

**HYPERTENSION TALK:  
PART 1**

# MANAGING HEART HEALTH RISK

**FREE TALK**  
(registration required)

 **18 JUN 2022 (SAT)**

 **2.30PM - 3.30PM**

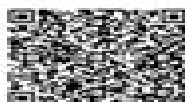
 **ZOOM**

In Singapore, cardiovascular disease (heart disease and stroke) kills 19 people every day and accounts for 31.7% of all deaths in 2020.

Learn more about cardiovascular disease, a leading cause of death and what you can do to reduce your risk.

## TOPIC OUTLINE

- Cardiovascular disease and atherosclerosis
- Cardiovascular risk factors
- Assess and manage cardiovascular risk



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## SPEAKER

**Dr Low Lip Ping**

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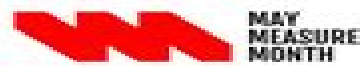
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# Managing From The Heart

**Jeanette de Richmond, Terry Hoffman**



## **Managing From The Heart:**

Managing from the Heart Hyler J. Bracey, 1990 From the profit minded managers who make up the brain trust at The Atlanta Consulting Group comes a simple new method hailed as a revolutionary management practice learning to care

Managing from the Heart Hyler Bracey, Jack Rosenblum, Aubrey Sanford, 1990-04-01 From the profit minded managers who make up the brain trust at The Atlanta Consulting Group comes a simple new method hailed as a revolutionary management practice learning to care

**Managing from the Heart** Arun Wakhlu, 1999-03-10 This book addresses the challenge of combating the growing levels of stress disenchantment and frustration among people at work According to the author the root cause of this crisis is that we have been managing our lives and work divorced from heart and spirit The book therefore advocates a new and holistic paradigm that synthesizes ancient wisdom with modern principles of management

*Couples, how Two Worlds Become One* Paul Palnik, 1983-01-01 Provides humorous descriptions of various fictitious couples

*Managing from the Heart - the Workbook* Larry D. Braley, Ray D. Gragg, 2008-11-20 Managing from the Heart The Workbook is designed to be used as a companion to the text Part of an intensive training program this workbook guides managers through the concepts and principles inherent in Managing from the Heart A Way of Life teaching a new and radical managerial philosophy

**Empowering Hearts: A Guide to Navigating Congestive Heart Failure** Pasquale De Marco, 2025-04-06 Empowering Hearts A Guide to Navigating Congestive Heart Failure is an invaluable resource for individuals families and caregivers affected by this prevalent condition With its compassionate tone evidence based information and comprehensive coverage this book empowers readers to take control of their health and navigate the complexities of heart failure with knowledge resilience and unwavering hope Written in a clear and accessible style this book provides enlightened and compassionate insights into heart failure offering practical guidance for managing and overcoming its challenges Readers will gain a deeper understanding of the condition its various forms causes and symptoms enabling them to actively participate in their own healthcare journey Delving into the intricacies of heart failure management the book encompasses a wide range of topics including lifestyle modifications dietary recommendations medication regimens and advanced therapies It emphasizes the crucial role of emotional and psychological well being providing guidance for coping with the diagnosis maintaining a positive outlook and navigating the challenges of the healthcare system Furthermore the book recognizes the importance of family and caregivers in the heart failure journey offering insights into their invaluable role and providing practical tips for providing support and assistance With its comprehensive coverage and compassionate approach Empowering Hearts serves as an indispensable resource for navigating the complexities of heart failure and optimizing quality of life This book is an essential guide for individuals with heart failure their loved ones and healthcare professionals seeking to provide the best possible care Its evidence based information practical strategies and compassionate tone empower readers to take an active role in their health journey enabling them to live full and meaningful lives despite the

challenges of heart failure If you like this book write a review      *The Care of the Heart: A Primary Care Guide* Pasquale De Marco, 2025-04-09 Heart disease is the leading cause of death worldwide and it can affect people of all ages and backgrounds Primary care providers play a crucial role in the prevention diagnosis and management of heart disease They are often the first point of contact for patients with heart problems and they can provide timely and effective care that can help improve patient outcomes This comprehensive guide provides primary care providers with the knowledge and skills they need to care for patients with heart disease It covers a wide range of topics including The anatomy and physiology of the heart The evaluation of patients with heart disease The management of specific heart conditions such as heart failure coronary artery disease arrhythmias and hypertension The prevention of heart disease The book is written by a team of experienced clinicians and educators who have extensive experience in the diagnosis and management of heart disease It is also unique in that it provides a practical approach to the care of patients with heart disease It includes numerous case studies algorithms and clinical pearls that can help primary care providers provide the best possible care for their patients This book is an essential resource for primary care providers who care for patients with heart disease It is a valuable tool that can help providers improve their knowledge and skills in the diagnosis and management of heart disease and it can help them provide the best possible care for their patients Key Features Comprehensive coverage of the prevention diagnosis and management of heart disease Written by a team of experienced clinicians and educators Practical approach to the care of patients with heart disease Numerous case studies algorithms and clinical pearls This book is a must have for any primary care provider who cares for patients with heart disease If you like this book write a review      *Braunwald's Heart Disease E-Book* Robert O. Bonow, Douglas L. Mann, Douglas P. Zipes, Peter Libby, 2011-02-25 Braunwald's Heart Disease remains your indispensable source for definitive state of the art answers on every aspect of contemporary cardiology Edited by Drs Robert O Bonow Douglas L Mann Douglas P Zipes and Peter Libby this dynamic multimedia reference helps you apply the most recent knowledge in molecular biology and genetics imaging pharmacology interventional cardiology electrophysiology and much more Weekly updates online personally selected by Dr Braunwald continuously keep you current on the most important new developments affecting your practice Enhanced premium online content includes new dynamic cardiac imaging videos heart sound recordings and podcasts With sweeping updates throughout and contributions from a who's who of global cardiology Braunwald's is the cornerstone of effective practice Continuously access the most important new developments affecting your practice with weekly updates personally selected by Dr Braunwald including focused reviews hot off the press commentaries and late breaking clinical trials Practice with confidence and overcome your toughest challenges with advice from the top minds in cardiology today who synthesize the entire state of current knowledge and summarize all of the most recent ACC AHA practice guidelines Locate the answers you need fast thanks to a user friendly full color design with more than 1 200 color illustrations Search the complete contents online at [www.expertconsult.com](http://www.expertconsult.com) Stay on top of the latest

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**Healing the Female Heart** Elizabeth Ross,1996-01-01 From Elizabeth Ross MD and Judith Sachs comes a comprehensive guide for women that shows how to take a holistic approach to preventing and recovering from heart disease

**Congestive Heart Failure Cookbook for Beginners** Cressida Thorne,2025-05-31 Take Control of Your Heart Health A Beginner s Guide to Cooking for Congestive Heart Failure Are you or a loved one navigating the challenges of a congestive heart failure CHF diagnosis Do you often feel overwhelmed when trying to make healthy food choices You re not alone and we re here to help you tackle this journey with confidence hope and most importantly delicious food This Congestive Heart Failure Cookbook for Beginners is designed to make heart healthy living easy and enjoyable Packed with simple flavorful recipes this cookbook focuses on low sodium and salt free options that support your heart health without sacrificing taste What s Inside Breakfasts Start your day with heart healthy meals that energize and satisfy Lunches Enjoy heart pleasing dishes full of vibrant flavors Dinners End your day with comforting nutritious meals that keep your heart strong Snacks Appetizers Satisfy cravings with tasty low sodium snacks that are quick and easy to prepare Soups Stews Warm up with comforting healthy soups and stews perfect for any season Side Dishes Compliment your main meals with a variety of flavorful sides Smoothies Indulge in vibrant nourishing smoothies that support heart health Desserts Savor guilt free heart healthy treats that are sure to satisfy your sweet tooth Here s What You ll Learn A Beginner s Overview of CHF Understand the causes symptoms stages and treatments of congestive heart failure The Role of Diet in Managing CHF Learn why diet is crucial for controlling CHF symptoms and improving heart health Guidelines for Safe Cooking Discover cooking tips and techniques that align with heart failure management Heart Healthy Foods Find out which foods to limit and which to embrace for better heart health Portion Control Mindful Eating Master the art of portion control and mindful eating for optimal heart health Weekly Meal Plans Use our weekly meal plans to make heart healthy eating effortless Healthy Substitutes for Common Ingredients Learn how to swap out high sodium or fatty ingredients for healthier alternatives Managing Stress Hydration Practical advice on managing stress and staying hydrated both essential for heart health Exercise Wellness Incorporating movement into your life for better health and well being Support Resources Connect with support groups wellness apps and books that help you stay on track with your heart health With easy to follow instructions professional tips and heart healthy recipes this cookbook is your ultimate resource for living well with congestive heart failure Take Action Today Don t wait to take control of your heart health Grab your copy now and start making delicious heart healthy meals that nourish your body and mind

