

## Contact Us

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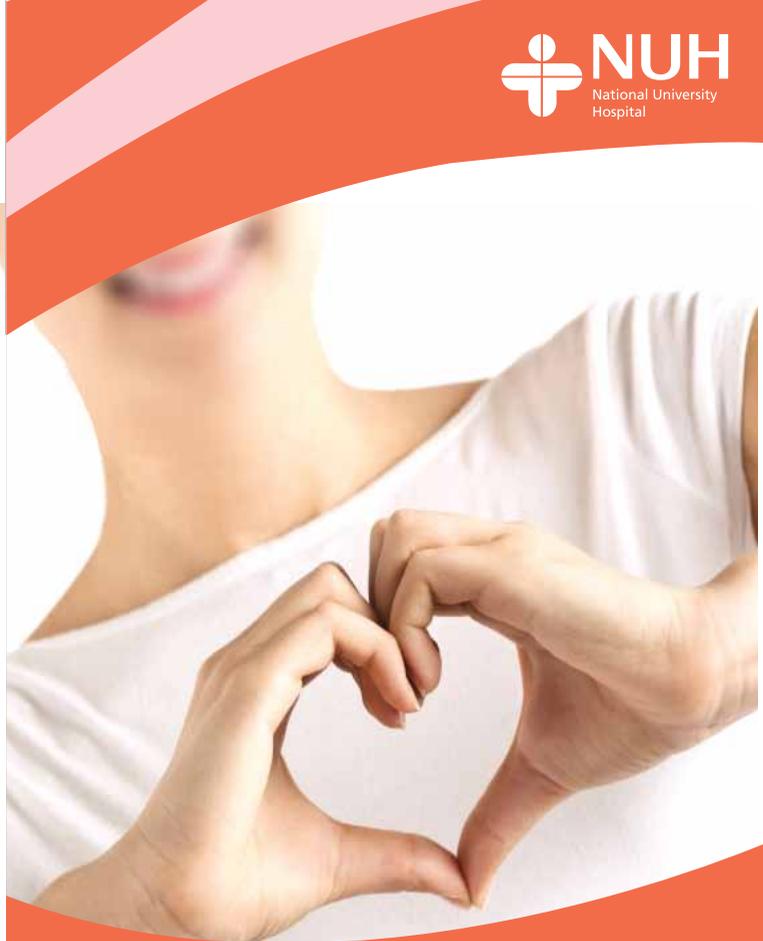
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NUH Women's Centre

Is My Answer

# Solitaire Clinic

# Solitaire Clinic

## Caring for Women's Heart Health

### Solitaire Clinic at the NUH Women's Centre

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A one-stop centre providing specialised obstetric and gynaecological services, the NUH Women's Clinic aims to enhance the quality of life for women. To further meet the lifestyle needs of today's women, the Solitaire Clinic endeavours to look after women's heart health through a holistic approach.

We provide convenience and continuity of care to our patients. Together with our dedicated team of health-care professionals, we are committed to meet the healthcare needs of women.

### Care for your heart

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Cardiovascular disease (heart disease and stroke) is the top cause of death of women in Singapore. One in three women dies from the disease every year.

Many women may not be aware of this alarming fact. As a result, they may dismiss its associated symptoms as nothing serious when they experience them. This may lead to failure to seek timely medical advice and treatment. Some symptoms associated with heart disease includes breathlessness, nausea and fatigue.

A women's heart is different from a man's heart. Women are at higher risk than men to have certain heart conditions where the symptoms are not that evident. Thus, specific diagnostic tests tailored to identify the unique features of heart diseases are available.

Take charge and care for your heart. Early detection, prompt diagnosis and a holistic approach to treatment will encourage a faster recovery to good health.

### Our range of services and treatment

We offer the following:

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- Risk assessment: a series of tests to identify risk factors for heart disease and other diseases common to women.
- Cardiac diagnostic evaluation: specific cardiac diagnostic tests use to identify unique features of heart disease.
- Risk management: a personalised analysis to identify and treat specific risk behaviours (e.g. smoking) and the related risk conditions (e.g. diabetes) that will increase the risk of heart disease.
- Specialty disease management: a treatment plan that leverages on coordinated care (e.g. a team of medical professional such as the occupational therapist, gynaecologist).
- Education: a holistic treatment approach to manage and achieve good heart health.

