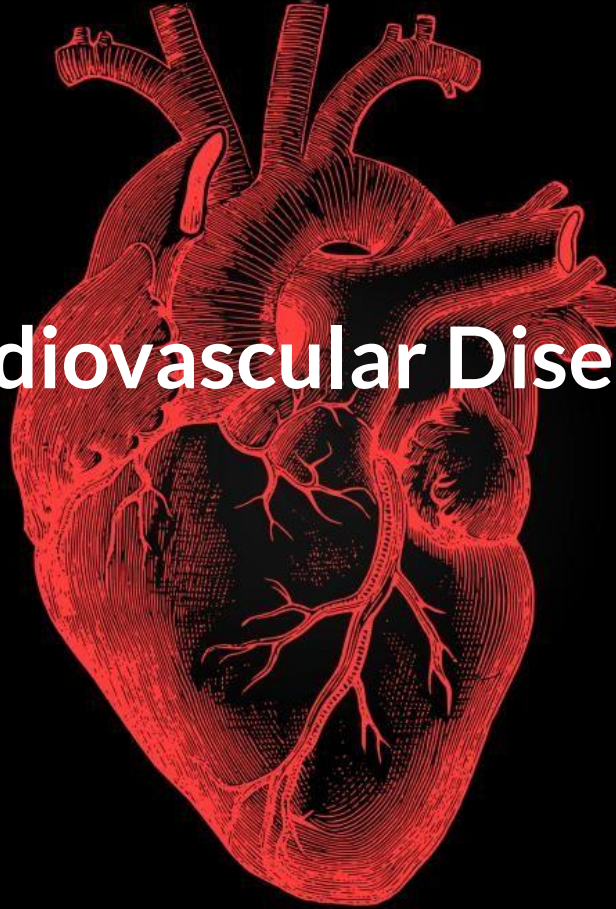


# Cardiovascular Diseases



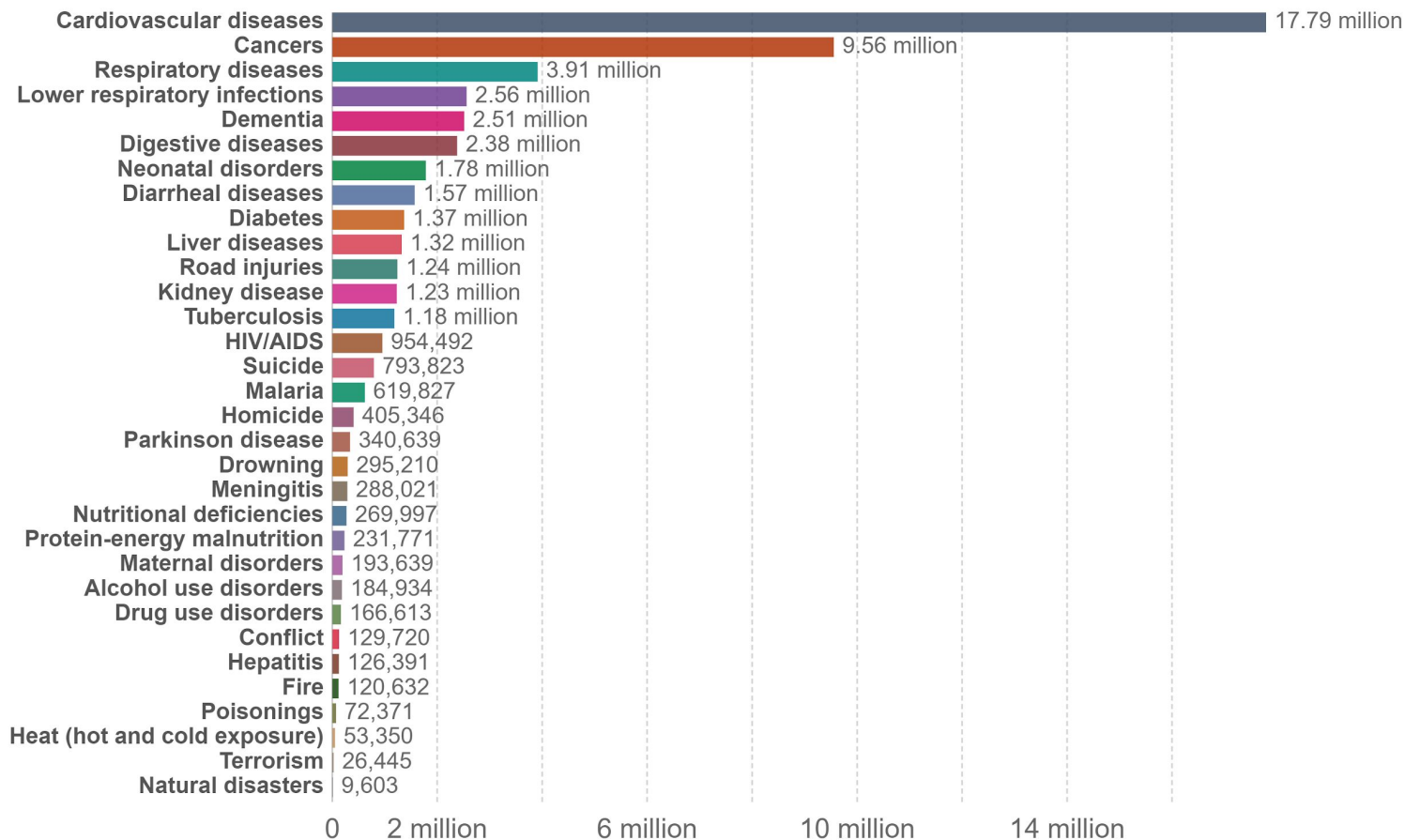
# What are Cardiovascular Diseases?

