



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



Heart Awareness

Healthy hearts: “beat the pressure get tested”

Risk factors for heart disease

Age

- as you get older your arteries and heart muscle are more likely to weaken or become damaged

Gender

- men tend to be more at risk, though the risk for women increases after menopause

Genetics

- heart disease in your immediate family may indicate that you are also at risk



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Risk factors for heart disease

Bad diet

- too much saturated fat, salt and cholesterol is bad for the heart

Smoking

- the chemicals in tobacco can damage your blood vessels

High blood pressure

- High blood pressure - this can lead to the hardening and thickening of the arteries, which makes it more difficult for blood to flow to the heart



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Risk factors for heart disease

High blood cholesterol levels

- this can have a negative impact on blood flow through the arteries

Obesity

- This can be linked to or worsen other risk factors

Diabetes

- shared risk factors with heart disease



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Risk factors for heart disease

Lack of exercise

- can lead to or be associated with other risk factors
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High levels of stress

- This can be linked to or worsen other risk factors
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Bad hygiene

- lack of cleanliness can result in viral or bacterial infections, which can put you at risk, especially if you already have a heart condition. Poor dental health can also be a risk factor.



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How can I prevent heart disease?

While there is no way to guarantee that you will not suffer from heart disease, you can take the following steps to help prevent its development:

- Maintain a healthy diet that is low in saturated fat and sodium
- Do not smoke
- Get regular exercise
- Visit your doctor for a check-up and have blood pressure and cholesterol screenings



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While there is no way to guarantee that you will not suffer from heart disease, you can take the following steps to help prevent its development:

- If you are diagnosed with high blood pressure and/or cholesterol, follow your doctor's advice in controlling it.
- Inform your doctor if there is any heart disease in your family.
- Keep your body weight at a healthy level.
- Try to avoid stressful situations

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE