

### Reasons for heart attack

The heart pumps blood through blood vessels to supply oxygen to all parts of our body. Factors such as age, family history and eating high fat diets can cause fat to settle in the walls of the blood vessels. This can cause the vessel to become narrow or blocked and reduce the blood flow. This leads to a heart attack.

### Warning signs

- Pain, pressure or constriction in the centre of the chest for more than 30 minutes.
- Nausea.
- Unconsciousness.
- Pain in jaw, neck, arms, shoulders or back.
- Shortness of breath.

## Stroke

Stroke is defined as paralysis or numbness of one side of the body. It can also cause, difficulty of speech, hearing, reading or writing. Stroke is due to a lack of blood supply to the brain. The lack of blood supply may be due to a blood clot/break in the blood vessel. A stroke is a medical emergency.

### Risk factors for stroke

Major factors	Secondary factors
<ul style="list-style-type: none"><li>● High BP/hypertension</li><li>● Diabetes</li><li>● Heart diseases</li><li>● Smoking</li><li>● Alcohol</li></ul>	<ul style="list-style-type: none"><li>● Increased levels of harmful blood fats</li><li>● Lack of physical activity</li><li>● Being overweight</li></ul>

### Warning signs

- Sudden weakness, paralysis or numbness on face, arm and leg on one side of the body.
- Loss of speech or difficulty speaking or understanding speech.
- Dimness or loss of vision, particularly in only one eye.
- Unexplained dizziness, unsteadiness or sudden falls.
- Sudden severe headache or loss of consciousness.

### Prevention of heart attack and stroke

- Eat healthy and balanced diet.
- Avoid smoking.