

HEART DISEASE FACTS



What is Heart Disease?

Heart disease is also known as **Coronary Heart Disease (CHD)**, it happens when plaque is built up within the coronary arteries.

- Arteries that are blocked, supposed to supply oxygen-rich blood to the heart, to continue beating.

In 2010, the total number of **deaths** in Malaysia resulted from coronary heart disease was at **22 701** according to the WHO (World Health Organization).

About **22.18%** of the total **deaths** in the country.

It is the single largest killer among Malaysians, where **the main cause** is due to the food intake.

Who's at RISK?

- Men and Women of all ages, especially those with a family history of coronary disease.

Many people think heart disease generally a man's problem, **women do get heart disease** as well.



One in four women die of heart attack. It is reportedly **2.5 times higher** than all types of cancers combined.

Several risk factors for heart disease, some are controllable, others are not.

- Food cooked with **too much oil** and **cholesterol** are directly linked with **blood pressure** and **coronary heart disease**.

RISK FACTORS

- Smoking



- Physical inactivity

- Obesity (BMI above 30)



- Uncontrolled diabetes

Uncontrolled stress and anger

- Intake of high cholesterol foods



- Medication that provokes hypertension



Eating A Heart-Healthy Diet :



Diets in high saturated and trans fat, sugar and salt increase the risk of heart disease and stroke.



A balanced diet rich in fruits and vegetables help prevent heart disease and stroke.