

♥
**WORLD
HEART DAY**

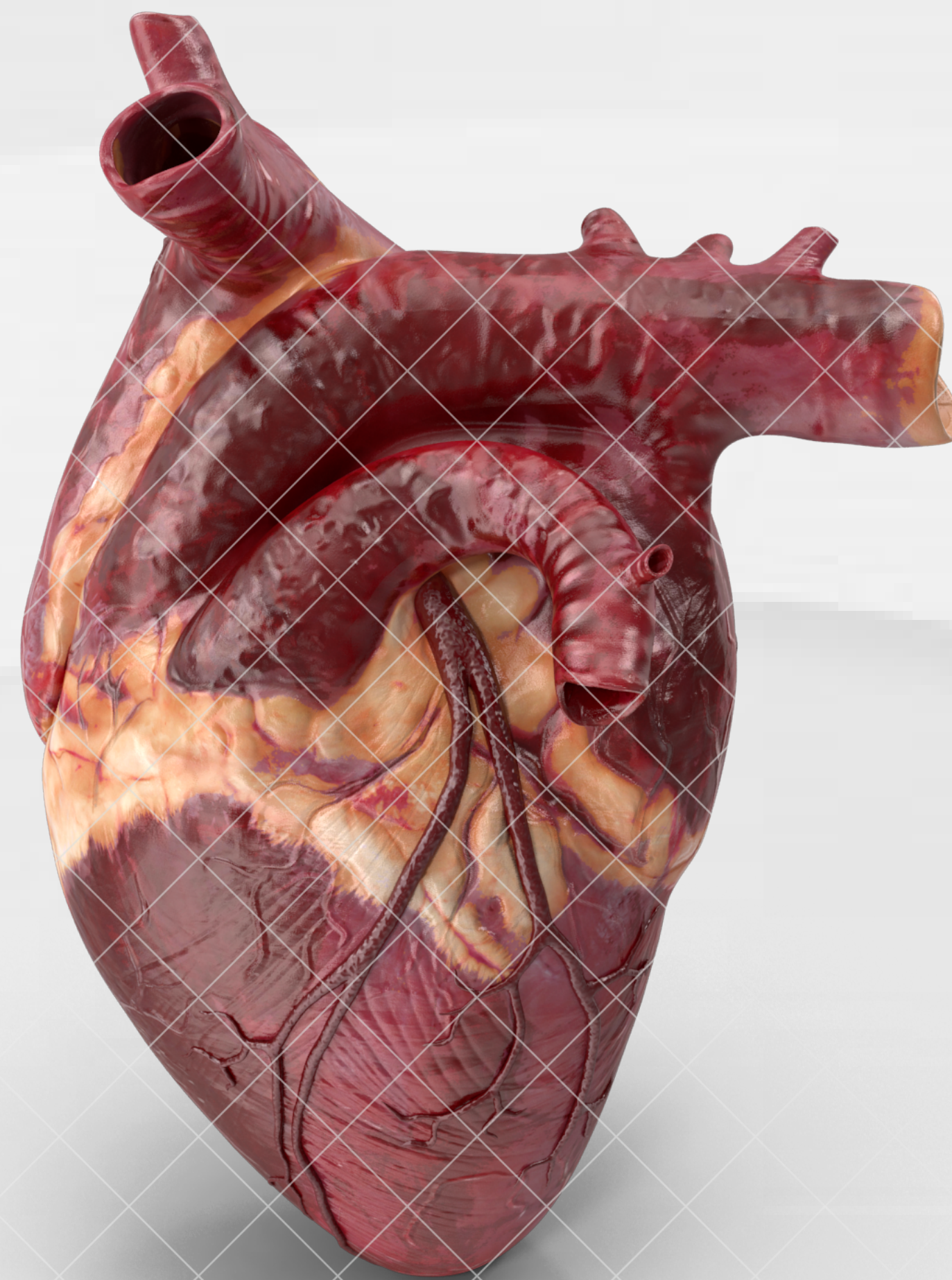
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By
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Some know 'heart' as



However, we'd be looking at:



**So, how do we
not get our hearts
broken?**



The world heart day is celebrated on **29th September** every year. This year, the world heart federation themed it:

USE ♥ TO BEAT ♥



Cardiovascular disease is the **number one** cause of death globally, the greatest contributors being **Coronary Heart Disease** and **Stroke**.



