

# Women's Heart & Perimenopausal Care

Cardiologist-led Clinic



# Women's Heart And Perimenopausal Care At Alexandra Hospital

Led by cardiologists, this programme is designed specially for women approaching, transitioning through, or recently postmenopause. During this milestone in life, due to hormonal changes, women experience changes in their physique, reproductive organs, and their heart health.

We focus on prevention and management of heart disease, as well as addressing other health issues related to during this phase of life. Prevention of heart disease is key to ageing gracefully and healthily, as this is the beginning of another phase where most women can expect to spend the next 30 to 40 years of her life.



## **DID YOU KNOW?**

90% of women have **one or more risk factors** for developing heart disease.

# Menopause And Heart Disease

The risk of heart disease increases for everyone as they age, but for women, symptoms and risk factors often manifest and accelerate after the onset of menopause. While menopause itself does not cause heart disease, the decline in the hormone oestrogen, combined with certain risk factors and previous unhealthy lifestyle habits, predispose women to heart diseases. A healthy lifestyle and early screening go a long way in preventing heart disease in women.



# Cardiologist-Led Women's Health Care

Our hospital cardiologists help and empower women, embarking on their second half of life around menopause, to manage their heart health and wellbeing.

## Services We Offer

- ✓ Heart disease screening, diagnosis, and treatment.
- ✓ Risk assessment and management.
- ✓ Dietary assessment and counselling.
- ✓ Lifestyle adjustment, stress management and counselling.
- ✓ Smoking cessation programme.
- ✓ Bone health screening, mammogram and other age appropriate cancer screening.
- ✓ Access to other specialised cardiac services with National University Heart Centre, Singapore.
- ✓ Access to gynaecologists and hormone replacement therapy.



# Women Who Are Eligible

Women who are approaching, transitioning or recently post-menopause, and also women between 45-65 years of age who are concerned about their heart health or risk factors.

## Consider booking an appointment if you have:



Chest pain, shortness of breath, decreased stamina.



Palpitations



Menopausal symptoms or if you are entering menopause.



High Cholesterol or High Blood Pressure or Pre-Diabetes / Diabetes.



History of pregnancy related Diabetes or High Blood Pressure in pregnancy .



Weight issues for example, if you are overweight.



Concerns about your heart health status.



# Patient Care Journey

You can select the services that you feel are most relevant to your needs at your first visit. Our specialists will help guide you through this process and thereafter calculate your risk for cardiovascular disease and develop a comprehensive health plan for you. If your initial assessment shows that you are at risk of heart disease, further tests may be arranged for you.

## Advocates for Prevention Of Heart Disease In Women

We are part of the National University Heart Centre, Singapore women's heart clinic family and advocates for the prevention of heart disease in women.

Some of our efforts include:

- Educating women and health care providers about heart disease in women and improving women's heart health.
- Promoting research to benefit women with cardiovascular disease.



## Where To Find Us

The Women's Heart and Perimenopausal Clinic is offered under the Chronic Care programme of Alexandra Hospital at:

### Clinic J, Integrated Care Clinic

Location : Block 1, Level 2

Contact Number : +65 6472 2000

Email : AH\_Enquiries@nuhs.edu.sg




### **DID YOU KNOW?**


Changes in diet and lifestyle can improve your heart health and **lower your risk** for heart disease by up to 80%.


# How to get to the Women's Heart and Perimenopausal Clinic at



 **By Public Bus**  
**Alight At Alexandra Hospital**  
 Bus Stop Code: 11511  
 Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197

**Alight Opposite Queensway Shopping Centre**  
 Bus Stop Code: 11519  
 Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197

 **By MRT**  
**From Queenstown MRT Station,**  
 Exit A: Take bus 51  
 Exit B: Take bus 195  
**From Commonwealth MRT Station,**  
 Exit B: Take bus 100  
**From Redhill MRT Station,**  
 Exit A: Take buses 33, 120

