called fibrin to form plaques. These plaques can cause your arteries to narrow and harden.

Cholesterol levels should be measured at least once every five years in everyone over age 20. The screening test that is usually performed is a blood test called a lipid profile.

ACT NOW!

Ask our healthcare team for professional advice and find out more about how we can help.



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

**HIGH
CHOLESTEROL**



12 WEEKS
to a **NEW YOU**

BASED ON A SCIENTIFICALLY PROVEN PROGRAM

Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods from animals, such as dairy products, eggs, and meat. There are several factors that contribute to high cholesterol:

- **Gender:** After menopause, a woman's LDL cholesterol level ("bad" cholesterol) goes up, as does her risk for heart disease.
- **Age:** Risk increase as you get older. Men aged 45 years or older and women aged 55 years or older are at increased risk of high cholesterol and heart disease.
- **Family history:** if you have a family history of high cholesterol, heart disease or other risk factors, such as smoking, diabetes or high blood pressure.
- **Diet :** The trans fats, saturated fat, sugar, and (to a lesser extent) cholesterol in the food you eat raise total and LDL cholesterol levels.
- **Weight:** Overweight can make your LDL cholesterol level go up and HDL go down.
- **Physical activity/exercise:** Increased physical activity helps to lower LDL cholesterol and raise HDL cholesterol (the "good" cholesterol) levels. It also helps you lose weight.

Medication

There are several types of drugs used to treat high cholesterol, including Statins, Niacin, Bile Acid Resin, Fibrates and/or PCSK9 Inhibitors.

Our program compliments with your prescribed medications and we work together with your doctor to better manage your cholesterol levels.



Diet & Nutrition

There's no one-size-fits-all diet. Our registered dietitian will help you plan the best cholesterol-lowering diet plans. You'll eat healthier versions of your favourite foods, suggest strategies and tips for adjusting to your new diet.

Exercise

Getting regular exercise is important. 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.

Stress Management

Long-term chronic stress is more damaging to your health and cholesterol than brief, short-term periods of stress. Lowering stress over time can help to prevent cholesterol problems. Our psychologist will guide you on some relaxation techniques and methods to effectively relieve stress.

Education

We empower patients through providing information and teaching skills and techniques to improve self-care and doctor-patient interaction, with the ultimate goal of improving quality of life. Self-management activities is critical to success.

Healthcare Management

Our dedicated Healthcare Management Manager 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.



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