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RISK FACTORS

The risk factors for cardiovascular disease are numerous including those within your control (modifiable) and those out of your control (non modifiable).



Modifiable

- ◆ Physical inactivity/sedentary lifestyle
- ◆ Diabetes
- ◆ Smoking
- ◆ Diet
- ◆ Harmful use of alcohol

Non modifiable

- ◆ Gender
- ◆ Family history
- ◆ Age
- ◆ Race

Modifiable Risk Factors For Cardiovascular Disease

Physical Inactivity/sedentary Lifestyle:

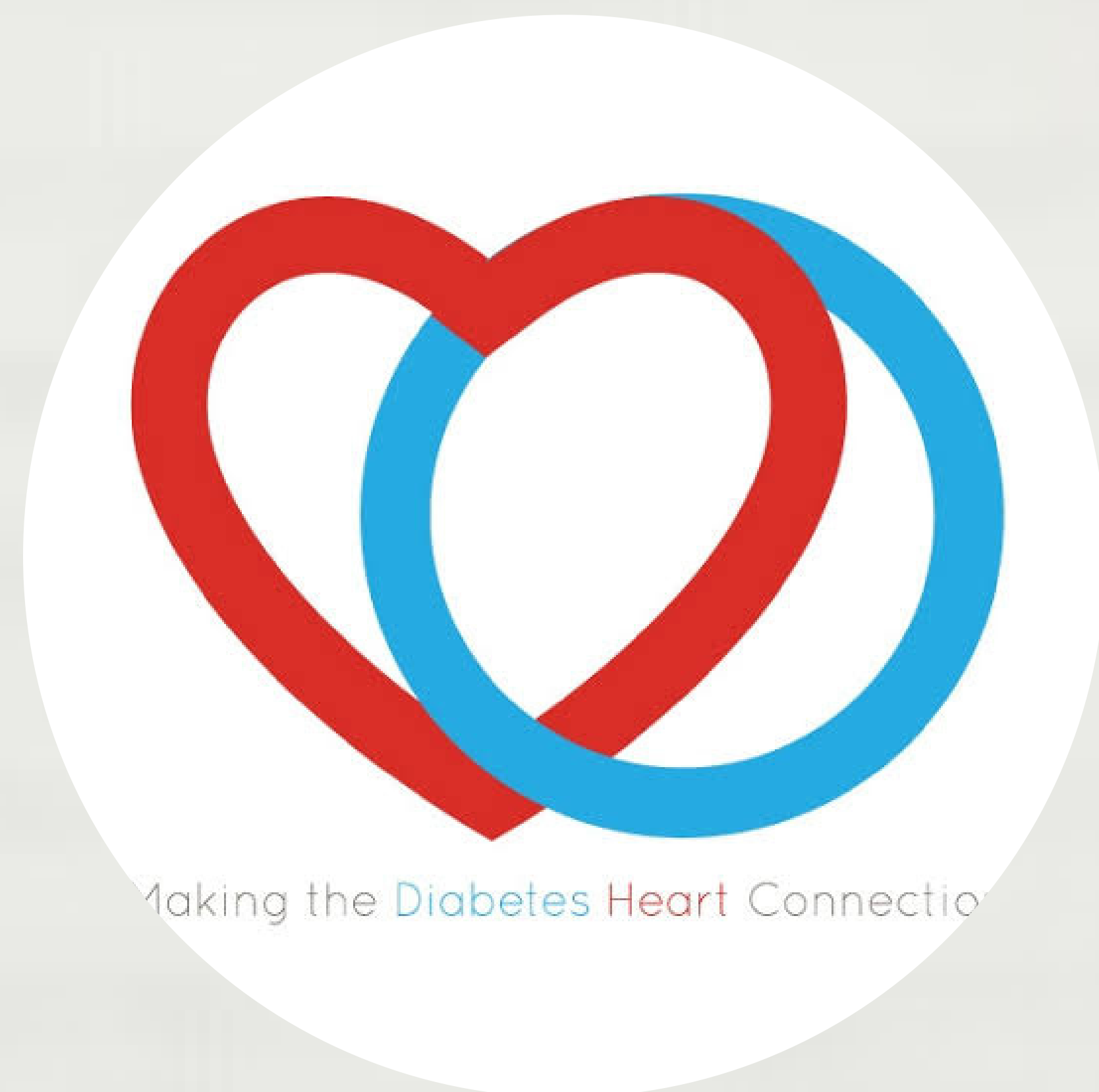
> 60% of the world's population is not sufficiently active (WHO).