 **By Shuttle Bus**  
**From Queenstown MRT Station To Alexandra Hospital**

Weekdays excluding Public Holidays

- Queenstown MRT Station, Exit B  
First bus: 6.40am  
Last bus: 8.25pm
- Block 158, Mei Ling Street  
Bus Stop Code: 11579
- Block 153, Mei Ling Street  
Bus Stop Code: 11599
- Block 163, Mei Chin Road  
Bus Stop Code: 11609
- Alexandra Hospital Block 28
- Alexandra Hospital Main Lobby  
First bus: 6.40am  
Last bus: 8.15pm

Saturday, Sunday and Public Holiday

- Queenstown MRT Station, Exit B  
First bus: 10.00am  
Last bus: 7.40pm
- Alexandra Hospital Main Lobby  
First bus: 10.10am  
Last bus: 7.50pm

**From Commonwealth MRT Station To Alexandra Hospital**

Weekdays excluding Public Holidays

- Commonwealth MRT Station, Exit A  
First bus: 6.45am  
Last bus: 8.10pm
- Block 50, Commonwealth Drive  
Bus Stop Code: 11459
- Block 37B, Commonwealth Drive  
Bus Stop Code: 11449
- Queenstown Polyclinic  
Bus Stop Code: 11059
- Alexandra Hospital Block 28
- Alexandra Hospital Main Lobby  
First bus: 6.45am  
Last bus: 8.20pm

Saturday, Sunday and Public Holiday

- Commonwealth MRT Station, Exit A  
First bus: 10.05am  
Last bus: 7.45pm
- Alexandra Hospital  
First bus: 10.15am  
Last bus: 7.55pm


**From National University Hospital To Alexandra Hospital**


Weekdays excluding Public Holidays



- NUHS Tower Block  
First bus: 10.00am  
Last bus: 5.00pm
- National University Hospital (NUH), Medical Centre, Outside Burger King
- National University Hospital (NUH) Main Building, Lobby A
- Alexandra Hospital Main Lobby  
First bus: 10.25am  
Last bus: 5.25pm

**Frequency: Approximately every 10-20 min (Queenstown and Commonwealth route). Approximately every 1 hour (NUH to AH route).**

**For updated information on shuttle bus timings and designated stops, please visit [www.ah.com.sg](http://www.ah.com.sg)**

 **Main Line**  
 Call 6472 2000 to schedule an appointment or make enquiries.

 **Email**  
 For Appointments: [AH\\_Appointment@nuhs.edu.sg](mailto:AH_Appointment@nuhs.edu.sg)  
 For Enquiries: [AH\\_Enquiries@nuhs.edu.sg](mailto:AH_Enquiries@nuhs.edu.sg)  
 For Feedback: [AH\\_Feedback@nuhs.edu.sg](mailto:AH_Feedback@nuhs.edu.sg)

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[www.ah.com.sg](http://www.ah.com.sg) |   AlexandraHospitalSG



# Women's Heart Health and Peri-menopausal Screening – Empowering Women To Age Gracefully

Email Address:

We are developing a clinic where women age 45-65 years old can get their specialist healthcare needs met, from general screening, to prevention of heart disease, management of symptoms of menopause, or other health concerns related to transitioning through this phase of life.

**Please tick if you have any of the concerns listed or if you would like any of the services:**

<b>I have concerns about my heart.</b> - Heart attacks/ weak heart - Chest discomfort - Easily out of breath	
<b>I have concerns for risk factors.</b> - Diabetes - High blood pressure - High cholesterol - Family history	
<b>I have concerns about bone health.</b> - Osteoporosis	
<b>I would like to see a Dietician.</b> - I don't know what diet is best for my condition - I am gaining weight	
<b>I am worried about Menopause and life after.</b> - Hot flushes, cannot sleep, palpitations, vaginal dryness - Hormone replacement therapy	
<b>I would like to see a Gynaecologist.</b>	
<b>I am worried about my mental health.</b> - Difficulty sleeping - Easily anxious/worried - Low mood	
<b>I would like to see a Psychologist.</b>	

Please pass the completed form to our doctor or patient service associate during your consultation.