



love your heart

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International
Pharmaceutical
Students' Federation
European Regional Office



WHAT ARE CARDIOVASCULAR DISEASES (CVD)?

Cardiovascular diseases are a group of disorders of the heart and blood vessels and include, for example:

- coronary heart disease: disease of the blood vessels supplying the heart muscle;
- cerebrovascular disease: disease of the blood vessels supplying the brain;
- heart attacks and strokes: usually acute events and are mainly caused by a blockage that prevents blood from flowing to the heart or brain.

AND DID YOU KNOW CVD...

- causes more than half of all deaths across the European Region?
- causes 46 times the number of deaths and 11 times the disease burden caused by AIDS, tuberculosis and malaria combined in Europe?

80% of premature heart disease and stroke is **preventable by controlling the main Risk Factors!**



Eat a healthy diet: with plenty of fruit and vegetables, whole grains, lean meat, fish and pulses, and restricted salt, sugar and fat intake.



Take regular physical activity: 30 minutes every day helps to maintain cardiovascular fitness and 60 minutes on most days helps to maintain healthy weight.



Avoid tobacco use: risk of heart attack and stroke starts to drop immediately after a person stops using tobacco products, and can drop by as much as half after one year.

CHECK AND CONTROL YOUR CARDIOVASCULAR RISK:



Know your blood pressure: you can have your blood pressure checked at a pharmacy and it only takes some minutes!

Know your blood sugar: Raised blood glucose (diabetes) increases the risk of heart attacks and strokes.



Know your blood lipids: Raised blood cholesterol and abnormal blood lipids increase the risk of heart attacks and strokes.