Modifiable Risk Factors For Cardiovascular Disease

Diabetes

Diabetic patients are 4 times more likely to have cardiovascular disease.



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Smoking

(including passive smoking, chewing tobacco or using snuff)

Smoking increases risk of CVD by 100%.

Smoking destroys the lining of blood vessels, increases fatty deposits in arteries.

Nicotine the active ingredient in tobacco increases blood pressure and accelerates the heart rate.

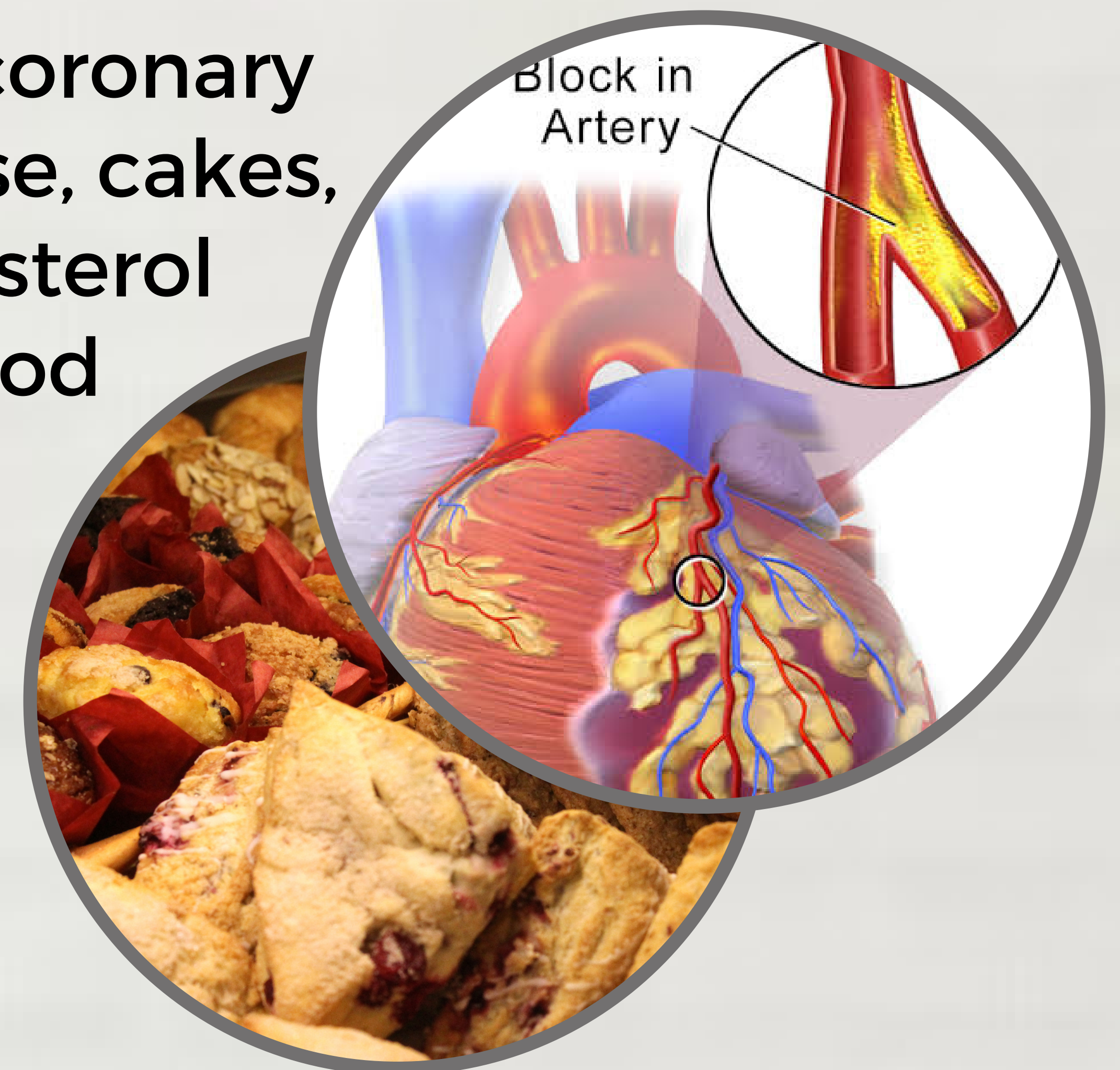


Modifiable Risk Factors For Cardiovascular Disease

Diet:

Excessive salt intake increases blood pressure remarkably over time. Also, saturated fat increases the risk of coronary heart disease(31 percent) and stroke(11 percent).

