

Reset Lifestyle

Project RESET Newsletter

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Hi there!

Welcome to the second edition of the quarterly "Reset Lifestyle" newsletter presented by the Project RESET team. We're thrilled to have you on board as we embark on this exciting journey together. Here we share a sneak peek of the newest developments in the world of health and heart research. Your support and interest are integral to our success, and we can't wait to update you on all the latest findings and insights.

RESET News

Project RESET at the Standard Chartered Singapore Marathon event 2023!

Over the course of the three-day Standard Chartered Singapore Marathon (SCSM) event (30th November to 2nd December 2023), held at the Marina Bay Sands Exhibition Hall, the Project RESET team was there to share about heart health with marathoners!



Project RESET Team at the Standard Chartered Singapore Marathon event 2023

Many marathoners came to our booth to undergo free health screenings, such as body fat measurements using calipers, blood pressure assessments, and sugar blood measurements. In addition to these health checkups, we helped them to fill in the questionnaires to assess their heart health risks. Through the health talks presented by our cardiologists, scientists and medical students from the National University of Singapore (NUS), we had the opportunity to spread awareness on the topic of heart health and to engage in meaningful conversations with the public.

We're very thankful that many marathoners and their families expressed genuine interest in being part of Project RESET. As we gear up to welcome our first participant at the RESET HOME, please do keep an eye out for our upcoming calls and emails for the recruitment process!

RESET Interview



RESET INTERVIEW with Ms Sandra

DISCOVERING & JOINING RESET

I discovered Project RESET through my husband, who is a participant of another research project called PICMAN. I have aging concerns and am also worried about the unpredictability of health issues, so I decided to take charge of my health while I am still healthy.

1

FACING FEARS

I initially thought that we would be like “guinea pigs” if we joined research studies. However, it turns out that we’re receiving better care through deep health screening. Additionally, I also had a fear of needles and hospital settings due to a past traumatic event. But, the thought of having other companions who would go through the same things as me comforted me a lot.

2

EXPECTATIONS & HOPES

I have been actively promoting Project RESET among my friends to encourage them to participate in this study together. I hope to contribute meaningful data that can help in the navigation of heart health for future generations of Singapore.

