

SEPTEMBER 2024

# HEART MONTH



## NEWSLETTER

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### 1 What is Cardiovascular Disease (CVD)?

CVD is a term that refers to any disease of the heart and blood vessels (including those of the brain).

- The most prevalent cardiovascular diseases are heart attack and stroke.
- Worldwide over 17.5 million deaths each year are due to CVD, including 7.3 million deaths due to heart attacks and 6.2 million deaths due to strokes.

### 2 What are the warning signs for a Heart Attack?

- Discomfort or pain in the centre of the chest lasting more than a few minutes. There may be a single episode of pain, or it may recur.
- Discomfort or pain in other areas of the upper body, including one or both shoulders and arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other symptoms such as light-headedness, nausea, and breaking out in a cold sweat.

### 3 Know Your Numbers

- Check if have your blood pressure, cholesterol and glucose levels checked regularly.
- Know the warning signs: the sooner help is sought, the greater the chance of a full recovery.
- Take your medication for high blood pressure, diabetes or cholesterol every day as prescribed by your doctor.



How are we Doing?

We value your opinion and would love to hear about your experience.  
Do you have 2 minutes?

Let's Get Started

Scan our QRcode

## 4 Major Risk Factors

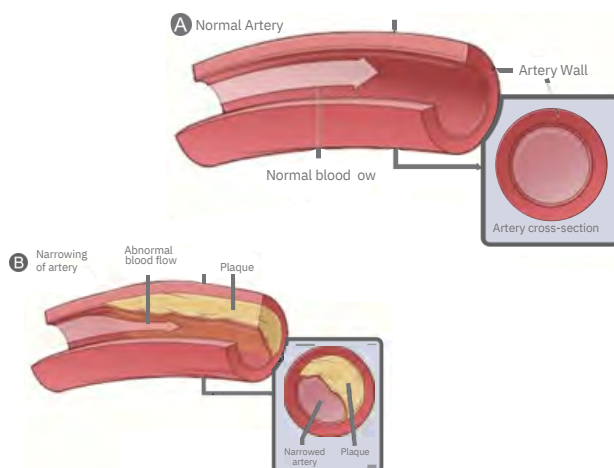
Most of the major risk factors for CVD can be controlled:

1. **Get active:** try to make exercise a regular part of your life. For example, use the stairs instead of the elevator, or cycle to work. Thirty minutes of activity each day can also help to relieve stress and control your weight.
2. **Stop smoking:** if you stop smoking your risk of CVD will be halved within a year.
3. **Eat healthily:** Eat a well-balanced diet, including plenty of fruits and vegetables, a variety of whole grain products, lean meat, fish, and foods low in saturated fats. Limit your salt and alcohol intake, and drink plenty of water.
4. **Maintain a healthy weight:** a healthy adult should keep his or her Body-Mass Index between 18.5 and 24.0 kg/m<sup>2</sup>.

## DID YOU KNOW?

What are the warning signs for a stroke?

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, difficulty speaking or understanding.
3. Sudden difficulty walking, loss of coordination or dizziness.
4. Sudden change in vision affecting one or both eyes.
5. Sudden severe headache with no known cause.
6. **Protect your heart.** High blood pressure, high blood sugar (diabetes) and high cholesterol can damage the blood vessels and the heart.



## Common Heart Attack Warning Signs



Glucose and Cholesterol testing is available at our Laboratory