High blood lipid correlates with the risk of coronary heart disease and bad fats (present in cheese, cakes, fast food, cookies, etc) increase blood cholesterol levels. This can accumulate and line the blood vessels causing damage.



Modifiable Risk Factors For Cardiovascular Disease

Harmful use of alcohol:

Alcohol damages heart muscles and increase risk of stroke and cardiac arrhythmia. Alcohol significantly increases the blood pressure.



Modifiable Risk Factors For Cardiovascular Disease



Obesity:

< 18.5 – Underweight

> 25 – Overweight

> 30 – Obese

- ◆ Obesity increases blood pressure
- ◆ increases risk of diabetes and cardiovascular disease.



Non-modifiable Risk Factors For Cardiovascular Disease

Gender

Women are at greater risk of coming down with CVD, even more in women that smoke.



Family history

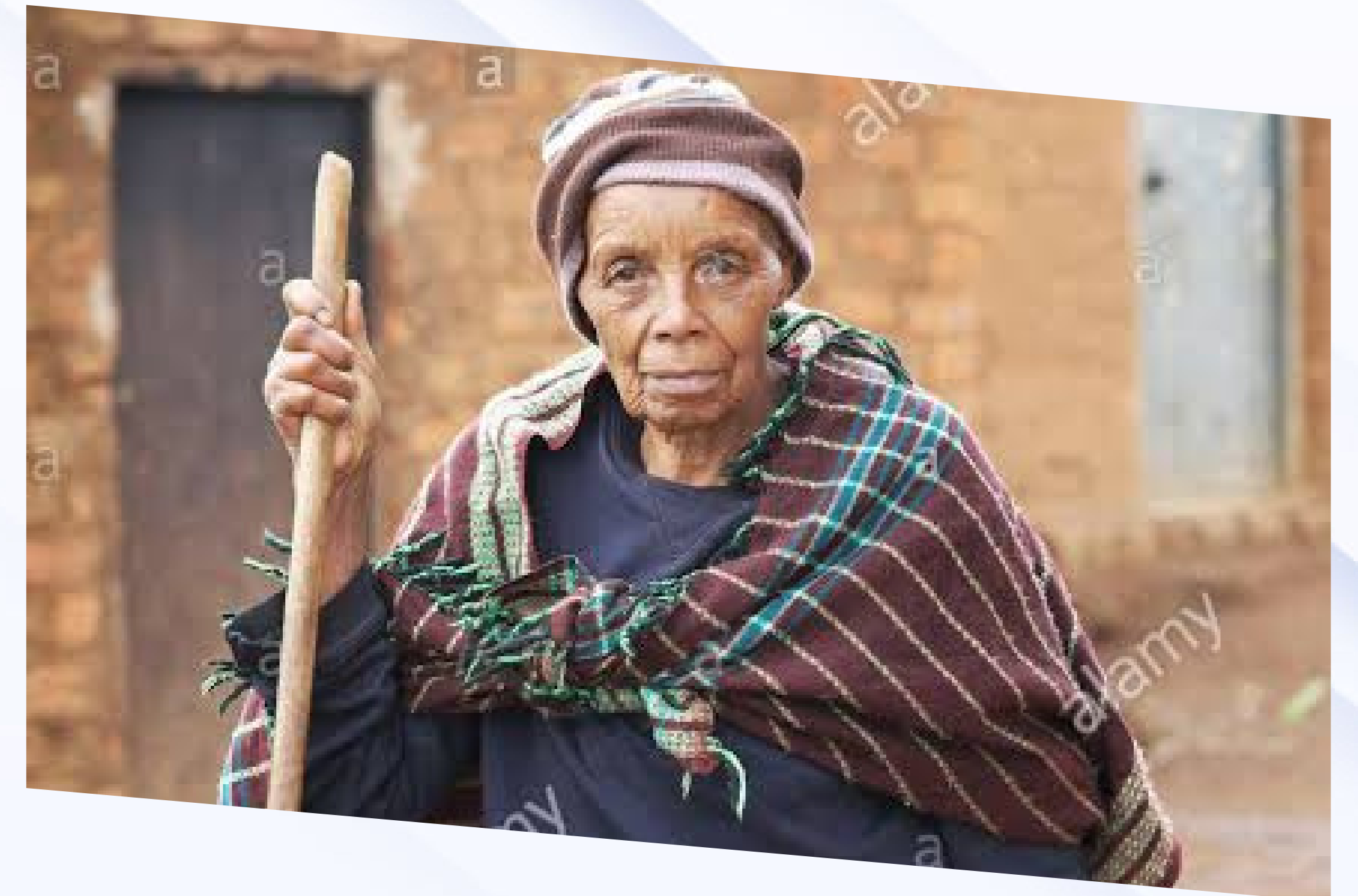
If a first degree relative has heart attack, there is a 50% increased risk of having same.



