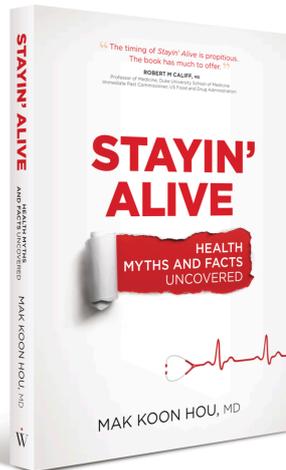


RELEASE 2018

MAK KOON HOU, MD

STAYIN' ALIVE

HEALTH MYTHS AND FACTS UNCOVERED



As society advances at breakneck speed amid widespread digital disruption and information avalanche—including the ever-increasing bombardment of contradictory advice and news on health—how do you stay healthy to live well? *Stayin' Alive* aims to empower readers to think and live healthily by uncovering common health myths and facts swirling around online and offline. Authored by leading cardiologist Dr Mak Koon Hou, this easy-to-read, informative and intriguing book helps you get your body in shape, understand the truth regarding diet and exercise, and finally, apply the knowledge daily. Divided into three parts, *Part I* addresses key issues such as heart health, blood pressure, regular exercise, sleep and eating habits. *Part II* highlights some of the current research findings on areas such as fats, statins (amid the “cholesterol war”), clinical trials, medical innovations and ageing. *Part III* zooms in on lifestyle and everyday foods—from salt, sugar and carbs to seafood, milk, vitamins and even wine. It underscores the impact of your eating and drinking habits upon your health. Ultimately, staying alive is about staying well, and happy.

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ABOUT THE AUTHOR



DR MAK KOON HOU is currently a cardiologist in private practice at the Gleneagles Medical Centre. Author of *Your Heart Matters: Answers to a Healthier Heart* and *Understanding and Preventing Sudden Death: Your Life Matters*, Dr Mak is also a member of the Board of Directors of the Singapore Heart Foundation, and is particularly keen on promoting heart health to the public. In addition to his training in Singapore, Dr Mak underwent a fellowship programme at the Heart Center of the Cleveland Clinic Foundation. Subsequently, he founded the Clinical Trials Unit at the National Heart Centre Singapore. Dr Mak has also contributed to more than 150 articles, including articles in top-tier medical journals and books on medicine, cardiology and interventional cardiology. He is on the International Editorial Board of the *European Heart Journal*.

PRAISE FOR STAYIN' ALIVE

“The timing of *Stayin' Alive* is propitious. The book has much to offer.

ROBERT M CALIFF, MD | Professor of Medicine, Duke University School of Medicine
Immediate Past Commissioner, US Food and Drug Administration | *In His Foreword*

“Written with authority, *Stayin' Alive* clarifies matters of the heart and dispels untruths. Highly recommended!

PROFESSOR TERRANCE CHUA | Group Chairman, Medical Board, Singapore Health Services (SingHealth)

“A total package with sensible and actionable recommendations; written in factual, digestible fashion, with doses of healthy dry humour.

PROFESSOR PHILIP CHOO | Group Chief Executive Officer, National Healthcare Group

“A powerful read for anyone who wants to be in the know of the latest developments in the health and wellness world.

ZEE YOONG KANG | Chief Executive Officer, Health Promotion Board, Singapore