According to WHO (World Health Organization), “Cardiovascular diseases are a group of disorders of the heart and blood vessels.”

Some CVD Examples:

- Coronary Heart Disease
- Cerebrovascular Disease
- Peripheral Arterial Disease
- Rheumatic Heart Disease
- Congenital Heart Disease
- Deep Vein Thrombosis & Pulmonary Embolism

# Number of deaths by cause, World, 2017

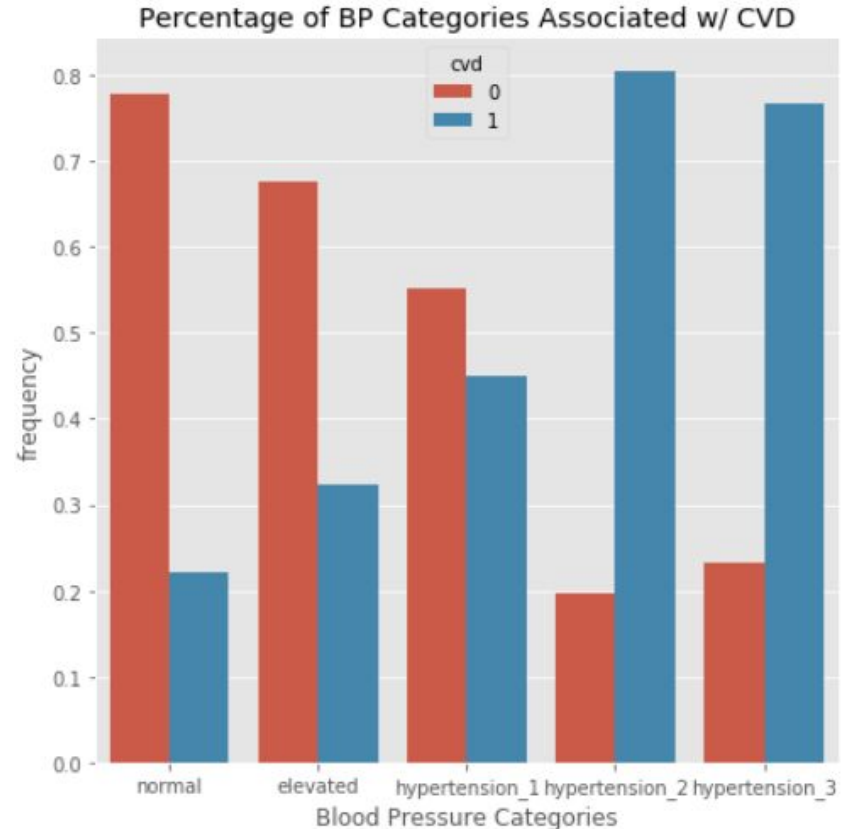


# Most Important Factors Associated with CVDs

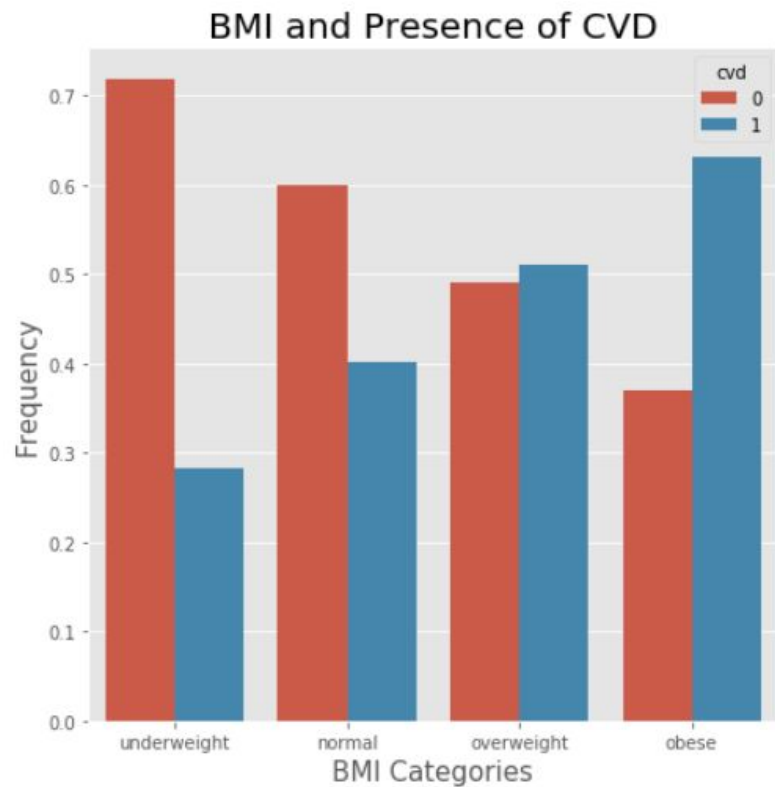
- Systolic Pressure
- BMI
- Age
- Cholesterol Levels
-