Non-modifiable Risk Factors For Cardiovascular Disease

Age:

At age > 55 years, the risk of having stroke doubles.



Race:

Africans and Asians are at greater risk of CVD.

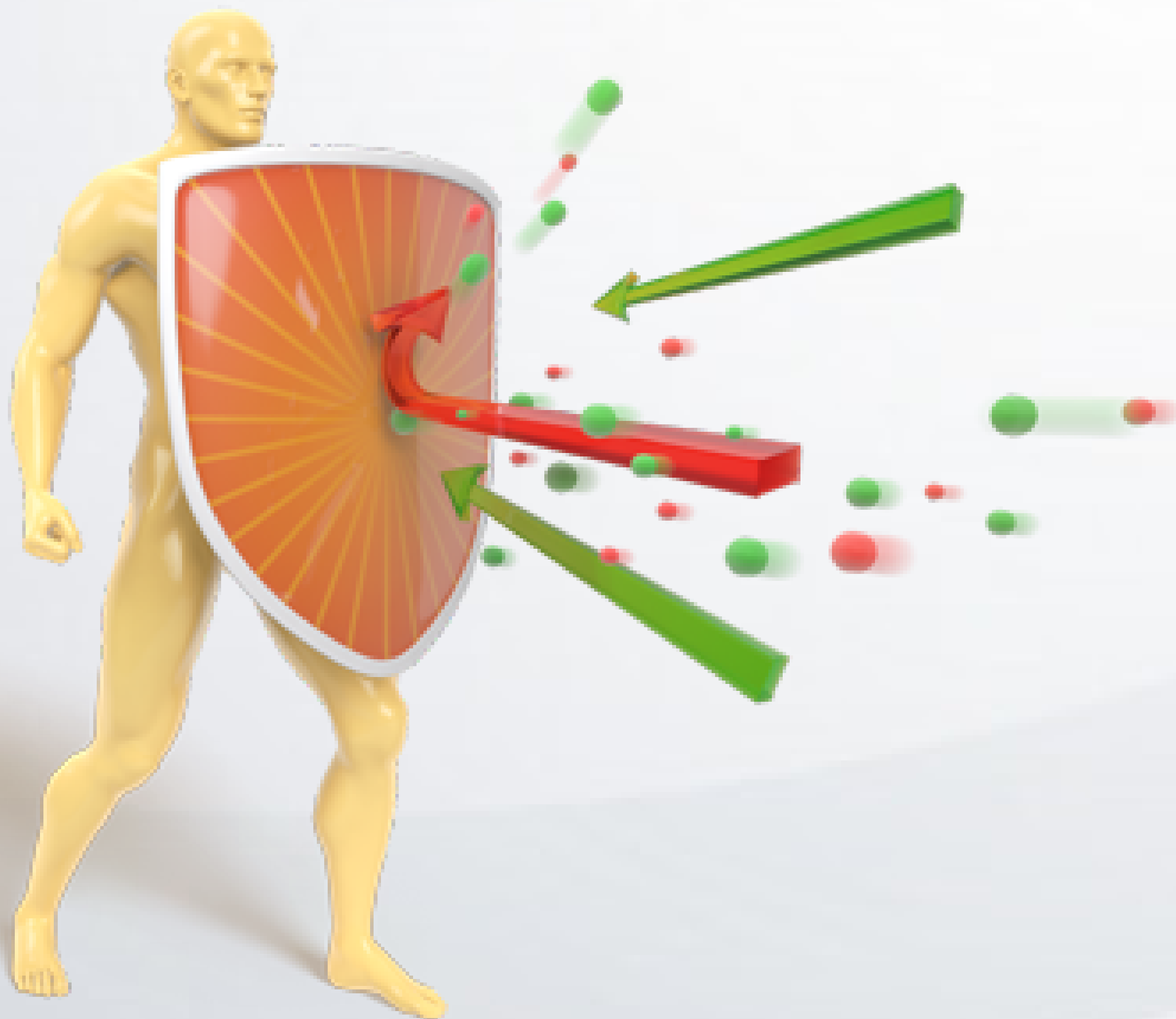


PREVENTION

a.) Use Your head:

Get active.

