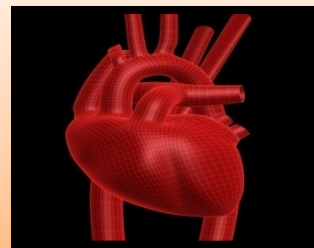


FREE HEALTH TALK ON HEART DISEASE

“HOW FAR YOU ARE AWAY FROM **HEART ATTACK?**”

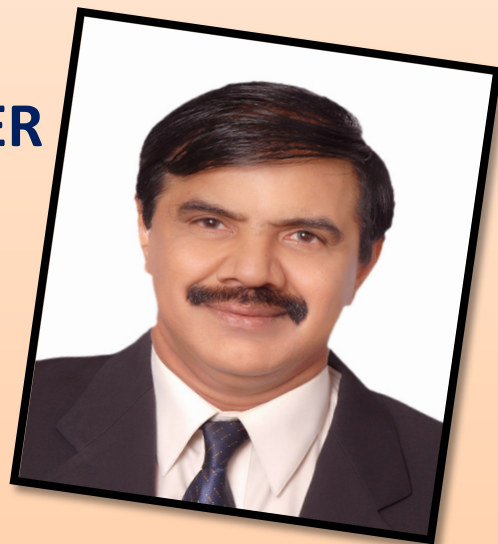


DATE: SUNDAY, 17 NOVEMBER 2013
TIME: 10: 00 AM TO 12:30 PM (with QUESTION & ANSWER SESSION)
VENUE: SINGAPORE INDIAN DEVELOPMENT ASSOCIATION (SINDA)
AUDITORIUM - THIRD FLOOR, 1 BEATTY ROAD, SINGAPORE

SPEAKER:

DR JAYARAM LINGAMANAICKER

MBBS, LRCP (Edin), LRCS (Edin), LRCP&S (Glas), MRCP (UK)
FRCP (London), FACA (USA), FAMS (Cardiology), FACC (USA)
SENIOR CONSULTANT CARDIOLOGIST
LIFELINE MEDICAL CENTRE
MOUNT ELIZABETH MEDICAL CENTRE, SINGAPORE



HOW TO REGISTER?

TEL : 93868031
Email: contact@jmcalumni.org.sg
Admission: FREE

(Limited Seats on First Come First Served Basis)



**JAMAL MOHAMED COLLEGE
ALUMNI ASSOCIATION
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OUTLINE OF THE TALK:

Heart Disease is a leading cause of death worldwide, and affects not only the heart but also other major parts of the body. Early detection prevents complication such as heart failure, stroke, kidney disease and artery disease. Everyday 15 Singaporeans die from heart disease and it is the leading cause of death next to Cancer. About 32% of all deaths recorded in Singapore are due to cardiovascular disease.

Coronary artery disease is the narrowing or blockage of the artery or arteries supplying blood to the heart muscle. This narrowing is caused by plaques, which are cholesterol deposits on the vessel wall, resulting in abnormal and gradual thickening of the lining of the heart arteries (a condition known as atherosclerosis). The narrowing usually develops slowly over many years and it could be prevented if early action is taken.

There are several conditions called as 'risk factors', which is responsible for the narrowing and blockage of the coronary arteries. Once these risk factors are identified and addressed properly the risk of a heart attack drops dramatically. This Talk will cover the signs, symptoms and the latest management strategies for Heart Diseases.

PROFILE OF THE SPEAKER:

DR JAYARAM LINGAMANAICKER is one of the leading Cardiologists who have vast experience and expertise in performing Balloon Angioplasty and Stenting for many years. He has more than 20 years of experience in Clinical Medicine and Cardiology. He has had his education and training in various prestigious hospitals in the United Kingdom including Oxford. He is very well versed in Cardiac catheterization and stenting, Echocardiography, Pacemaker implantation.

He has done extensive research work and published widely and twice won the "Best Teacher Award". He teaches at the National University of Singapore in the capacity of Senior Lecturer. Also attends lots of Cardiology Conferences and has been invited as a Speaker in the Asia Pacific Region.

After 10 years in Government Service, Dr Jayaram has moved his practice to **Mount Elizabeth Hospital Singapore** where he now practices full time. He is also a Visiting Consultant to Changi General Hospital and National Heart Centre in Singapore.