

UPDATE BULLETIN

JUNE 2023



Coronary Heart Disease – Top Diseases in Singapore

In Singapore, 21 people die from cardiovascular disease (heart diseases and stroke) every day. Cardiovascular disease accounted for 32% of all deaths in 2021. This means that almost 1 out of 3 deaths in Singapore is due to heart diseases or stroke.

What is Coronary Heart Disease(CHD)?

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this in phrases such as clogged arteries or atherosclerosis. The plaque reduces the amount of oxygen-rich blood reaching your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

Symptoms of coronary heart disease may vary from person to person, even if they have the same type of coronary heart disease. However, because many people have no symptoms, they do not know they have coronary heart disease until they have chest pain, experience a heart attack due to blood flow to the heart being blocked, or if the heart suddenly stops working, also known as cardiac arrest.

How to Prevent Coronary Heart Disease?

- 1. Eat a healthy, balanced diet**
A low-fat, high-fibre diet is recommended, which should include plenty of fresh fruit and vegetables (five portions a day) and whole grains. You should limit the amount of salt you eat as too much salt will increase your blood pressure.
- 2. Be more physically active**
Regular exercise will make your heart and blood circulatory system more efficient, lower your cholesterol level, and keep your blood pressure at a healthy level. The heart is a muscle and, like any other muscle, benefits from exercise. A strong heart can pump more blood around your body with less effort.
- 3. Give up smoking**
Smoking is a major risk factor for developing atherosclerosis (furring of the arteries). It also causes the majority of coronary thrombosis cases in people under 50.
- 4. Reduce alcohol consumption**
Always avoid binge drinking, as this increases the risk of a heart attack.
- 5. Keep your blood pressure under control**
You can keep your blood pressure under control by eating a healthy diet that's low in saturated fat, exercising regularly and, if needed, taking medicine to lower your blood pressure. Your target blood pressure should be below 140/90mmHg.
- 6. Keep your diabetes under control**
You have a greater chance of developing CHD if you have diabetes. Being physically active and controlling your weight and blood pressure will help manage your blood sugar levels. If you have diabetes, your target blood pressure level should be below 130/80mmHg.

WHAT ARE THE BENEFITS OF HDI PRODUCT?

HDI Propoelix™ has been identified by Intertek Food Services GmbH, Germany to have 8 bioactive components: CAPE (Caffeic Acid Phenethyl Ester), Naringenin, Chrysin, Galangin, Cinnamic Acid, Pinocembrin, Apigenin and Rutin. The content of these bioactive compounds strengthens the health benefits of HDI Propoelix™ as an immunomodulator for preventing and healing various diseases. HDI Propoelix™ is also safe for consumption by children and adults. It has been proven that HDI Propoelix™ help boost the immune system but also helps speed up recovery from illness.

Sources/References:

- <https://www.myheart.org.sg/health/heart-disease-statistics/>
- <https://www.cvskl.com/heart-disease-in-malaysia/>
- <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>
- <https://www.nhlbi.nih.gov/health/coronary-heart-disease>

UPDATE BULLETIN

2023年6月份



冠心病 – 新加坡头号疾病

在新加坡，每天有21人死于心血管疾病（心脏病和中风）。心血管疾病占2021年所有死亡人数的32%。这意味着新加坡近三分之一的死亡人数是由于心脏病或中风。

什么是冠心病？

当斑块(脂肪、胆固醇、钙和血液中发现的其他物质的组合)在您的动脉中积聚时，就会发生冠心病。您可能听说过这种情况，称为动脉阻塞或动脉粥样硬化。斑块会减少进入心脏的富氧血液量，从而导致胸痛(也称为心绞痛)。斑块还会导致血凝块，从而阻碍血液流动，是心脏病发作的最常见原因。

即使是同一种冠心病，冠心病的症状也可能因人而异。然而，由于许多人没有任何症状，直到出现胸痛、流向心脏的血液受阻导致心脏病发作或心脏突然停止工作(也称为心脏骤停)时，他们才知道自己患有冠心病。

如何预防冠心病？

1. 健康、均衡的饮食

建议食用低脂肪、高纤维的食物，其中应包括大量新鲜水果和蔬菜(每天5份)和全谷物。你应该少吃盐，因为过量的盐会使血压上升。

2. 积极锻炼和运动

长运动能够使您的心脏和血液循环系统更有效率，降低胆固醇水平，并使您的血压保持在健康水平。心脏是一块肌肉，与任何其他肌肉一样，可以从锻炼中获益。一颗强壮的心脏可以用更少的力气为您的身体输送更多的血液。

