

## Smoking

One of the main reasons of heart diseases besides lung cancers and strokes.

## Lack of Exercises

Practicing exercises help losing weight and that can lower the cholesterol and blood pressure levels and strengthens your heart muscle and reduces psychological distress.

## Psychological Fatigue

You should control your psychological distress and anxiety and plan to deal with them properly.

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MAGDI YACOUB  
HEART FOUNDATION  
ASWAN HEART CENTRE

## The Medical Educational Program

### How to Prevent Heart Diseases

This pamphlet will guide you to a better understanding.

### Heart Diseases Protection:

The heart disease is the biggest reason for deaths around the world. There are some habits you should have to avoid the risk of heart diseases.

Heart is the most important muscle in the body as it pumps the blood to the lungs and rest of the body organs and because it is a living tissue it requires blood and oxygen like the rest of the body, so it pumps blood back to itself through various blood vessels called coronary arteries.

### The Narrowing of Coronary Arteries

Coronary arteries have a soft lining allows the blood to flow softly and that is a natural artery.

The damage in the coronary arteries lining makes it rough and the fat materials like cholesterol can stick to this rough lining and gather around the artery. Hence some masses build up on the arteries internal walls and often causes a narrowing to the

arteries o eo @

The stroke leads to a comma or death

and signs for it are:

\* A sudden numbness or pain in the face, arms, legs and especially in only one of the two sides of the