

Cardiovascular Disease and Heart Health

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Know the Facts

According to the World Health Organization:

- Cardiovascular Diseases (CVDs) are the number 1 cause of death globally: **more people die annually from CVDs than from any other cause.**
- An estimated 17.5 million people died from CVDs in 2012, representing **31% of all global deaths**
- Most cardiovascular diseases can be prevented by addressing behavioral risk factors such as
 - tobacco use
 - unhealthy diet
 - obesity
 - physical inactivity
 - stress



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What are Cardiovascular Disease?

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels and they include¹:

- coronary heart disease: disease of the blood vessels supplying the heart muscle
- cerebrovascular disease: disease of the blood vessels supplying the brain
- peripheral arterial disease: disease of blood vessels supplying the arms and legs
- rheumatic heart disease: damage to the heart muscle and heart valves from rheumatic fever, caused by streptococcal bacteria
- congenital heart disease: malformations of heart structure existing at birth
- deep vein thrombosis and pulmonary embolism: blood clots in the leg veins, which can dislodge and move to the heart and lungs.

¹World Health Organization

Major Contributors to Heart Disease



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Smoking



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Overweight or Obese



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Poor Diet



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Stress



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Sedentary Lifestyle

Are You at Risk?

- Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries; causing them to narrow and reducing blood flow to the heart, other organs and extremities.
- Having high cholesterol, high blood pressure or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions¹.
 - **Raised Blood Pressure and High Cholesterol are leading causes for CVDs¹**
- The most severe outcomes of CVDs is a Myocardial Infarction (Heart Attack) and/or a Cerebrovascular accident (Stroke).

¹World Health Organization

Blood Pressure and Elevated Cholesterol

- More than 1 in 5 adults worldwide have raised blood pressure – a condition that causes around half of all deaths from stroke and heart disease¹.
 - Complications from hypertension account for 9.4 million deaths worldwide every year¹.

Normal	Pre-Hypertension	Hypertension
<120/80	120-139/80-89	≥140/90

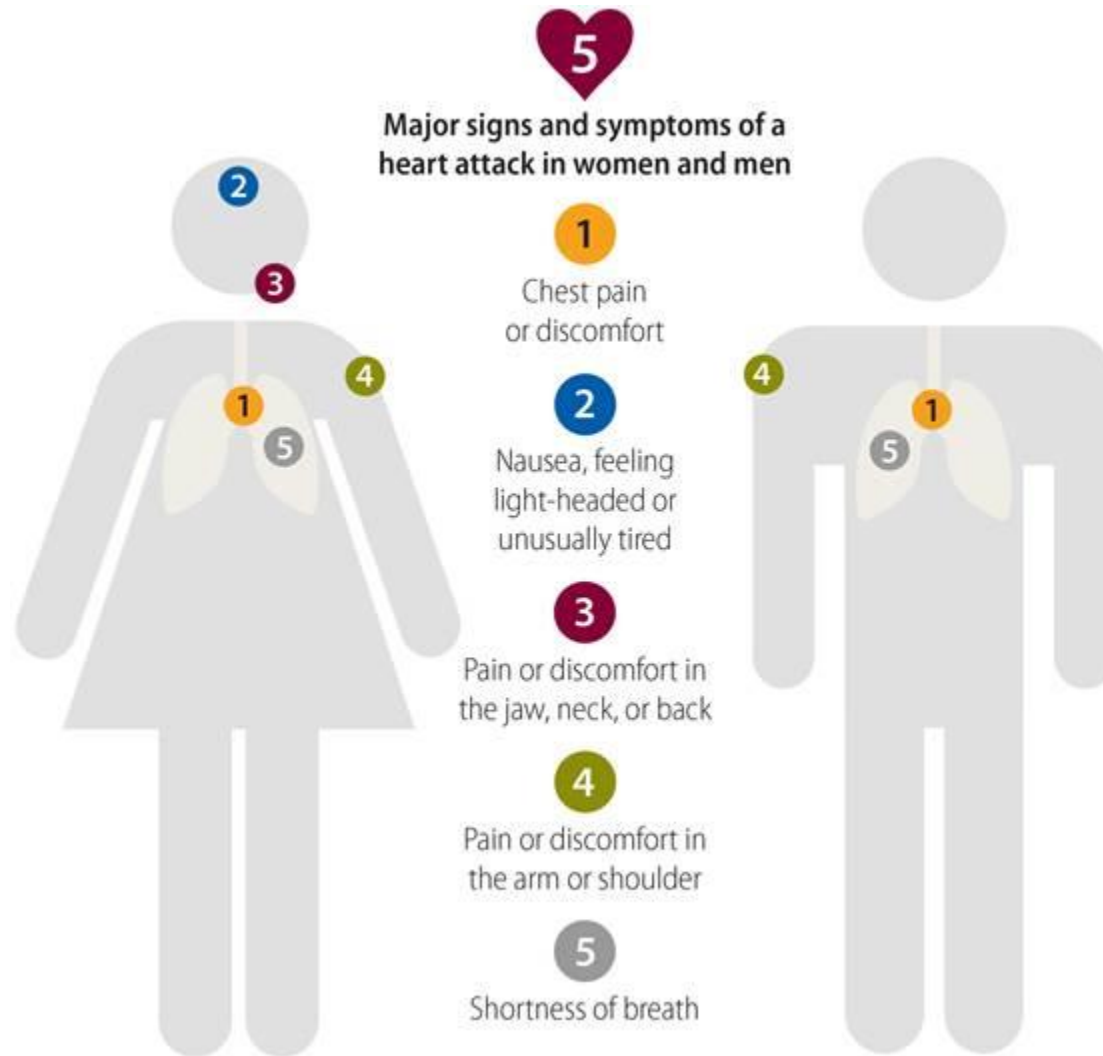
- Globally, one third of ischemic heart disease is attributable to high cholesterol².
 - Overall, raised cholesterol is estimated to cause 2.6 million deaths every year².

Ideal	Borderline High	High
<200 mg/dl	200-239 mg/dl	≥240 mg/dl

¹World Health Organization

²World Heart Federation

Signs and Symptoms of a Heart Attack



CDC

Diagnosis of Heart Cardiovascular Disease

Your doctor can perform several tests to diagnose heart disease:

- including chest X-rays
- coronary angiograms
- electrocardiograms (ECG or EKG)
- exercise stress tests
- physical exams



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Ask your doctor about what tests may be right for you

Heart Disease Prevention Tools

Quit smoking!

- The World Health Organization’s page dedicated to tobacco cessation.
<http://www.who.int/topics/tobacco/en/>

Maintain a healthy weight!

- The World Health Organization’s page with general and technical information on obesity. <http://www.who.int/topics/obesity/en/>

Eat a healthy diet!

- The World Health Organization’s Healthy Diet Factsheet provides tips for healthy eating. <http://www.who.int/mediacentre/factsheets/fs394/en/>

Exercise regularly!

- The World Health Organization’s physical activity page.
http://www.who.int/topics/physical_activity/en/

Making Changes

Lifestyle is a major contributing factor to many chronic diseases such as, CVDs. Below is a link to a great tool to help you assess your current lifestyle and can help guide you in your decision making.

Lifestyle Toolkit



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HEALTHY HEART

It's in your hands!
Start **TODAY.**



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