

INTEGRATED WOMEN'S CLINIC



**WOMEN'S HEART &
PERIMENOPAUSAL
CARE**



Women's Heart And Perimenopausal Care At Alexandra Hospital

This programme is designed especially for women approaching, transitioning through, or recently post-menopause. During this milestone in life, due to hormonal changes, women experience changes in their physique, reproductive organs, and their heart health.

Some women may experience hormonal changes that result in hot flushes, sleep disturbance, mood disorder and sexual dysfunction which can negatively affect their quality of life.

We look at various aspects of a woman's health during this phase of life which include: physical, emotional, mental, and sexual health; as well as chronic disease screening and disease prevention, for instance prevention and management of heart disease.

We can provide interventions such as lifestyle adjustments and medications such as hormone therapy and non-hormonal therapy to address symptoms and optimise women's health and quality of life.

We aim to promote women's overall well-being to empower women to age 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 their life.

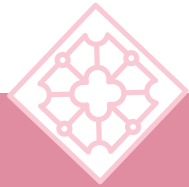


DID YOU KNOW?

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

Menopause Symptoms

The average duration of menopause symptoms is approximately 7 years. However, women may begin experiencing these symptoms as early as 10 years before they begin transitioning into menopause.

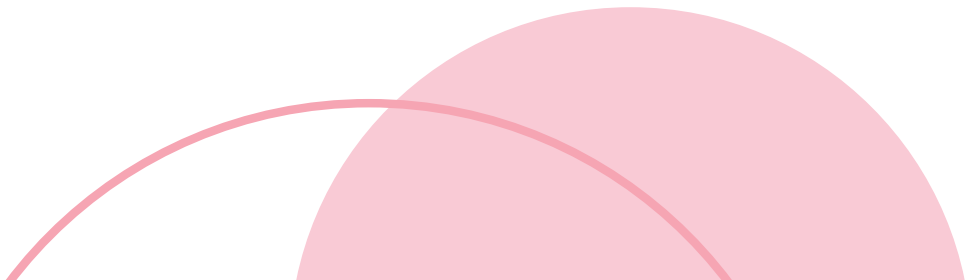


Signs of menopause or perimenopause are different for everyone.

Common signs and symptoms

- Hot flushes
- Low mood and energy levels
- Brain fog
- Night sweats or insomnia
- Vaginal dryness
- Urinary Tract Infections (UTIs)
- Thinning hair
- Low sex drive
- Joint pain
- Itchy skin

It is important to consult a healthcare provider if menopause symptoms interfere with daily life. Our team can help determine the best treatment plan based on the individual's symptoms, medical history and personal health risks to maintain one's well-being and quality of life during and after menopause.



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.



WOMEN'S HEALTH CARE

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

WOMEN WHO ARE ELIGIBLE









- Women who are approaching, transitioning through, or recently post-menopause.
- Women over 45 years of age who are concerned about their heart health or risk factors.

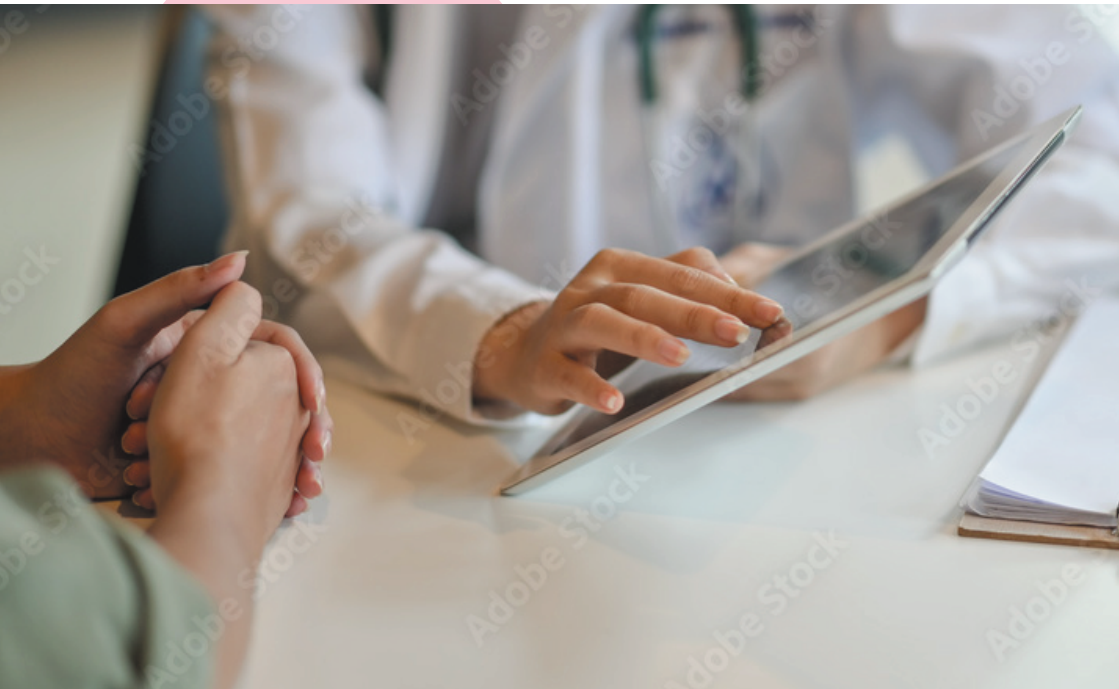


DID YOU KNOW?

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

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.



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 physicians 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 a you are at risk of heart disease, further tests may be arranged for you.

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: Zone B, Level 2

Tel: +65 6908 2222

Email: contactus@nuhs.edu.sg



ADVOCATES FOR WOMEN'S HEALTH

We are part of the National University Heart Centre, Singapore.

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.
- Focusing on holistic women's healthcare to improve quality of life: physical, emotional, mental, and sexual health.
- Providing lifestyle and pharmacological interventions to manage menopausal symptoms.



Scan the QR code to find directions and locate our facilities!

For updated information on shuttle bus timings and designated stops, please visit www.ah.com.sg

Main Line
Call 6908 2222 to schedule an appointment or make enquiries.

Email
For Appointments: Appointments@nuhs.edu.sg
For Enquiries: Contactus@nuhs.edu.sg
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