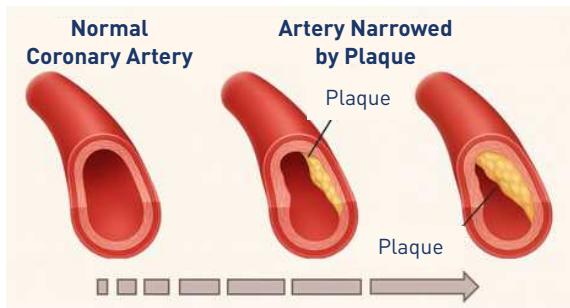


Understanding and Managing Cardiovascular Risk Factors

Knowing your risk factors helps prevent heart disease and guides you towards healthier lifestyle choices. Take action today!

What is Coronary Artery Disease (CAD)?



CAD is caused by the narrowing of the inner walls of the coronary arteries (blood vessels) due to fatty deposits (cholesterol) that build up over time. This causes the arteries to harden and become narrower. When this happens, stenosis or blockage can develop, thus reducing blood supply to the heart muscle.

CAD Risk Factors



Smoking

Causes inflammation of the heart arteries and increases the risk of developing clots.



Diabetes

High blood sugar damages the lining of blood vessels.



High blood Pressure

Places a strain on the heart and damages blood vessels, making it easier for plaque to form.



High cholesterol

Can lead to the build-up of thick, fatty calcified plaque that clogs arteries.



Obesity

Can be a cause of high blood pressure and high cholesterol.

Other non-modifiable risk factors include:

Age (male over 45 years old and women over 55 years old), family history of heart disease, ethnicity and gender.

Healthy Guide to Managing Risk Factors

Eat Smart



- Enjoy a balanced diet that includes fruits, vegetables, whole grains, and protein.
- Good protein sources include oily fish, lean meat, tofu, beans, and nuts.
- Choose healthier cooking methods such as steaming, baking, or sautéing.
- Limit salt, sugar, and processed food.

Choose Smart



- Limit intake of deep-fried or fast foods and snacks high in saturated fat, such as butter.
- Trim visible fat from meat and poultry.
- Swap desserts for fresh fruits or salads.

Live Smart



Stay active

- Aim for 150 minutes of moderate activity (e.g. brisk walking or cycling) per week.

Weight management

- Keep your BMI below 23. Being overweight can increase blood pressure and cholesterol. It can directly result in inflammation and promote atherosclerosis.



Regular health screening

- Ensure good control of blood pressure, blood sugar, and cholesterol as recommended by your doctor.
- Enroll in Healthier SG.



Other heart-healthy tips

- Take your prescribed medicines regularly.
- Avoid excessive alcohol intake.
- Quit smoking to reduce the build-up of plaque in the arteries.

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Information is correct at time of printing [Jan 2026] and subject to revision without prior notice.