



Use  to beat Cardiovascular Diseases

WHAT ARE CARDIO VASCULAR DISEASES?

CARDIOVASCULAR DISEASES (CVDs) ARE A GROUP OF DISORDERS OF THE HEART AND BLOOD VESSELS

TYPES OF CARDIOVASCULAR DISEASES

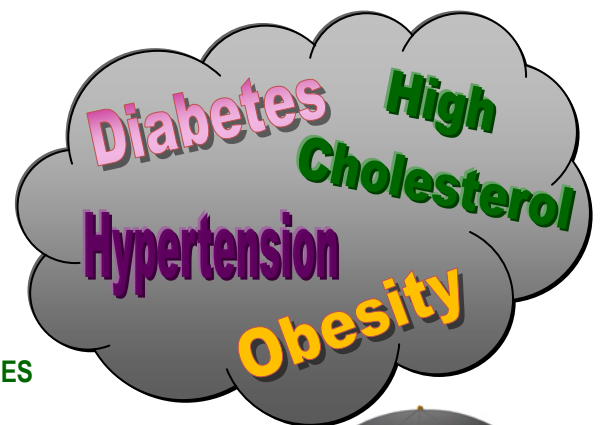
CARDIOVASCULAR DISEASE	WHAT DOES THIS MEAN?
CORONARY HEART DISEASE	DISEASE OF THE BLOOD VESSELS SUPPLYING THE HEART MUSCLE
CEREBROVASCULAR DISEASE	DISEASE OF THE BLOOD VESSELS SUPPLYING THE BRAIN
RHEUMATIC HEART DISEASE	DAMAGE TO THE HEART MUSCLE AND HEART VALVES FROM RHEUMATIC FEVER, CAUSED BY STREPTOCOCCAL BACTERIA
PERIPHERAL ARTERIAL DISEASE	DISEASE OF BLOOD VESSELS SUPPLYING THE ARMS AND LEGS
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



CVD RISK FACTORS



UNHEALTHY LIFESTYLES AND HABITS CAN LEAD TO DEVELOPING...



USE HEART TO BEAT CVD

H

Healthy Choices

EAT HEALTHY DIET, SAY **NO** TO TOBACCO, OBSERVE SAFE ALCOHOL CONSUMPTION GUIDELINES

E

EXERCISE

EXERCISE REGULARLY TO MAINTAIN HEALTHY WEIGHT, FEEL HAPPIER, SLEEP BETTER & LOWER RISK OF CHRONIC DISEASES

A

Adapt

ADAPT POSITIVE BEHAVIORS TOWARDS HEALTHIER LIFESTYLE CHANGES THAT WOULD CONTRIBUTE TO YOUR GOAL OF DECREASING THE RISK OF CVD

R

Reduce

REDUCE STRESS FROM VARIOUS ASPECTS OF YOUR LIFE, SALTY AND/OR SUGARY FOODS AND DRINKS, FOODS HIGH IN TRANS FAT AND OTHER PROCESSED FOODS

T

Take Charge

MAKE POSITIVE CHANGES TOWARDS YOUR HEART HEALTH, KEEP YOUR CLINICAL APPOINTMENTS, DISCUSS CONCERNS WITH YOUR DOCTOR, STAY UP-TO-DATE WITH HEART CARE INFORMATION

