



National Heart  
Centre Singapore  
SingHealth

# New Clinical Research Study "ESCAP-AGE" Exercise to Slow Cardiovascular Ageing

National Heart Centre Singapore will be conducting a research trial on heart ageing. This research will include multi-dimensional assessments of heart function using non-invasive machines and relevant blood analyses. Some participants will participate in an exercise programme to evaluate the role of exercise in heart ageing.

Eligible participants will be assessed for suitability.  
The exercise 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**  
Telephone: **8725 6754** or **6704 2228** (office hours)

