



National Heart
Centre Singapore
SingHealth

Clinical research programme that tackles
**Frailty in Heart Ageing:
'INDEPENDENCY'**

We are conducting a multi-centre randomised clinical trial that tests programmes in **exercise** and **diet** to **prevent frailty in heart disease and ageing**.

During the trial, some participants will participate in an **exercise and/or dietary programme** that includes multi-dimensional assessments of heart and muscle function using non-invasive machines and relevant blood analyses.

Participants will be assessed for eligibility. The exercise/ diet programme and scans will be performed at no charge. Allowance will be provided for time spent in the study.



To check your eligibility and other details, please contact **Clinical & Translational Research Office, NHCS** at Tel: **9236 4303** (office hours).