

AUTHOR'S REPLY

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We are thankful to Dr Hofmeister for his comments on our article and agree on the importance of public education – one key approach to the challenge of heart disease.

Apart from the efforts of individual doctors, hospitals and the Health Promotion Board, several organisations have also contributed extensively toward primary prevention in Singapore. For example, the Singapore Heart Foundation (SHF) (of which two of the authors are Board members) is heavily committed to primary, secondary and tertiary prevention efforts across the cardiovascular continuum.

SHF regularly organises initiatives such as mass campaigns and events, which include health screenings, nutrition talks, cooking workshops and supermarket tours. One of its key events – World Heart Day, held annually since year 2000 – aims to increase public awareness and promote preventive measures to reduce the global incidence of cardiovascular disease.

The SHF Heart Wellness Centre offers support for lifelong maintenance of exercise habits and risk factor modification, health talks, nutrition consultations and smoking cessation counselling. The Heart Support Group provides invaluable peer support to heart patients and their families who are adjusting to life after a heart attack, as well as motivation to maintain healthier lifestyles. It is an educational and informational support network that helps to reinforce members' knowledge of heart health and cardiac rehabilitation, and at the same time, offer emotional support and shared experiences through regular meetings or group activities.

For those interested in the work of the SHF, we would like to direct them to: www.myheart.org.sg.

Yours sincerely,

Terrance Chua

Department of Cardiology, National Heart Centre Singapore, Mistri Wing, 17 Third Hospital Avenue, Singapore 168752. terrance.chua.s.j@nhcs.com.sg