150 minutes of moderate physical activity every week reduces risk of CVD by 30% and type 2 diabetes by 50%.



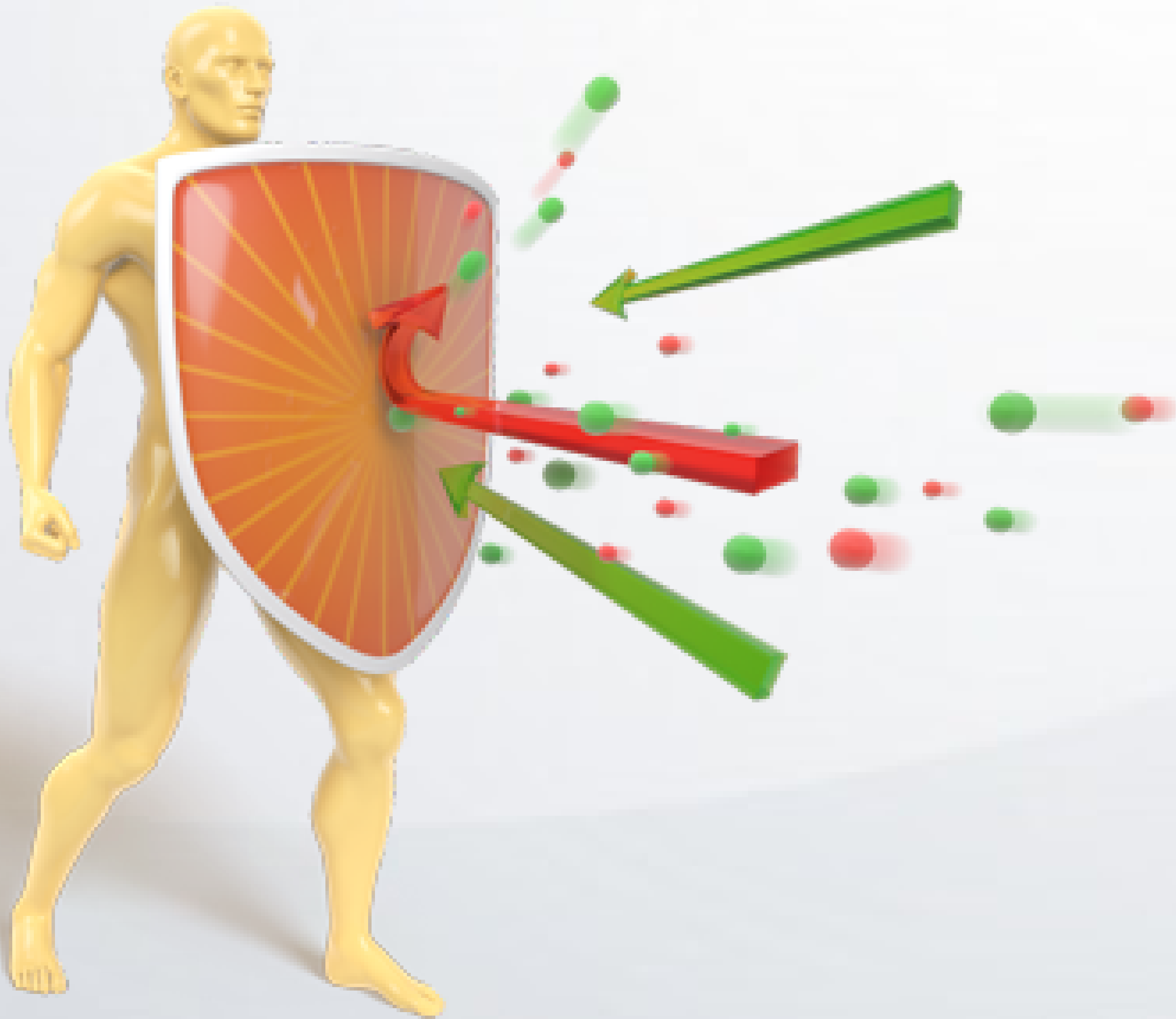
PREVENTION

a.) Use Your head:

Quit Tobacco

and abstain from all forms of smoking.

