

WHAT ARE THE SYMPTOMS OF CORONARY ARTERY DISEASE?

.No symptoms for long period.

.Chest pain /tightness in the chest for short period on exertion also known as Angina or minor heart attack.

.Myocardial Infarction or major heart attack-Severe chest pain not subsiding on rest. Longer duration.

.Irregular heart beats .

.Breathlessness.

.Sudden Death



WHAT INCREASES RISK? OF HEART ATTACK

You can't help it !

Age:

Men \geq 45;

.Women \geq 55

.Sex

.Race

.Family History

You can control !!

.High Cholesterol

.Smoking

.High Blood Pressure

.Diabetes

.Obesity

.Alcohol

.Physical Inactivity

Prevention of Heart Attack

Avoid **PHYSICAL INACTIVITY**



Every morning my brain tells me to exercise...

..... and my body laughs at the idea



Prevention of Heart Attack

Say **NO** to **CIGARETTE SMOKING**

- .Increases blood pressure
- .Decreases HDL
- .Damages arteries and blood cells
- .Increases heart attacks
- .Cigarette smoke contains more than
- .4,000 chemicals, and 200 of these chemicals are poisonous



For my car, I want the best mechanic.



But for my own body, I follow hearsay and advice from friends, kitty party, local quacks....

Just anyone
And decide for the worst

QUIT SMOKING

PHYSICAL ACTIVITY

GOOD NUTRITION
AND A POSITIVE
LIFESTYLE

PREVENTING HEART DISEASE

EXERCISE

- .Maintain a level of physical activity that keeps you fit and matches the calories you eat .
- .Reduces incidence of obesity.
- .Increases HDL.
- .Lowers LDL and total cholesterol.
- .Helps control diabetes and hypertension



PREVENTING HEART DISEASE

LOOK BEFORE YOUR EAT

- Eat a variety of fruits and vegetables every day. (5 servings - they are naturally low in fat and high in vitamins and minerals and anti oxidants).



- Eat a variety of grain products.
- Choose non fat or low-fat products.
- Use less fat meats- chicken, fish and lean cuts.
- Switch to fat-free milk—toned/skimmed milk



PREVENTING HEART DISEASE

STOP SMOKING NOW!

.The risk of heart attack starts decreasing within 24 hours of quitting smoking, within 1 year of quitting, CHD risk decreases significantly, within 2 years it reaches the level of a nonsmoker

.Smell and taste improve within days

.Within three months of quitting, the smokers' cough disappears in most people



PREVENTING HEART DISEASE

KNOW YOUR NUMBERs!

And that's not your Mobile Number!

Desirable numbers

- .Total cholesterol < 200mg%
- . LDL < 100
- . HDL > 40
- .triglycerides < 150
- .Fasting Blood sugars – <100mg%
- .Blood Pressure –Systolic < 140mm of Hg
Diastolic < 90mmof Hg



.Get the levels tested routinely and keep them under control.

.The only thing worse than finding out that you have one of these conditions is.....NOT finding out that you have it!!

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self-deprivation. Instead, find ways to incorporate heart-healthy habits into your lifestyle — and you may well enjoy a healthier life for years to come.

