



WORLD
HEART DAY
SEPTEMBER 29TH
2021

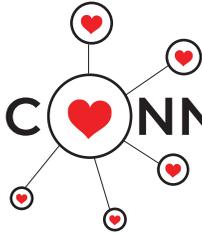
Use **HEART** To **C**  **NNECT**

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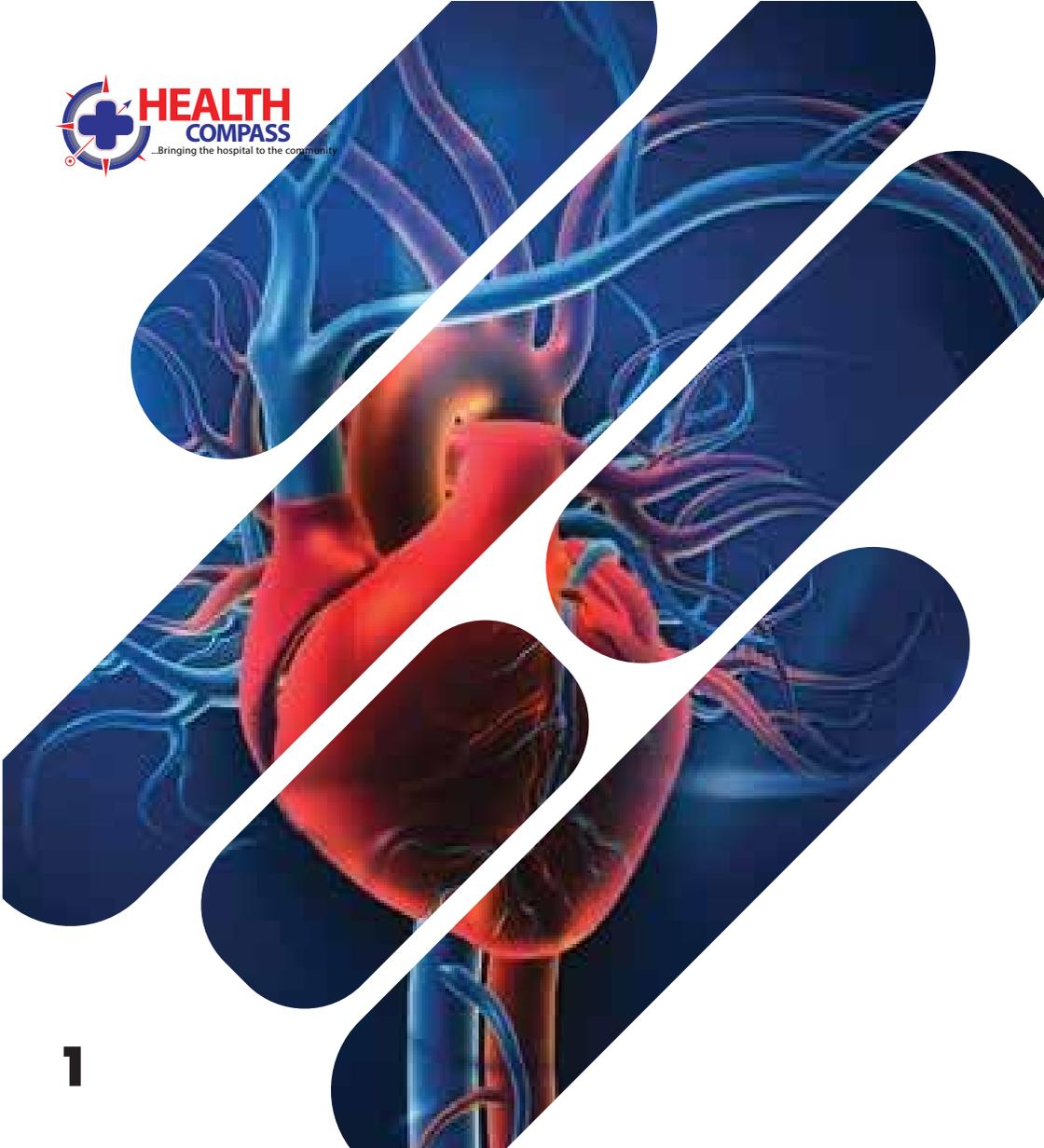
Prevention of Cardiovascular Diseases (Using Your Head)

5

Prevention (Using Your Influence & Passion)

USE HEART TO CONNECT





The **HEART**

Structure & Function

A muscular organ situated in the thoracic cage having 4 chambers

It pumps **Blood** to every part of the body.

Any disease affecting the heart will lead to inability of blood to reach vital organs of the body e.g. Brain, Lungs, Kidneys **and even the Heart itself.**

FACTS AND FIGURES

1st GLOBAL DEATHS



Number 1 cause of Death globally, the greatest being Coronary Heart Disease and Stroke.

18.6 Million people die every year from Cardiovascular Diseases.



18.6 Million+
ANNUAL DEATHS

Over 520 Million people living with Cardiovascular Diseases and COVID-19, and are more at risk of severe forms of COVID infection.



520 Million+
COVID

RISK FACTORS

1

PHYSICAL INACTIVITY

60% of the world live a sedentary lifestyle



GENDER

Men have greater risk for CVD
Women have greater risk for Stroke

2

3

DIABETES

Increases risk of Cardiovascular Disease by 4 times



FAMILY HISTORY

50% increased risk of having a Heart Attack if it occurs in a first degree relative

4

5

ALCOHOL & SMOKING

Smoking increases risk by 100%
Alcohol increases risk for Stroke



AGE

Risk of having a Stroke doubles from Age 55+ years

6

7

DIET

Excessive Salt intake increases Blood Pressure



RACE

Africans & Asians are at greater risk of Cardiovascular Disease

8

Excessive Salt intake
increases Blood
Pressure



Saturated Fat increases
risk of coronary heart
disease by 31% and
Stroke by 11%



Alcohol damages
heart muscle and
increases risk of
Stroke.

It also increases
Blood Pressure



Obesity increases
blood pressure,
increases risk of
Diabetes and
Cardiovascular
Diseases



PREVENTION

●●●● Use Your Head

Exercise



Reduce Alcohol



**Regular BP & RBS
Check**



Quit Smoking



Eat Healthy



PREVENTION

●●●● Use Influence and Compassion



INFLUENCE

Set an example of a healthy lifestyle for your friends, family and acquaintances,

Be a source of Positive change in your community



COMPASSION

Support vulnerable people in the society and those with Heart conditions especially as they have an increased risk of severe COVID-19 infection

