

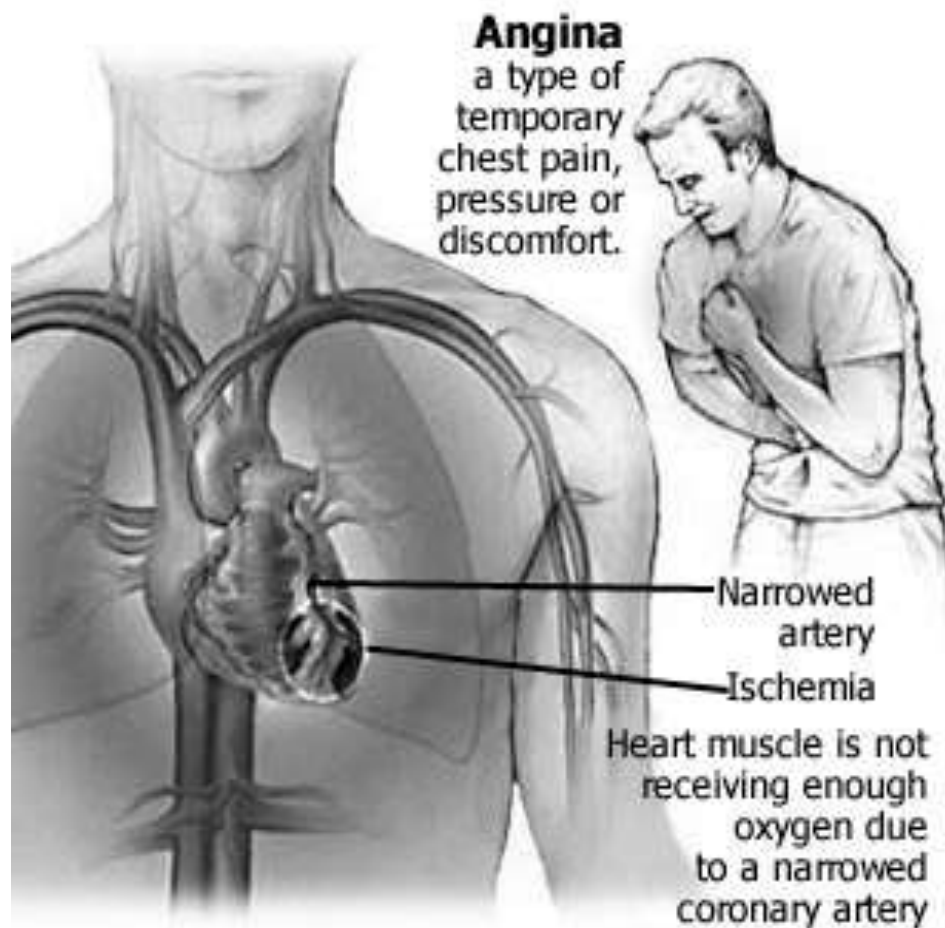
HEALTH BULLETIN

HEALTH CAMPAIGN SERIES

HEART DISEASE

WHAT IS HEART DISEASE?

The term "heart disease" is used interchangeably with the term "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

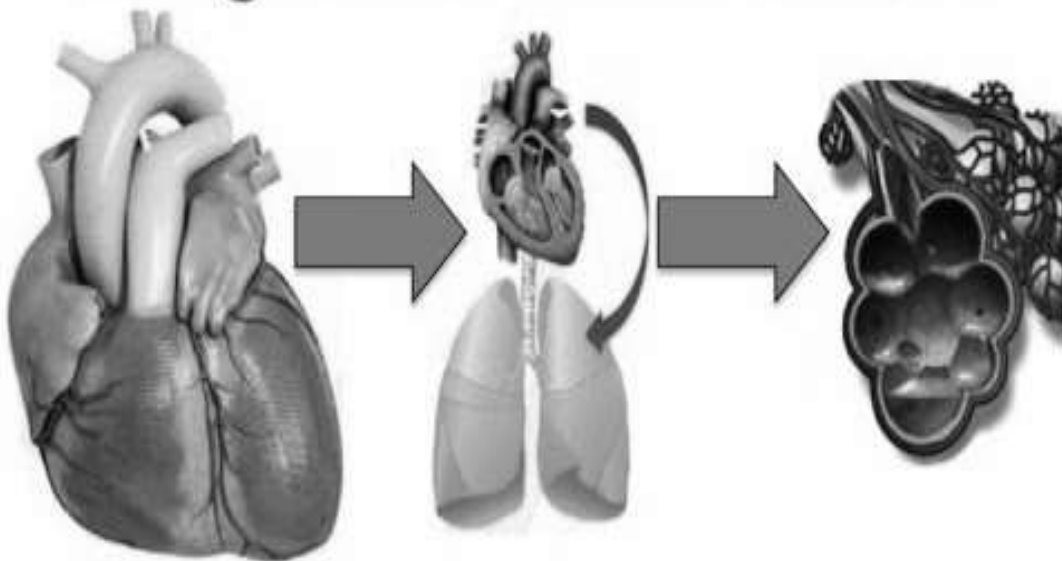


What causes heart disease?

- **Heart failure or congestive heart failure**, which means that the heart is still working, but it isn't pumping blood as well as it should, or getting enough oxygen.
- **Arrhythmia or an abnormal rhythm of the heart**, which means the heart, is either beating too fast, too slow or irregularly. This can affect how well the heart is functioning and whether or not the heart is able to pump enough blood to meet the body's needs.
- **Heart valve problems** can lead to the heart not opening enough to allow proper blood flow. Sometimes the heart valves don't close and blood leaks through, or the valve leaflets bulge or prolapse into the upper chamber, causing blood to flow backward through them.



Congestive Heart Failure



How will I know whether I have heart disease?

Heart disease is angina, the pain that occurs when a blood vessel to the heart is narrowed and the blood supply is reduced. You may feel pain or discomfort in your chest, shoulders, arms, jaw, or back, especially when you exercise. The pain may go away when you rest or take angina medicine. Angina does not cause permanent damage to the heart muscle, but if you have angina, your chance of having a heart attack increases. A heart attack occurs when a blood vessel to the heart becomes blocked. With blockage, not enough blood can reach that part of the heart muscle and permanent damage results. During a heart attack, you may have.

- chest pain or discomfort
- pain or discomfort in your arms, back, jaw, neck, or stomach
- shortness of breath
- sweating
- nausea
- light-headedness

Chest discomfort



Arm or back discomfort



Neck or jaw discomfort



Trouble breathing,
with or without
chest discomfort



Feeling light-headed or breaking
into a cold sweat



Feeling sick or
discomfort in
your stomach

What is the treatment for a heart attack?

In general, treatment for heart disease usually includes:

- **Lifestyle changes.** These include eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake.
- **Medications.** If lifestyle changes alone aren't enough, your doctor may prescribe medications to control your heart disease. The type of medication will depend on the type of heart disease.
- **Medical procedures or surgery.** If medications aren't enough, it's possible your doctor will recommend specific procedures or surgery. The type of procedure will depend on the type of heart disease and the extent of the damage to your heart.
- **Heart-healthy diet.** Eat more fish, Eat more vegetables, fruits, whole grains, and beans, Eat a variety of protein foods.



CONCLUSION

Being diagnosed with heart disease isn't the end of the world. With the right amount of knowledge and self-care, you can live a long and healthy life. It is always best to consult your physician before making any major lifestyle changes. In the event of a heart attack prompt, immediate medical treatment is crucial heart attack victims. Above all – Prevention is better than cure.

