Cardiovascular Disease and Heart Health
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
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

- Smoking
- Overweight or Obese
- Stress
- Poor Diet
- 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.

<table>
<thead>
<tr>
<th>Normal</th>
<th>Pre-Hypertension</th>
<th>Hypertension</th>
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<tbody>
<tr>
<td>&lt;120/80</td>
<td>120-139/80-89</td>
<td>≥140/90</td>
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• 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.

<table>
<thead>
<tr>
<th>Ideal</th>
<th>Borderline High</th>
<th>High</th>
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<tbody>
<tr>
<td>&lt;200 mg/dl</td>
<td>200-239 mg/dl</td>
<td>≥240 mg/dl</td>
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¹World Health Organization
²World Heart Federation
Signs and Symptoms of a Heart Attack

1. Chest pain or discomfort
2. Nausea, feeling light-headed or unusually tired
3. Pain or discomfort in the jaw, neck, or back
4. Pain or discomfort in the arm or shoulder
5. Shortness of breath

Major signs and symptoms of a heart attack in women and men

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

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/](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/](http://www.who.int/topics/obesity/en/)

Eat a healthy diet!
- The World Health Organization’s Healthy Diet Factsheet provides tips for healthy eating.  

Exercise regularly!
- The World Health Organization’s physical activity page.  
  [http://www.who.int/topics/physical_activity/en/](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](#)
HEALTHY HEART

It’s in your hands!
Start TODAY.