



Healthcare worker checking a client's blood pressure. Courtesy of unsplash.

Prevention of heart diseases

- Regular exercising
- Stopping smoking
- Eating more fruits and vegetables
- Regular visits to the doctor for wellness checks
- Reducing consumption of red meat
- Reduction consumption of refined sugars

About Us

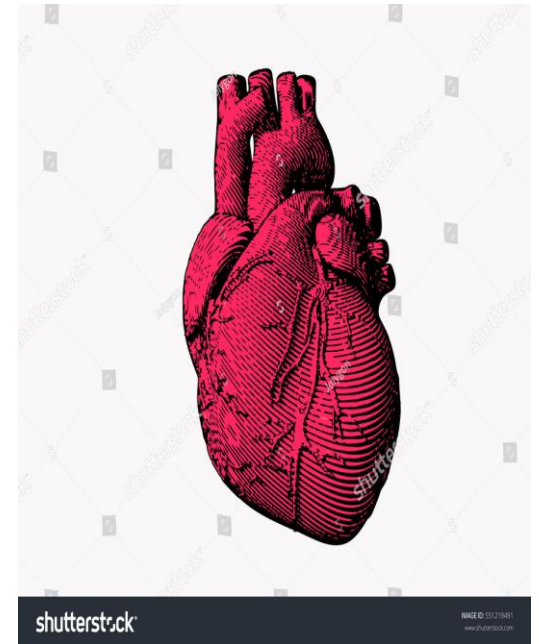
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HEART DISEASES

Know more about heart diseases



HEART DISEASES



Photo courtesy of unsplash

Prevalence of heart diseases

Heart diseases are the leading killers in the United states with an estimated one in every 3 adults living with some form of a heart disease. The estimated cost of treating heart diseases is \$370 billion per year with the bulk of the cost going to direct treatment.

Risk factors to heart diseases

- Family history of heart diseases
- Hypertension
- Diabetes
- Smoking
- Sedentary lifestyle
- Use of drugs of addiction.
- obesity

heart attack

Heart attacks are the most lethal forms of heart disease with the ability to cause death withing minutes or hours. A heart attack takes place when a blood clot in one of the main vessels that supply the heart gets blocked most often by a blood clot resulting in death of tissues supplied by the blood vessel. The size of blood clot and the percentage of blockage determines the severity of heart attack with complete blockage of the larger vessels causing death within minutes.



Picture of an ambulance courtesy of unsplash

Recognizing a heart attack

A heart attack can have a variety of symptoms but the most recognizable are:

- Left sided chest pains.
- Pain radiating around the shoulders and left arm.
- Shortness of breath
- Nausea and vomiting
- Sweating

What to do in case you suspect that you have a heart attack

Dial 911 for medical help.