3

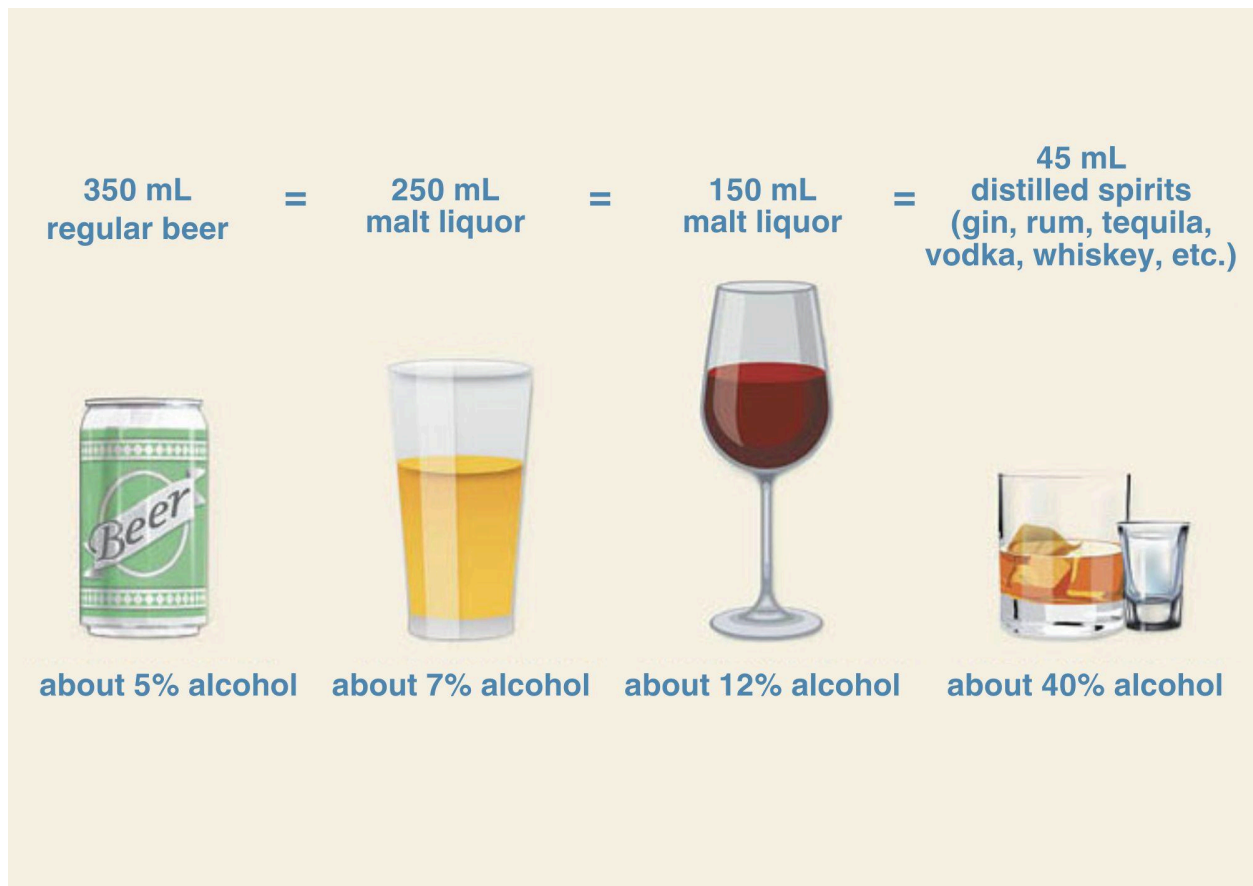
IN CLOSING

Clinical studies are not just about personal gain but also about collective progress.

4

Health Myth Buster

MYTH: Is drinking small quantities of alcohol regularly good for your heart?



What's a standard drink? This image is adapted from the source below.

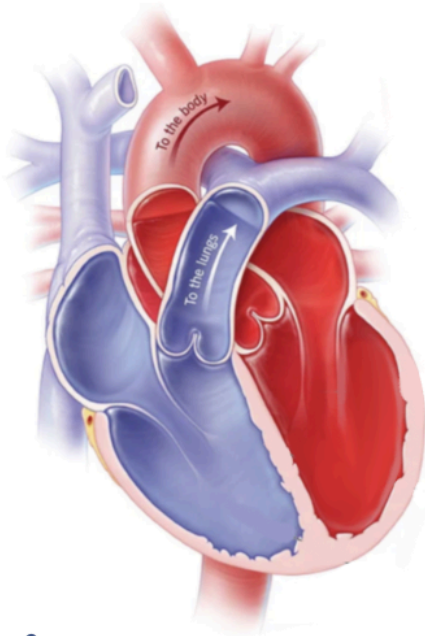
Source: <https://www.health.harvard.edu/staying-healthy/is-alcohol-good-for-your-heart>

- Throughout the years, studies have shown conflicting results. Some say small amounts of alcohol protect against heart disease and others say the opposite. So, what's the whole truth?

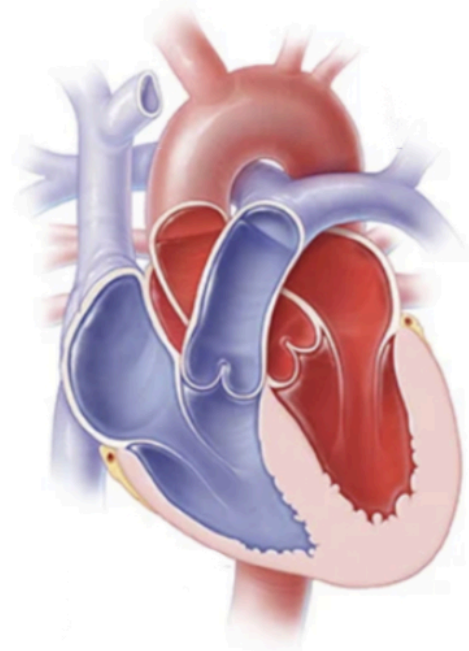
- It appears that people in the study who were using small amounts of alcohol had **healthier habits** than the people not drinking any alcohol (e.g. more physically active, healthier diet, no smoking). So, the **positive effect on the heart** was **NOT due to alcohol!**
- Also growing evidence from **Asian populations** suggests that lower amounts of alcohol may also be detrimental, increasing the risk for heart disease.
- To minimize the risk of alcohol causing harm to the heart, you can limit **weekly** alcohol consumption to **less than 1 bottle** of wine OR **less than 3.5x cans** (500ml) of 4.5% beer.

