

6 HEART FACTS

六个关于心脏的事实

Main coronary arteries are only about 3 to 4 millimetres in diameter

That's a little smaller than the diameter of a drinking straw! No wonder Dr Roger Blumenthal, M.D., a cardiologist at Johns Hopkins warned that it doesn't take much time for fatty, greasy foods to begin clogging the arteries over a decade or two. If an artery remains blocked for 30 minutes or more, the heart muscle supplied by that artery can start to deteriorate or die. That's why prompt medical attention during a heart attack is crucial.

主冠状动脉的直径只有3到4毫米

这比一根吸管的直径还小一点!难怪约翰霍普金斯大学的心脏病专家罗杰·布卢门塞医生警告说,脂肪、油腻的食物不需要很长时间,在10年或20年内就会开始堵塞动脉。如果动脉阻塞30分钟或更长时间,由该动脉供应的心肌就会开始恶化或死亡。这就是为什么在心脏病发作时及时就医是至关重要的。

Cardiovascular disease (CVD) is the leading cause of death in Asia and an increasing epidemic

CVD is responsible for about 35% of all fatalities in Asia. The proportion of CVD deaths among total deaths has increased from 23% to 35%. Mortality rates for CVD have continuously risen for both men and women.

在亚洲,心血管疾病是导致死亡的主要原因,且数据不断上升

心血管疾病约占亚洲所有死亡人数的35%。心血管疾病死亡占总死亡人数的比例从23%增加到35%。心血管疾病的死亡率在男性和女性中都持续上升。

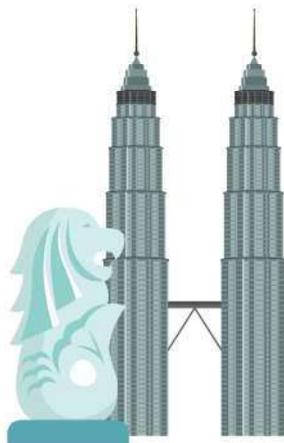


CVD strikes Singaporeans and Malaysians earlier

A multinational study found Singaporeans with heart failure averaging 61 years old, about a decade younger than Westerners. Malaysians face CVD roughly ten years earlier than the global average, with nearly 25% of CVD patients under 50 in 2019 and an average age of 56-59 compared to 63-68 in advanced nations. A 2022 global study noted a 30% increase in myocardial infarction deaths among those aged 25-44 and rising heart attack rates in women aged 35-54.

患有心脏病的新加坡人和马来西亚人日趋年轻化

一项跨国研究发现,新加坡心力衰竭患者的平均年龄为61岁,比西方人患者年轻约10岁。马来西亚人患心血管疾病的时间比全球平均水平早了大约10年,2019年近25%的心血管疾病患者年龄是在50岁以下;患者平均年龄为56-59岁,而发达国家的平均年龄为63-68岁。2022年的一项全球研究指出,25-44岁人群中心肌梗死死亡人数增加了30%,35-54岁女性的心脏病发作率也在上升。



CVD the top killer of women in Malaysia and Singapore

CVD causes 13 times more deaths among women in Malaysia and 6 times more in Singapore than breast cancer.

心血管疾病是马来西亚和新加坡女性的头号杀手

在马来西亚,心血管疾病导致的女性死亡率是乳腺癌的13倍,在新加坡是6倍。



Sitting is a standalone risk factor for heart disease

Even if you exercise regularly, it's still important to reduce your sitting time throughout the day. Prolonged sitting can have many detrimental health effects on various parts of the body. Here's how it particularly affects the heart:

- **Slowed blood flow:** Extended periods of sitting reduce blood circulation, allowing fatty acids to accumulate in your blood vessels, which can increase your risk of heart disease.
- **Increased insulin resistance:** Long periods of inactivity can disrupt insulin regulation, raising the risk of type 2 diabetes and obesity—both major contributors to heart disease.

久坐是心脏病的一个独立风险因素

即使经常运动,减少一天中坐着的时间也很重要。久坐会对身体的各个部位产生许多有害的健康影响。以下是它对心脏的影响:

- **减缓血液流动:** 长时间坐着会减少血液循环,使脂肪酸在血管中积聚,从而增加患心脏病的风险。
- **增加胰岛素抵抗:** 长时间不活动会扰乱胰岛素调节,增加患2型糖尿病和肥胖的风险——这两种疾病都是心脏病的主要诱因。

HEARTFELT TIPS TO IMPROVE BLOOD FLOW

促进血液流动真心提示

Niacin 烟酸

Niacin helps dilate blood vessels, enhancing blood flow, reducing plaque buildup in arteries, lowering blood pressure and reducing blood clotting. It effectively lowers bad cholesterol (LDL) and triglycerides while boosting good cholesterol (HDL). Additionally, niacin may slow the progression of certain heart diseases and could potentially aid in preventing memory loss and dementia. For best results, we recommend a dosage of 50 mg three times a day.

烟酸有助于扩张血管，促进血液流动，减少动脉斑块的积聚，降低血压，减少血液凝固。它能有效降低坏胆固醇(低密度脂蛋白)和甘油三酯，同时提高好胆固醇(高密度脂蛋白)。此外，烟酸可能会减缓某些心脏病的进展，并可能有助于预防记忆丧失和痴呆。为了获得最佳效果，我们建议每天三次，每次50毫克。



Physical inactivity as bad for the heart as smoking

A 2020 study published in the European Journal of Preventive Cardiology reveals that being physically inactive is just as dangerous for heart disease as smoking. It shows that not getting enough exercise increases the risk of heart disease by 65%.

身体活动不足对心脏的危害与吸烟相当

2020年发表在《欧洲预防心脏病学杂志》的一项研究表明，身体活动不足对心脏病的风险影响与吸烟具有同等程度。该研究指出，缺乏足够运动会使心脏病发病风险增加65%。

Rebounding Exercise 弹跳运动

Rebounding is a low-impact cardiovascular workout suitable for all ages, from children to seniors. This exercise not only targets specific muscle groups and builds endurance but also enhances blood flow and stimulates the lymphatic system to help your body eliminate toxins, bacteria, dead cells and other waste products.

You can achieve significant benefits with just 15 to 20 minutes of rebounding per session. If you're new to this exercise, start with shorter sessions and gradually increase the duration as you become more comfortable.

弹跳是一种低冲击的心血管运动，适合所有年龄层，从儿童到老年人。这项运动不仅针对特定的肌肉群，增强耐力，还能促进血液流动，刺激淋巴系统，帮助身体排出毒素、细菌、死细胞和其他废物。

每次练习15到20分钟就可以获得显著的效果。如果是新手，可以从较短的练习开始，随着感觉更舒服，逐渐增加练习时间。

