

# A Healthy Heart Is Your Cup Of Tea

Our cardiologists had their first ever high tea session cum dialogue with 90 over public participants which saw engaging discussions flowing as freely as the sumptuous high tea spread. The event, "A Healthy Heart Is Your Cup of Tea", was held on 2 July 2016 at 10 Scotts Lounge Grand Hyatt and was hosted by Daniel Martin from 938LIVE's Body & Soul.

The participants had an insight to various aspects of heart health matters ranging coronary artery diseases covered Dr Rohit Khurana and how these are correlated with age.

Sudden cardiac death was another major concern and Dr Reginald Liew shared with the audience on the causes and the signs to look out for. He also advised the audience on how much exercise is good for the heart and what things to look out for to lower the risk of sudden cardiac death."

QRISK score is an assessment tool to calculate the risk of heart attack and stroke. Participants had their QRISK score calculated and Dr Peter Ting shared on the interpretation of the results. He also shared on how embarking on a healthy lifestyle can bring about a beneficial outcome to one's heart health.



*"The content was informative and not draggy. We enjoyed the delicious pastries and teas served. Overall, it was an excellent session and we wish there will be more health talks like this in the future."*

*"Through the dialogue and presentations, I now better understand how I should take care of my heart, risk factors and treatments."*