**FACT: Drinking small quantities of alcohol regularly
is NOT good for your heart**

Alcoholic Cardiomyopathy



Diseased Heart
Thin, stretched and weak
heart muscle -> Poor
pump function -> Heart
failure



Normal Heart
Thick & strong heart
muscle -> Good
pump function



Heart muscle stretching from alcohol-induced cardiomyopathy

Source: <https://my.clevelandclinic.org/health/diseases/21994-alcoholic-cardiomyopathy>

Stay tuned for the next health myth buster:
Does heart disease only affect the elderly?

Do you have any questions?

We're here to assist you. Please don't hesitate to get in touch with us via form.gov.sg if you'd like to delve deeper into Project RESET or if there are any burning topics you'd like us to explore in our newsletter. Your inquiries and suggestions are important to us, and we eagerly await your message.

[Read more on our website](#)



Disclaimer: The information provided in this newsletter is for general information purposes only as part of a general discussion on public health. The information is not intended to be a substitute for professional medical advice, diagnosis or treatment; and cannot be relied on in place of consultation with your licensed healthcare provider.

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重置您的生活方式

RESET 项目新闻季刊

您好！

欢迎阅读由RESET项目团队撰写的第二期新闻季刊。感谢您的加入，同我们一起踏上这段激动人心的旅程。我们将在这里分享心脏病学和医疗健康领域的最新研究进展。您的兴趣和支持是RESET项目成功的关键，因此，我们迫不及待地想在此和您分享相关动态和观点。

RESET 项目新闻

2023渣打银行新加坡马拉松上的“RESET项目”！

在滨海湾金沙展览馆举行的为期三天的渣打新加坡马拉松（SCSM）活动（2023年11月30日至12月2日）期间，RESET项目团队在那里与马拉松跑者分享心脏健康的知识！



RESET 项目团队在2023 年渣打银行新加坡马拉松赛事

许多马拉松跑者来到我们的展位接受免费的健康检查，例如使用卡尺测量体脂、评估血压和测量血糖等。除了这些健康检查外，我们还帮助他们填写问卷以评估他们的心脏健康风险。此外，通过新加坡国立大学（NUS）的心脏病专家、科学家和医学生的健康讲座，我们向大家分享了对心脏健康的认知，并进行了意义非凡的交流。

我们非常感谢许多马拉松跑者及其家人表达了参与 RESET 项目的兴趣。在我们做好准备迎接 RESET之家的第一位参与者时，请务必留意我们即将发送的关于招募流程的电话和电子邮件！

RESET 采访



与Sandra 女士的 RESET 采访

发现 & 参加 RESET

我通过我的丈夫获知了 RESET项目，他是另一个名为 PICMAN 的研究项目的参与者。我对衰老有些担忧，也担心无法预测的健康问题，所以我决定趁着自己健康的时候，对自己的健康状况有更多的掌握。

1

面对恐惧

我最初以为如果我们参与研究项目，会像“小白鼠”一样被对待。然而事实证明，通过深入的健康筛查，我们获得了更好的照顾。此外，由于曾受过创伤，我也对针头和医院环境感到恐惧。但是，一想到还有其他同伴会与我经历同样的事情，我就感到很安慰。

