



Sudden Cardiac Deaths Are you the next **Victim?**

Sudden Cardiac Deaths (SCD) claim more than 1,500 lives in Singapore every year.

SCD are caused by the abrupt loss of heart function when the electrical system of the heart suddenly and unexpectedly malfunctions. Death follows quickly if there is no immediate intervention.

The best option for those at risk is to seek proper assessment and preventive treatment.

How Do I Know If I Am At Risk?

Up to **80% of SCD** occurs as a result of coronary heart disease. Other risk factors include:

- Old Age and Male Gender
- High Blood Pressure
- High Blood Cholesterol
- Diabetes Mellitus
- Smoking
- Obesity
- Family History of Heart Disease or Sudden Death

Additionally, if you have symptoms such as chest pain, palpitation, breathlessness, loss of consciousness, you may also be at risk of SCD.

What Should I Do?

If you have any of the above-mentioned risk factors, it is important to speak with your doctor about how to reduce your risks. These could include making appropriate healthy lifestyle changes, medications or even interventional procedures.

It should be emphasised that the risk of SCD increases during vigorous exercise, especially among individuals who are usually sedentary. Hence, always seek clearance from your doctor before embarking on any exercise regime.

Sudden Cardiac Death Screening

SCD screening is available at the Raffles Heart Centre at a package price of **\$704.06***.

The screening includes a consultation and review with a Cardiologist, blood tests, treadmill exercise stress test and 2D echocardiogram.

**Price includes GST*

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