

Dr Alvin Ng Chee Keong; Keeping The Heart Happy

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Singapore, Jul 17, 2020 (Issuewire.com) - “Not smoking and a healthy balanced diet are essentials in keeping one’s heart happy,” says Cardiologist [Dr Alvin Ng Chee Keong](#).

Prior to setting up his own private practice, [Dr Alvin Ng Chee Keong](#) was a Consultant Cardiologist at public and private hospitals in Singapore.

Dr Alvin Ng Chee Keong cautioned that breathlessness should not just be put down as a case of being unfit. He recalled a patient who was 44, a smoker and overweight, whereby who was often out of breath whilst walking and who put it down to being unfit. That changed when he had his first heart attack and was found to have more than 80% blockages in his coronary arteries. Fortunately for him, medical help was swift and he survived.

As a specialist in [interventional cardiology](#), **Dr Alvin Ng Chee Keong** carries out an angiogram and/or angioplasty on patients who exhibit symptoms of coronary disease or those with chronic illnesses.

Whilst stents would help to reopen blocked arteries, [Dr Alvin Ng Chee Keong](#) reminds his patients that implanting a stent is not the end of it nor is it a complete cure. Patients with stents have to take drastic action on changing their lifestyle so as to prevent the stents from collapsing; thus re-blocking the unblocked artery especially for those with other chronic illnesses like hypertension and/or diabetes.

Poor management of diabetes is often the cause of restenosis of stents, added [Dr Julian Ong](#) who always ensures that his consultation with his patients involve educating them the way the heart, stents work.

As an Adjunct Professor at Yong Loo Lin School of Medicine (National University of Singapore), [Dr Alvin Ng Chee Keong](#) find it natural to share education with his patients. He believes that by way of being informative with the patients, it will make the patients more conscious of what they can do themselves to improve their heart health; thus making the heart happy.





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