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Singapore SHF outlines a strategy and framework to prevent cardiovascular disease

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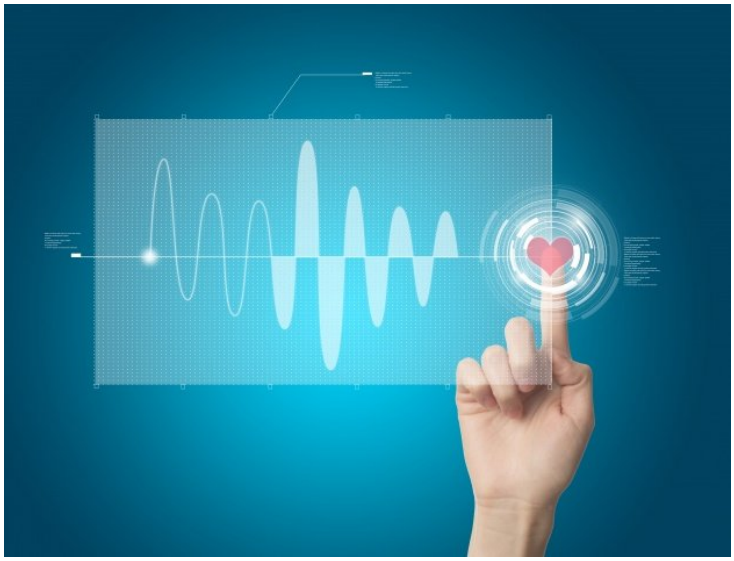
Singapore Heart Foundation, the Singapore Cardiac Society and the Academy of Medicine, Singapore supported by Amgen, champion a population health approach to prevent cardiovascular disease



Singapore Heart Foundation (SHF), the Singapore Cardiac Society (SCS) and the Academy of Medicine, Singapore (AMS), supported by Amgen highlights the need for greater efforts to prevent cardiovascular disease (CVD) in Singapore and outlines a strategy and framework for the primary and secondary prevention of CVD in patients and survivors.

An white paper relased by the allience proposes a multi-stakeholder three-pronged approach in achieving good CVD outcomes. The three-pronged approach includes:

1. Equipping clinicians with the latest clinical guidelines in addressing the management of five main modifiable cardiovascular (CV) risk factors, namely hypertension, dyslipidaemia, type 2 diabetes mellitus, obesity and smoking, to support decision-making and to ensure that patients receive optimal care.
2. A collaborative patient education through cooperation between healthcare professionals and community partners, emphasising ‘8 Enablers to Fight 5’, which highlight 8 steps to manage the 5 main controllable cardiovascular risk factors, will be spearheaded by the SHF with the support of the SCS and the Chapter of Cardiologists of AMS to counter myths, misconceptions and fake news about heart disease and its treatments in the community.
3. Support for integrated care, including access to cardiac rehabilitation in the community, improved referral processes and access to nutrition or dietary counselling and tobacco cessation, optimal use of information technology, and continued CV research that ensure the optimal delivery of care.

Furthurmore, SHF and Amgen have also launched a campaign titled “Heart-Pressed for Time”, which aims to raise awareness on the importance of protecting one’s heart health and bring attention to how survivors can effectively manage their CVD risk to prevent another cardiac incident.