# Blood Pressure

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



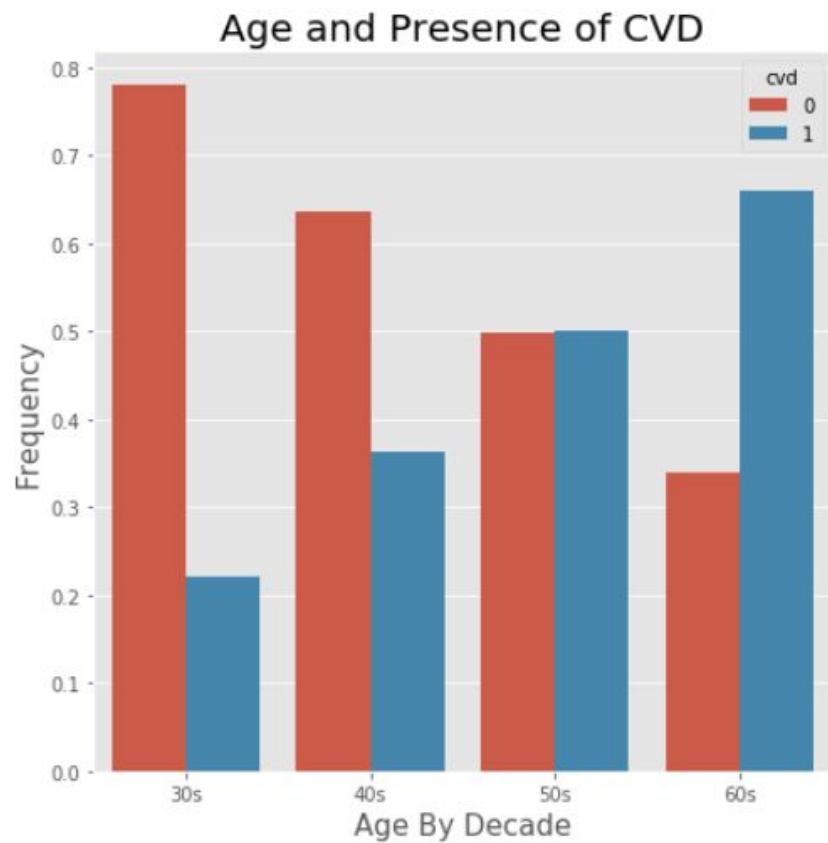
# BMI



## BMI Classification

BMI	Category
Lower than 18.5	Underweight
18.5 up to 25	Optimal
25 up to 30	Overweight
30 upwards	Obese

# Age



# Further Research

- More details on smoking, activity, and drinking columns (more than just boolean values).
- Other factors (i.e. eating habits, work lifestyle, family history of CVD, etc)
-



# References

1. [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(c  
vds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvd))
- 2.

# Appendix

# Glucose Levels

