

HEALTH AWARENESS

Heart Health Basics

Know the risks, spot the signs, protect your heart

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Agenda

01

Overview

02

Signs & causes

03

Care

04

Action

01

OVERVIEW



What is heart disease?



Medical illustration

Heart disease covers conditions that affect the heart and blood vessels, such as blocked arteries and heart attacks.

Most heart disease is linked to blood pressure, cholesterol, smoking, diabetes and inactivity. Many risks can be reduced with healthy habits and regular check-ups.

Why it matters

#1

cause of death
worldwide (WHO)

80%

of early heart disease is
preventable (illustrative)

30 min

of activity most days

Illustrative figures — cite current guidelines for your audience.

02

SIGNS & CAUSES



Common symptoms

01

Chest pain

Pressure or tightness in the chest.

02

Breathlessness

Short of breath with little effort.

03

Fatigue

Unusual tiredness.

Risk factors

- High blood pressure
- High cholesterol
- Smoking
- Diabetes and obesity

TIP

Know your numbers: blood pressure, sugar and cholesterol.

03

CARE



Diagnosis



Check

BP and pulse



Test

ECG and blood tests



Image

Echo or stress test



Plan

Lifestyle and medicines

Prevention and treatment

Prevention

- ✓ Walk briskly every day
- ✓ Eat less salt and fried food
- ✓ Quit smoking
- ✓ Manage stress and sleep

Treatment

- Healthy lifestyle first
- Medicines as prescribed
- Procedures when needed
- Cardiac rehabilitation

04

ACTION



When to see a doctor

Situation	Action
Chest pain spreading to arm or jaw	Call emergency services now
Breathless climbing stairs	See a doctor soon
BP above 140/90 repeatedly	Book a check-up

General information, not medical advice.

Healthy habits

01

Move

30 minutes daily.

02

Eat smart

More vegetables, less salt.

03

Check

Annual health check.

Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team

