



Love YOUR HEART



HEALTHY HABITS
PREVENT HEART DISEASE

NEWSLETTER

- **CVD** is a term that refers to any disease of the heart and blood vessels (including those of the brain).
- The most prevalent cardiovascular diseases are heart attack and stroke.
- Worldwide over 17.5 million deaths each year are due to CVD, including 7.3 million deaths due to heart attacks and 6.2 million deaths due to strokes.



What are the warning signs for a Heart Attack?

- Discomfort or pain in the centre of the chest lasting more
- than a few minutes. There may be a single episode of pain, or it may recur.
- Discomfort or pain in other areas of the upper body, including one or both shoulders and arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other symptoms such as light-headedness, nausea, and breaking out in a cold sweat.

Know Your Numbers

1. **Check if have your blood pressure, cholesterol and glucose levels checked regularly.**
2. **Know the warning signs: the sooner help is sought, the greater the chance of a full recovery.**
3. **Take your medication for high blood pressure, diabetes or cholesterol every day as prescribed by your doctor.**

DID YOU KNOW?

Cardiovascular disease (CVD, including heart disease and strokes) is the leading cause of disabilities and death worldwide, accounting for 17 million deaths a year (31% of total global deaths)

Up to 80% of CVD-related premature deaths in young people (< 65 years) are preventable through a healthy lifestyle – a healthy diet, regular exercise and avoiding smoking. Once thought to be a disease associated with the elderly, more than half of deaths occur before age 65

REFERENCES:

Curated by Dr. CHRISTOPHE ARZUR

WHAT IS HIGH BLOOD PRESSURE ?



"Measure Your Blood Pressure Accurately, Control It, Live Longer"

1. **Blood pressure** is the force of blood pushing against the walls of your **arteries** as your heart pumps blood through them. The narrower an artery, the greater the force needed to push the blood through it.
2. **Blood pressure** is measured with a cuff your health care worker places around your arm. The pressure reading is given as **two values** e.g., **120/80**.
3. The higher value is referred to as the **systolic pressure** (when the heart beats), the lower value as the diastolic pressure (when the heart rests between beats).

Aneurysm:

An aneurysm refers to a bulge through a weakness in the wall of an Artery. If the aneurysm bursts, it can be fatal.

Loss of vision:

This is due to damage to the blood vessels going to the eye.

Kidney failure:

Thickening and narrowing of the blood vessels to the kidney eventually prevents it from functioning properly.

Heart failure:

Pumping against increased pressure causes the heart muscle to thicken. With time, it becomes more and more difficult for the thickened muscle to pump adequately.

We offer a comprehensive panel of test to support the diagnosis and management of high blood pressure.

1. Kidney function tests
2. Liver function tests
3. Lipid profile (Cholesterol)
4. Thyroid function tests
5. Cortisol measurement

Remember, maintaining a healthy blood pressure is an investment in your long-term health and well-being.

Glucose and Cholesterol testing is available at our laboratory.



REFERENCES:

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