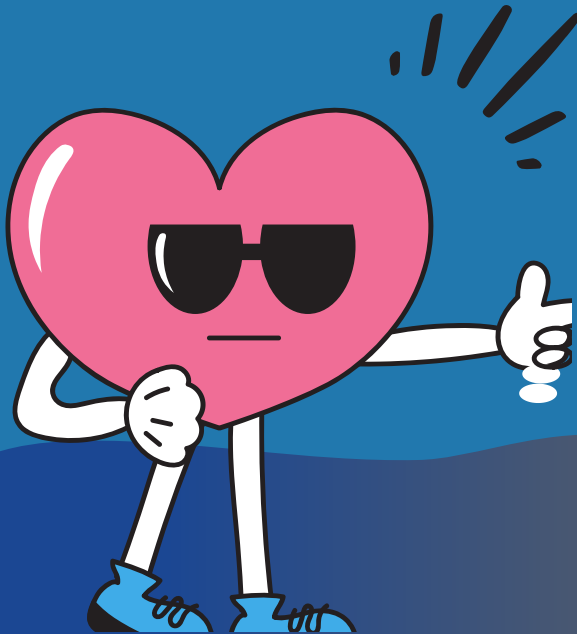


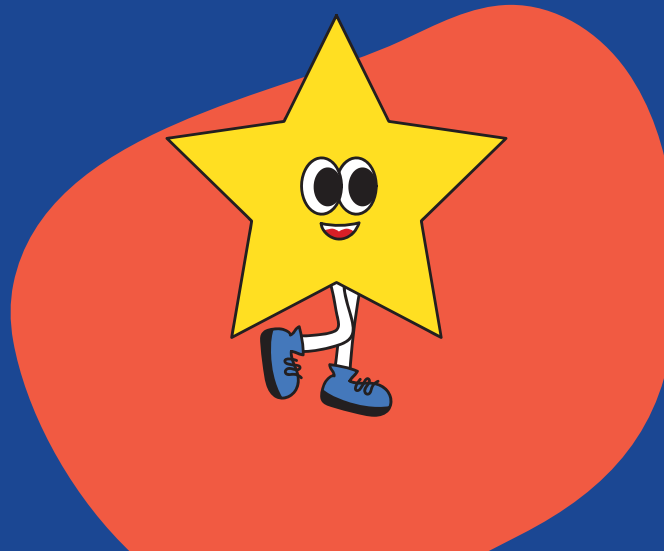
EVERYTHING YOU NEED TO KNOW ABOUT CARDIOVASCULAR DISEASES

WHAT IS CARDIOVASCULAR DISEASE?

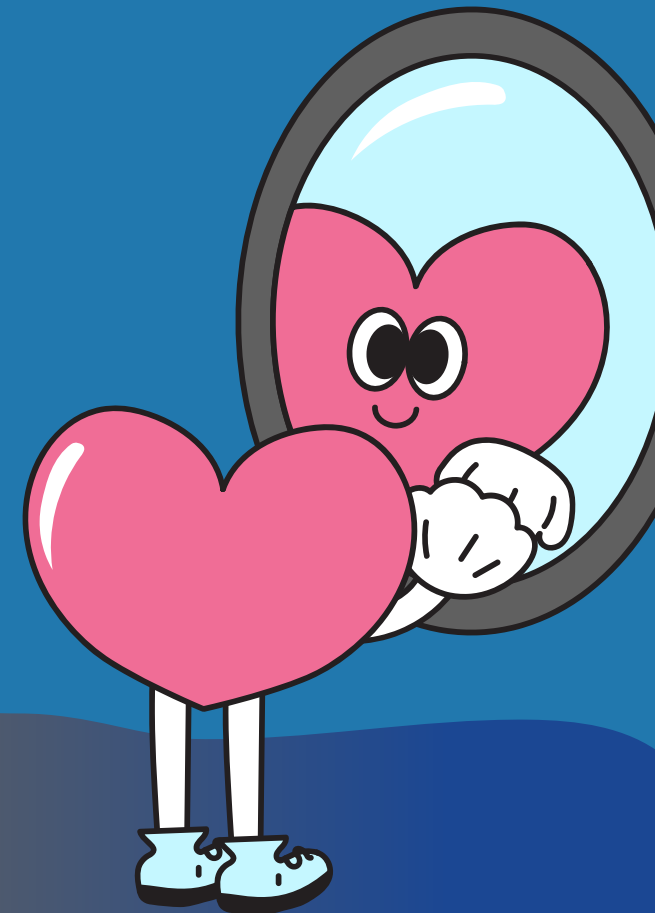
Ischemic heart disease generally refers to conditions that involve narrowing or blockage of blood vessels, caused by damage to the heart or blood vessels from atherosclerosis. A buildup of fatty plaque thickens and hardens artery walls, which can inhibit blood flow through the arteries to organs and tissues and may lead to heart attack, chest pain (angina), or stroke. Other heart conditions, such as those affecting the muscles, valves, or rhythm, are also considered forms of heart disease.



