

HEALTH AWARENESS

Heart Health Matters



Know the risks, protect your heart

Agenda

01

Overview

02

Signs & causes

03

Care

04

Action

What is heart disease?

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

Many heart problems can be prevented by controlling blood pressure, cholesterol, smoking and stress.



Medical illustration

Why it matters

#1

leading cause of death
worldwide

80%

of early heart disease is
preventable

120/80

healthy blood pressure

Illustrative figures — cite current guidelines for your audience.

Common symptoms

01

Chest pain

Pressure or tightness in the chest.

02

Breathlessness

Shortness of breath on exertion.

03

Fatigue

Unusual tiredness, sweating, nausea.

Risk factors

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

TIP

Learn the warning signs of a heart attack and call for help fast.

Diagnosis

01

Check

Blood pressure and pulse

02

Test

ECG and blood tests

03

Image

Echo or stress test

04

Treat

Medicines or procedures

Prevention and treatment

Prevention

- Quit tobacco completely
- Exercise most days
- Eat less salt and fried food
- Manage stress

vs

Treatment

- Medicines for BP and cholesterol
- Cardiac rehabilitation
- Angioplasty or surgery if needed
- Regular follow-up

When to see a doctor

Situation	Action
Chest pain lasting minutes	Call emergency services
Breathless on light activity	See a doctor soon
BP above 140/90 often	Book a check-up

General information, not medical advice.

Healthy habits

01

Walk

10,000 steps a day.

02

Less salt

Under one teaspoon a day.

03

Check-ups

Yearly heart health check.



Stay healthy

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

Health Education Team