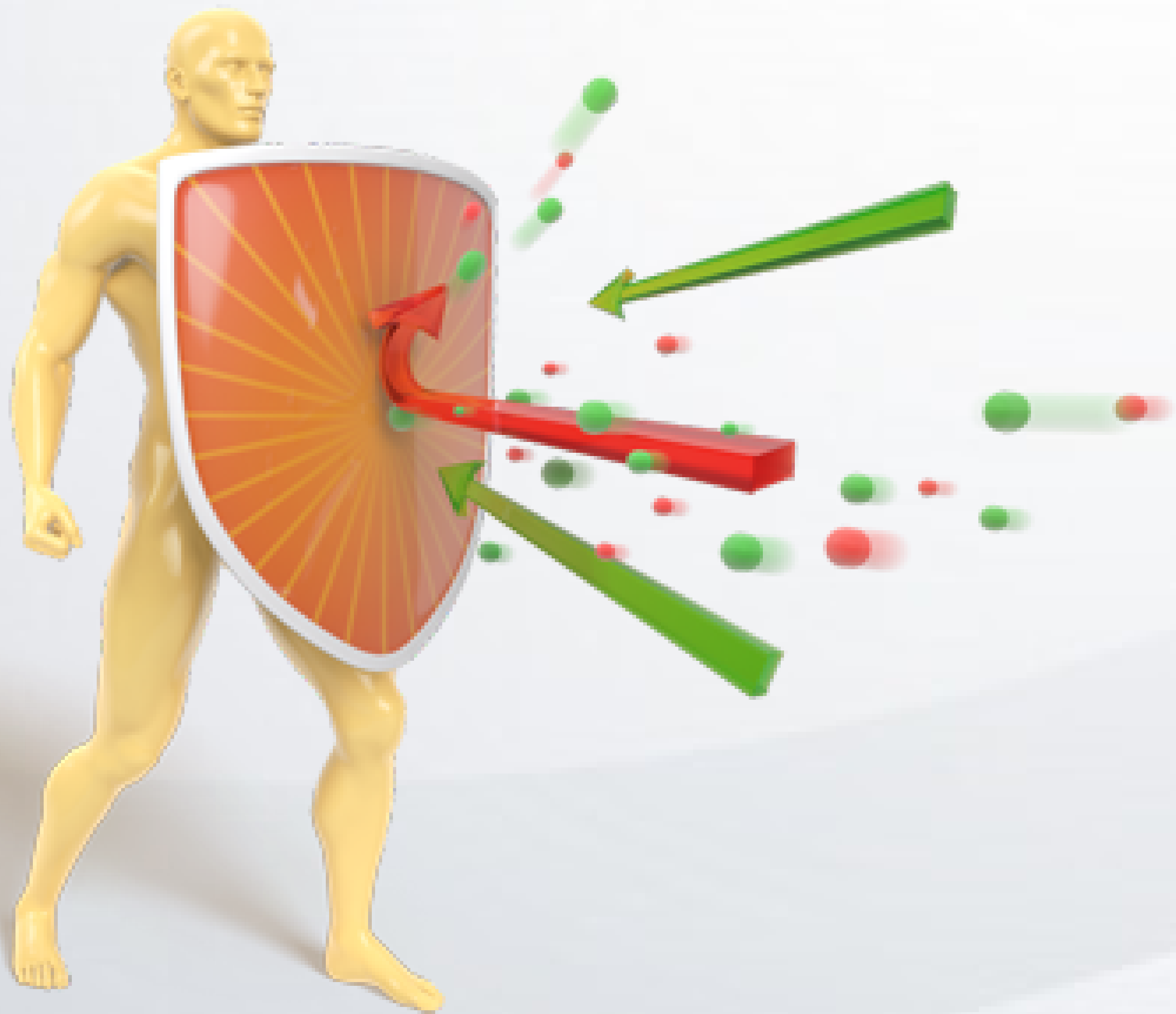
Reduce Alcohol intake.



PREVENTION

a.) Use Your head:

Eat more fruits and vegetables,
eat less fatty foods.



PREVENTION

b.) Your Influence.

Set examples of healthy lifestyles for your loved ones.

As an employer, invest in the heart health of your employees.



PREVENTION

c.) Your Compassion.

Support vulnerable in society and those with heart conditions who are even at increased risk in this period of COVID-19.