- Coronary artery disease (or coronary heart disease) is the most common type of heart disease. It happens slowly over time when a sticky substance called plaque builds up in the arteries that supply blood to the heart muscle. The plaque narrows or blocks blood flow to the heart muscle and can lead to other heart problems:
- Angina: Chest pain due to lack of blood flow
- Heart attack: When part of the heart muscle dies due to loss of blood flow
- Heart failure: When your heart cannot pump enough blood to meet your body's needs
- Arrhythmia: Problem with the rate or rhythm of the heartbeat
- Other types of heart disease can affect the heart valves or heart muscle (cardiomyopathy).

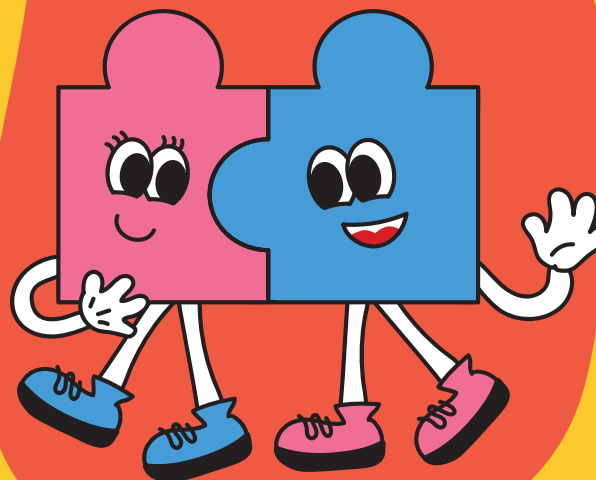


LET'S TALK ABOUT THE IMPORTANCE OF THE PREVENT HEART DISEASE



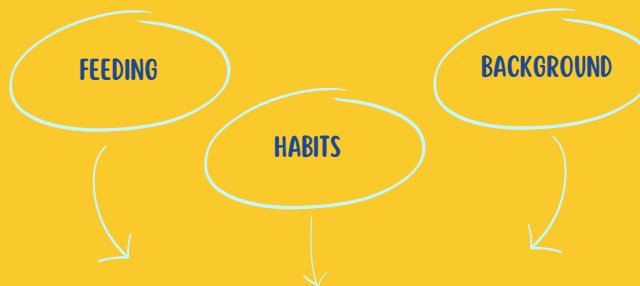
WHAT ARE THE RISK FACTORS FOR DEVELOPING CARDIOVASCULAR DISEASES?

The most important causes of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioural risk factors can manifest in individuals as high blood pressure, high blood sugar, high lipids and overweight or obesity. These "intermediate risk factors", which can be measured in primary care settings, are indicative of an increased risk of heart attacks, strokes, heart failure and other complications.



HOW CAN CARDIOVASCULAR DISEASES BE PREVENTED?

Eat healthy.
Stay physically active.
Maintain a healthy weight.
1. Controlling stress



Many different factors can make you more likely to have heart disease. Some of these factors can be changed, but others cannot.

WHAT ARE THE COMMON SYMPTOMS OF CARDIOVASCULAR DISEASE?

- The underlying blood vessel disease often has no symptoms, and its first manifestation may be a heart attack or stroke. Symptoms of a heart attack include:

chest pain or discomfort,
pain or discomfort in the arms, left shoulder, jaw or back. In addition, there may be difficulty breathing, nausea or vomiting, dizziness or fainting, cold sweats and paleness. Difficulty breathing, nausea and vomiting and pain in the jaw or back are more common in women.

The most common symptom of a stroke is a sudden, usually unilateral, loss of muscle strength in the arms, legs, or face. Other symptoms include:

the sudden onset, usually unilateral, of numbness in the face, legs or arms;
confusion, difficulty speaking or understanding what is being said;
visual problems in one or both eyes;
difficulty walking, dizziness, loss of balance or coordination;
severe headache of unknown cause; and
weakness or loss of consciousness.

“SOWING LOVE IN EVERY HEARTBEAT.”