*Heart Failure: A Companion to Braunwald's Heart Disease E-Book* G. Michael Felker,Douglas L. Mann,2019-02-06 Up to date

authoritative and comprehensive Heart Failure 4th Edition provides the clinically relevant information you need to effectively manage and treat patients with this complex cardiovascular problem This fully revised companion to Braunwald s Heart Disease helps you make the most of new drug therapies such as angiotensin receptor neprilysin inhibitors ARNIs recently improved implantable devices and innovative patient management strategies Led by internationally recognized heart failure experts Dr G Michael Felker and Dr Douglas Mann this outstanding reference gives health care providers the knowledge to improve clinical outcomes in heart failure patients Focuses on a clinical approach to treating heart failure resulting from a broad variety of cardiovascular problems Covers the most recent guidelines and protocols including significant new updates to ACC AHA and HFSA guidelines Covers key topics such as biomarkers and precision medicine in heart failure and new data on angiotensin receptor neprilysin inhibitors ARNIs Contains four new chapters Natriuretic Peptides in Heart Failure Amyloidosis as a Cause of Heart Failure HIV and Heart Failure and Neuromodulation in Heart Failure Covers the pathophysiological basis for the development and progression of heart failure Serves as a definitive resource to prepare for the ABIM s Heart Failure board exam 2016 British Medical Association Award First Prize Cardiology 3rd Edition

**Heart-Healthy Mediterranean Cookbook** Lena S. Morgan, 2025-09-07 Did you know heart disease is the leading cause of death worldwide but something as simple as what you eat can change your future The Heart Healthy Mediterranean Cookbook is your new secret weapon for living longer feeling better and loving every bite Inside you ll find simple kitchen tested recipes packed with the goodness of Mediterranean cuisine the same foods that protect your heart and boost your energy Whether you re a health conscious individual managing heart disease or a busy professional this book will transform your relationship with food Imagine enjoying meals that are full of flavor think grilled fish fresh vegetables and whole grains while also lowering your cholesterol and blood pressure This isn t a fad diet It s a lifestyle change that s been proven to support longevity and improve overall health With easy to follow recipes like Mediterranean Quinoa Bowls Grilled Salmon with Roasted Vegetables and Greek Yogurt with Honey and Nuts you ll feel like you re sitting in a cozy Mediterranean caf every day without all the hassle And don t worry meal prep is a breeze making healthy eating fit seamlessly into your busy life Start with one recipe and by the end of the week you ll notice a difference in your energy mood and how your body feels Ready to reclaim your heart health and enjoy food again The Heart Healthy Mediterranean Cookbook is your first step Let s cook our way to a healthier life

*Left-Sided Heart Failure: Pathophysiology, Diagnosis, and Precision Management* Dr. Spineanu Eugenia, 2025-02-19 This comprehensive treatise Left Sided Heart Failure Pathophysiology Diagnosis and Precision Management delves into the intricate mechanisms clinical presentation and advanced management strategies of left sided heart failure LSHF Combining in depth discussions on cardiac anatomy molecular biology and hemodynamics the book explores the etiology risk factors and systemic consequences of LSHF It covers cutting edge diagnostic tools including molecular imaging and novel biomarkers while offering a detailed analysis of pharmacological and device based therapies

Special focus is given to precision medicine including genetic profiling and personalized therapeutics tailored to individual patient profiles With additional chapters addressing the impact of comorbidities such as diabetes chronic kidney disease and obesity as well as the role of psychosocial factors this treatise serves as an essential resource for healthcare professionals seeking to enhance their understanding and management of LSHF ultimately improving patient outcomes

**The Medical Library Association Guide to Finding Out About Heart Disease** Jeanette de Richmond,Terry Hoffman,2013-10-10 Heart disease affects millions of people every year The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options incorporating important data and key concepts about risk factors and symptoms of heart disease *Braunwald's Heart Disease - E-Book* Peter Libby,2021-10-15 Current comprehensive and evidence based Braunwald's Heart Disease remains the most trusted reference in the field and the leading source of reliable cardiology information for practitioners and trainees worldwide The fully updated 12th Edition continues the tradition of excellence with dependable state of the art coverage of new drugs new guidelines more powerful imaging modalities and recent developments in precision medicine that continue to change and advance the practice of cardiovascular medicine Written and edited by global experts in the field this award winning text is an unparalleled multimedia reference for every aspect of this complex and fast changing area Offers balanced dependable content on rapidly changing clinical science clinical and translational research and evidence based medicine Includes 76 new contributing authors and 14 new chapters that cover Artificial intelligence in Cardiovascular Medicine Wearables Influenza Pandemics COVID 19 and Cardiovascular Disease Tobacco and Nicotine Products in Cardiovascular Disease Cardiac Amyloidosis Impact of the Environment on Cardiovascular Health and more Features a new introductory chapter Cardiovascular Disease Past Present and Future by Eugene Braunwald MD offering his unique visionary approach to the field of cardiology Dr Braunwald also curates the extensive bimonthly online updates that include Hot Off the Press with links to Practice Update and Late Breaking Clinical Trials Provides cutting edge coverage of key topics such as proteomics and metabolomics TAVR diabetocardiology and cardio oncology Contains 1 850 high quality illustrations radiographic images algorithms and charts and provides access to 215 videos called out with icons in the print version Highlights the latest AHA ACC and ESC guidelines to clearly summarize diagnostic criteria and clinical implications Provides tightly edited focused content for quick dependable reference Flexible format options include either one or two volumes in print as well as a searchable eBook with ongoing updates Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

