

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



~17.9 M deaths worldwide each year because of Heart Disease

According to the World Health Organization (WHO)

CAUSES

Typical causes

- 01 High blood pressure (*hypertension*)
- 02 High cholesterol levels
- 03 Smoking
- 04 Diabetes
- 05 Sedentary lifestyle
- 06 Family history of heart disease


SYMPTOMS

Typical symptoms

- 01 Chest pain or discomfort (*angina*)
- 02 Shortness of breath
- 03 Fatigue
- 04 Swelling in the legs, ankles, or feet
- 05 Irregular heartbeat
- 06 Dizziness or lightheadedness

PREVENTION

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




Follow a balanced diet



Avoid smoking and limit alcohol consumption



Engage in regular physical activity



Regularly monitor and maintain a healthy weight