



# Women's Heart Health Clinic

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The Women's Heart Health Clinic is dedicated specially to women with heart disease or at risk of developing heart disease. Our programme is tailored to provide women with holistic evaluation and management of heart conditions, especially those that require cross-disciplinary care. We provide subspecialty management of unique heart conditions that tends to affect women (more than men), as well as special focus on risk management, lifestyle modification and prevention of adverse cardiovascular events.

## Cardiovascular Risk Management

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Cardiologists work closely with other providers who are well versed in gender-differences in heart health, to achieve excellent cardiovascular risk management and sustainable lifestyle modification.

### A. Health Coaching

Our health coach is right sided alongside our clinics, with an aim to improve patient education and self-empowerment, which is instrumental to better cardiovascular risk factor control and survival outcomes. Our trained health coach engages our female patients in a partnership to explore and establish the following:

- Motivational interviewing
- Wellness vision
- Guiding the agenda and individualised goal setting
- Social work
- Cardiac rehabilitation
- Patient education

## B. Occupational Therapy

Stress and anxiety contributes to a higher risk of heart disease in women. Our occupational therapist support patients in coping with their daily life. "Occupations" and activities include:

- Activities of daily living
- Productive activities e.g. school, work or household management
- Leisure
- Sleep
- Life roles & relationships



## Examples of Occupational Therapy Interventions include:

- Stress management & coping strategies
- Behavioural and lifestyle modifications for self-management of health conditions
- Activity modification and energy conservation strategies

## C. Menopause

A woman's cardiovascular risk increases notably around the time of menopause. In fact, premature menopause is a risk factor for coronary disease. We work closely with the menopause clinic to ensure holistic management of heart health and peri-menopausal symptoms through a seamless referral system and collaborative care.

# Specialty Disease Management

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Certain heart conditions are specific to or highly prevalent in women. The Women's Heart Health Clinic provides specialised care to these conditions:

## 1 Post Myocardial Infarction and Female Phenotype Coronary Syndromes

Heart attacks are more hazardous especially in young women with diabetes - Female patients with post myocardial infarction are treated with good secondary prevention strategies in our clinic. In coronary disease, women and men can also differ in pathophysiology and disease spectrum. Conditions such as Non-Obstructive Coronary Disease, Microvascular Coronary Disease, Coronary Vasospasm and Spontaneous Coronary Artery Dissection are managed in our clinic.

## 2 Pregnancy and Heart Disease

Pregnancy places extra demands on a woman's heart. Women with underlying heart conditions are at higher risk of cardiac complications during both the antepartum and postpartum period. Some heart diseases are uncovered only during the course of pregnancy, and will need specialised care to prevent maternal cardiac decompensation. Nowadays, many of these women can expect to achieve their dreams of safe motherhood with better risk management and organised multidisciplinary care by an expert team of cardiologists, obstetricians and anaesthetists. Our clinic is run by cardiologists well-versed in maternal cardiac health, provides reproductive counselling and operates in collaboration with the high-risk obstetrics clinic for combined care.



## 3

### Heart Conditions in Rheumatology Diseases

Women affected by rheumatological conditions and chronic inflammatory diseases are at greater risk of cardiovascular disease. Heart conditions that are related to rheumatological and chronic inflammatory diseases include:

- Pulmonary Hypertension
- Cardiomypathy
- Valve Disease
- Pericardial Effusion
- Premature Coronary Disease
- Microvascular Disease

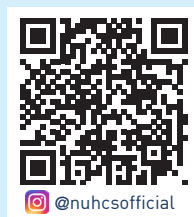
Providing patients with thoughtful and comprehensive care requires close coordination between our cardiologists and the department of rheumatology. Optimal care will include the integrative practice of preventive cardiology, risk assessment and treatment of cardiac symptoms at our clinic.

## 4

### Heart Failure Conditions

Certain Heart Failure conditions actually affect women more than men. Other than Heart Failure related to pregnancy and rheumatological disease as described above, there is also Heart Failure with Preserved Ejection Fraction (HFpEF) and stress induced cardiomyopathy that tends to affect older women more. The goals of treatment are to improve symptomology, reduce hospitalisation rates and decrease the burden of disease in a women's lifespan, through medication and lifestyle changes.

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## National University Heart Centre, Singapore (NUHCS)

- NUHCS at National University Hospital (NUH), Kent Ridge - Main Operations  
Main Building Zone F  
Operating Hours: 8:00am - 5:30pm (Monday - Friday)  
Closed on Weekends & Public Holidays
- NUHCS Heart Clinic @ Ng Teng Fong General Hospital (NTFGH)  
Tower A - Specialist Outpatient Clinics Level 3, Clinic A34  
Operating Hours: 8:00am - 5:30pm (Monday - Friday)  
8:30am - 12:30pm (Saturday)  
Closed on Sundays & Public Holidays
- NUHCS Heart Clinic & NUHCS Vein Clinic @ Alexandra Hospital (AH)  
Operating Hours: 8:30 am - 5:30 pm (Monday - Friday)  
Closed on Weekends & Public Holidays
- NUHCS Heart Clinic @ Jurong Medical Centre (JMC)  
Operating Hours: 8:30 am - 5:30 pm (Monday - Friday)  
Closed on Weekends & Public Holidays



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