**Living a Healthy Life with Chronic Conditions** Kate Lorig,Halsted Holman,David Sobel,2006-09-01 Filled with hundreds of tips suggestions and strategies this guide offers practical medical solutions in clear language It explains how to develop and maintain exercise and nutrition programs manage symptoms determine when to seek medical help work effectively with doctors properly use medications

and minimize side effects find community resources discuss the illness with family and friends and tailor social activities for particular conditions Written by six medical professionals this book encourages an individual approach to the process with the ultimate goal being greater self management Originally based on a five year study conducted at Stanford University with hundreds of volunteers this work has grown to include the feedback of medical professionals and thousands of people with chronic conditions all over the world Management of Acute Decompensated Heart Failure Christopher O'Connor, Wendy Gattis Stough, Miahai Gheorghide, Kirkwood F. Adams, 2005-11-29 Although the majority of heart failure represents the exacerbation of chronic disease about 20% will present as a first time diagnosis And although there are a number of intravenous agents that can be used for acute decompensated heart failure there are no national guidelines currently available Edited by a well known expert and his team of con *Problem Solving in Patient-Centred and Integrated Cancer Care* Galina Velikova, Lesley Fallowfield, Jane Younger, Ruth E Board, Peter Selby, 2018-01-01 Winner of the BMA Oncology Book of the Year Award The authors provide a compendium of best practice including 25 case studies to act as models for professionals to make decisions either for individual patients or as the basis for policy across an organisation planning area region or country This guide is designed as a handbook for practising clinicians and professionals It is also an excellent training tool which will help new teams and clinical staff to align thinking develop procedures and adopt best practice

**Heart Failure E-Book** G. Michael Felker, Douglas L. Mann, 2014-12-18 Lead editor of Braunwald's Heart Disease Dr Douglas L Mann and nationally and internationally recognized heart failure expert Dr G Michael Felker bring you the latest definitive state of the art information on heart failure in this outstanding Braunwald's companion volume Heart Failure 3rd Edition keeps you current with recent developments in the field improved patient management strategies and new drug therapies and implantable devices that will make a difference in your patients lives and your practice **Heart Disease: From Pathophysiology to Holistic Management** Dr. Spineanu Eugenia, 2025-03-12 Explore the intricate world of heart disease with our comprehensive treatise delving into its anatomy pathophysiology and cutting edge treatments From the intricate structure of the heart to the latest advancements in cardiovascular research this guide offers a detailed examination of risk factors diagnostic techniques and therapeutic strategies Discover insights into genetic predispositions lifestyle influences and emerging technologies shaping modern cardiology Whether you're a healthcare professional researcher or enthusiast this treatise provides invaluable knowledge to understand manage and prevent heart disease effectively Stay informed with in depth discussions on ethical considerations public health implications and the future of cardiac care Empower yourself with the latest updates in cardiovascular medicine and embark on a journey towards enhancing heart health for individuals and populations alike



## Enjoying the Track of Appearance: An Mental Symphony within **Managing From The Heart**

In a world consumed by monitors and the ceaseless chatter of instantaneous transmission, the melodic elegance and psychological symphony produced by the published term usually disappear into the background, eclipsed by the relentless noise and disturbances that permeate our lives. But, situated within the pages of **Managing From The Heart** an enchanting literary prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this fascinating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths of this touching review, we shall examine the book is central harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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### **Table of Contents Managing From The Heart**

1. Understanding the eBook Managing From The Heart
  - The Rise of Digital Reading Managing From The Heart
  - Advantages of eBooks Over Traditional Books
2. Identifying Managing From The Heart
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Managing From The Heart
  - User-Friendly Interface
4. Exploring eBook Recommendations from Managing From The Heart
  - Personalized Recommendations

- Managing From The Heart User Reviews and Ratings
- Managing From The Heart and Bestseller Lists
- 5. Accessing Managing From The Heart Free and Paid eBooks
  - Managing From The Heart Public Domain eBooks
  - Managing From The Heart eBook Subscription Services
  - Managing From The Heart Budget-Friendly Options
- 6. Navigating Managing From The Heart eBook Formats
  - ePub, PDF, MOBI, and More
  - Managing From The Heart Compatibility with Devices
  - Managing From The Heart Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Managing From The Heart
  - Highlighting and Note-Taking Managing From The Heart
  - Interactive Elements Managing From The Heart
- 8. Staying Engaged with Managing From The Heart
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Managing From The Heart
- 9. Balancing eBooks and Physical Books Managing From The Heart
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Managing From The Heart
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Managing From The Heart
  - Setting Reading Goals Managing From The Heart
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Managing From The Heart
  - Fact-Checking eBook Content of Managing From The Heart

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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