3. 戒烟

吸烟是导致动脉粥样硬化(动脉水垢)的主要因素。它还导致大多数50岁以下人群的冠状动脉血栓形成病例。

4. 减少过量饮酒

避免过量饮酒，因为这会增加心脏病发作的风险。

5. 控制血压

您可以通过低饱和脂肪的健康饮食、定期锻炼以及必要时服药来控制血压。您的目标血压应低于140/90mmHg。

6. 控制您的糖尿病

如果您患有糖尿病，患冠心病的机会就更大。保持身体活跃并控制体重和血压将有助于控制血糖水平。如果您患有糖尿病，您的目标血压水平应低于130/80mmHg。

HDI产品有何益处？

HDI Propoelix™ 已被世界知名Intertek公司认定富含8种生物活性成分：CAPE(Caffeic Acid Phenethyl Ester- 咖啡酸苯乙酯)、柚皮素、白杨素、高良姜素、咖啡酸、皮诺霉素和芹菜素。这些生物活性化合物的含量增强了 HDI Propoelix™ 作为预防和治疗各种疾病的免疫调节剂的健康益处。 HDI Propoelix™ 也可供儿童和成人安全食用。HDI Propoelix™ 被证明有助于增强免疫系统，还有助于加速疾病康复。

来源/参考：

- <https://www.myheart.org.sg/health/heart-disease-statistics/>
- <https://www.cvskl.com/heart-disease-in-malaysia/>
- <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>
- <https://www.nhlbi.nih.gov/health/coronary-heart-disease>

TESTIMONY | 见证 | TESTIMONI



Heart Blockage

I had Diabetes since I was 40 years old, With age my blood sugar level was increasing as well as my uric acid and cholesterol levels. 5 years ago, I started experiencing heart problems, irregular heart-beat and fainting spells. Lab results showed I had blockage in my arteries, up to 30%, 40% and 50%. Some months later, I was hospitalized due to great pain. Laboratory results showed that my coronary artery was 100% blocked. I was immediately admitted into ICU. I was advised to put in a heart stent but there was not much improvement after the surgery as I still suffered from all the previous symptoms.

Last year, I was recommended to take HDI products – HDI Clover Honey and Liquid Royale Jelly. A month later, I added HDI Propoelix™. After consuming the products, I was able to walk up to 2000 steps daily! Not only that, I was able to attend HDI's annual convention with full energy and confidence.

心脏阻塞

我从40岁开始就患有糖尿病，随着年龄的增长，我的血糖水平以及尿酸和胆固醇水平都在增加。5年前，我开始出现心脏问题、心律不齐和昏厥。化验结果显示我的动脉阻塞程度高达30%、40%和50%。几个月后，我因剧痛而住院。化验结果显示我的冠状动脉已100%阻塞。我立即被送进重症监护病房。我被建议放置心脏支架，但手术后并没有太大改善，因为我仍然患有之前的所有症状。

去年，我被推荐服用HDI产品-HDI苜蓿蜂蜜和液状蜂皇乳。一个月后，我添加了HDI Propoelix™。服用这些产品后，我每天可走多达2000步！不仅如此，我还充满了活力和信心地参加HDI的年度大会。

Halimas
65 years old



TESTIMONY | 见证 | TESTIMONI



Overcoming Coronary Heart Disease with HDI Natural Products

In 2016, I was often sick and experienced these symptoms: shortness of breath, fatigue, cold sweat and bad breath. Hence, I went for a medical examination and found that I had coronary heart disease.

After the diagnosis, I underwent therapy in the hospital for a month. I had three blockages, and had to put a ring in the anterior coronary artery. After the procedure, I had to take up to 10 types of medication. I got tired easily, had shortness of breaths and experienced cold sweat.

In 2019, I was recommended to consume HDI products. Since then I have been taking HDI Royal Jelly Tablet, Propoelix™ Plus, Clover Honey and Pollenergy 520 regularly. After a month, I feel so fresh and energized. I can even ride a bike for 8 km without any complaints.

HDI 天然产品能够克服冠心病

在 2016 年时我经常生病，症状包括：呼吸急促，疲劳，出冷汗和口臭。经过医生的检查后，发现我患有冠心病。

诊断后，我在医院接受了一个月的治疗而且发现我的心藏有三处阻塞，不得不在冠状动脉的前冠上放一个环。手术后，我不得不服用医生给的至少10种药物，而且经常感到疲倦，呼吸短促和冒冷汗。

在 2019 年，我被介绍HDI产品。从那时起，我开始常常服食蜂皇乳片，Propoelix™ Plus，苜蓿蜂蜜和520活力花粉。一个月后，我看起来精神奕奕，充满活力。我也可以骑自行车长达8公里。

Yuyun Widyawati
47 years old