2

期待 & 希望

我一直在向我的朋友积极宣传RESET项目，鼓励他们一起参与这项研究。我希望贡献有意义的数据，为新加坡子孙后代的心脏健康指引方向。

3

结束语

临床研究不仅仅是个人的收获，更是集体的进步。

4

养生谣言终结者

谣言：经常少量饮酒对心脏有益吗？



什么是标准饮酒量？此图片改编自以下来源。

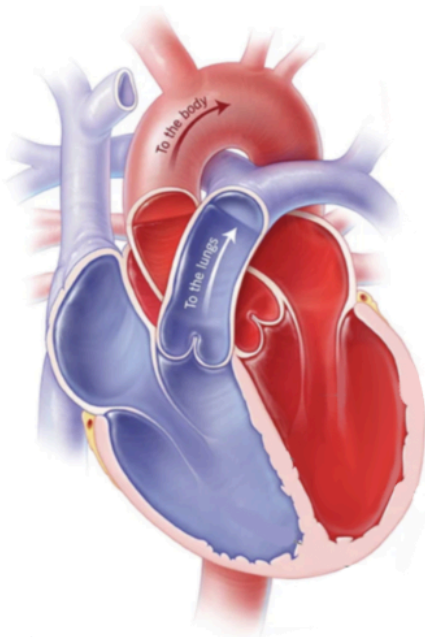
来源：<https://www.health.harvard.edu/staying-healthy/is-alcohol-good-for-your-heart>

- 多年来，研究结果相互矛盾。有人说少量饮酒可以预防心脏病，而另一些人则持相反的观点。那么，全部真相是什么呢？
- 在研究中，少量饮酒的人看起来比不饮酒的人有**更健康的生活习惯**（例如，更多的活动、更健康的饮食、不吸烟）。所以，**对心脏的积极影响不是酒精造成的！**

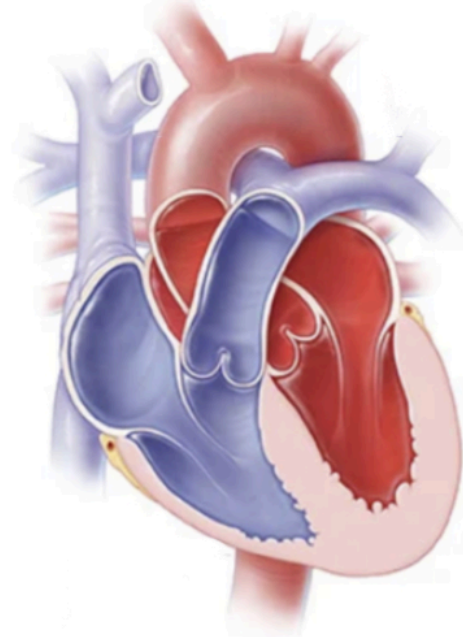
- 越来越多的证据表明，对**亚洲人**来说少量饮酒也可能有害，会增加患心脏病的风险。
- 为了尽量减少酒精对心脏造成伤害的风险，您可以将**每周**饮酒量限制在 **少于1 瓶**的葡萄酒或**少于 3.5 罐**（500 毫升）4.5% 酒精含量的啤酒。

事实：经常少量饮酒对心脏不利

Alcoholic Cardiomyopathy



Diseased Heart
Thin, stretched and weak
heart muscle -> Poor
pump function -> Heart
failure



Normal Heart
Thick & strong heart
muscle -> Good
pump function


Cleveland
Clinic
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酒精性心肌病引起的心肌伸展

来源: <https://my.clevelandclinic.org/health/diseases/21994-alcoholic-cardiomyopathy>

下一期养生谣言终结者： 心脏病只影响老年人吗？

Do you have any questions?

如果您有任何疑问我们随时为您提供帮助。如果您想更深入地了解RESET项目，或是希望我们在新闻中探讨您所关心的话题，请随时通过 form.gov.sg 与我们联系。您的询问和建议十分重要，我们热切期待您的留言。

[欢迎点击网站链接了解有关项目的更多内容](#)



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