Follow a balanced diet

Engage in regular physical activity

Regularly monitor and maintain a healthy weight

Avoid smoking and limit alcohol consumption

**PREVENTION**

*Prioritize heart health with exercise, healthy eating, and regular check-ups for longevity*

Chest pain or discomfort (*angina*)

Shortness of breath

Fatigue

Swelling in the legs, ankles, or feet

Irregular heartbeat

Dizziness or lightheadedness

01

02

03

04

05

06

**SYMPTOMS**

*Typical symptoms*

High blood pressure (*hypertension*)

01

High cholesterol levels

02

Smoking

03

Diabetes

04

Sedentary lifestyle

05

Family history of heart disease

06

**CAUSES**

*Typical causes*

**~17.9**

**M**

**deaths worldwide each year**

**because of Heart Disease**

*According to the World Health Organization* ***(WHO)***

**HEART DISEASE**

FACT SHEET

**Heart disease** refers to a range of conditions that affect the

heart. It is the leading cause of death worldwide and encompasses various conditions, including coronary artery disease, heart failure, arrhythmias, and congenital heart defects