

Understanding Heart Disease

Prevention, Treatment and Management

What is Heart Disease

- Narrowing of blood vessels
- Blockage of blood flow to heart
- Can cause heart attack or stroke



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Risk Factors

- Smoking
- High blood pressure
- Obesity
- Diabetes



Symptoms

- Chest pain or discomfort
- Shortness of breath
- Nausea or vomiting
- Fatigue or weakness

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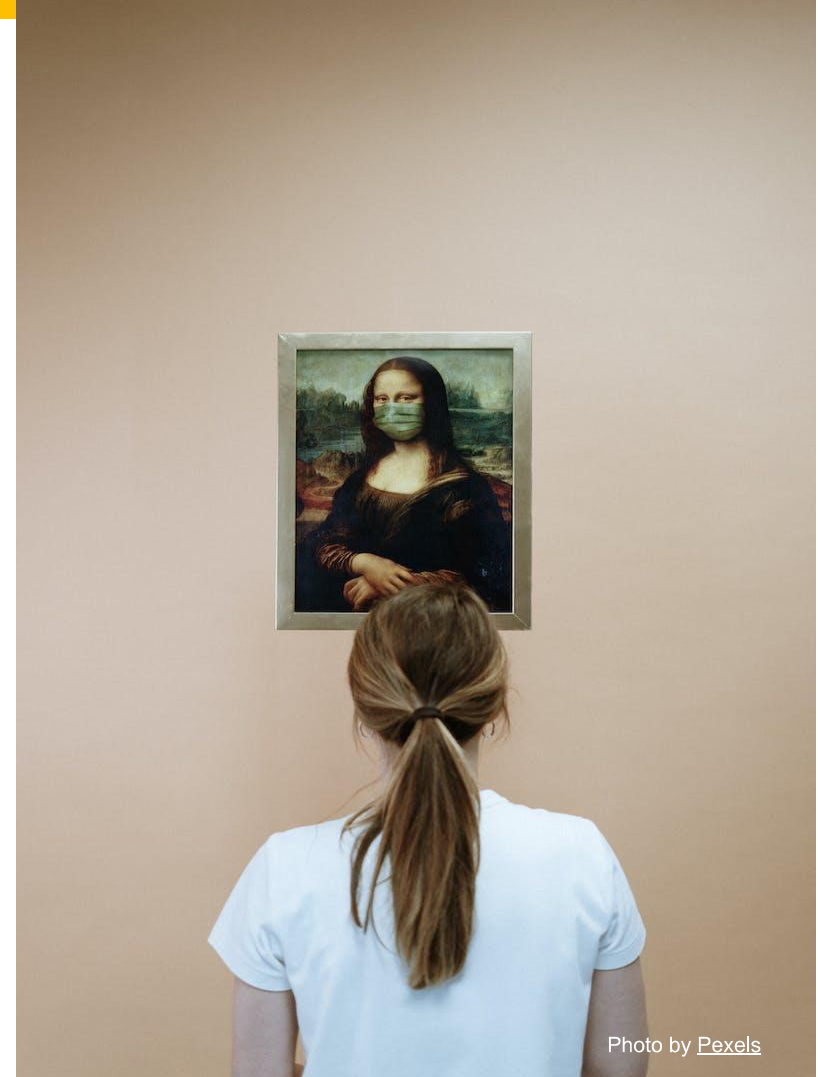
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Prevention

- Quit smoking
- Eat a heart-healthy diet
- Exercise regularly
- Manage stress



Diagnosis

- Physical exam and medical history
- Electrocardiogram (ECG)
- Echocardiogram
- Blood tests

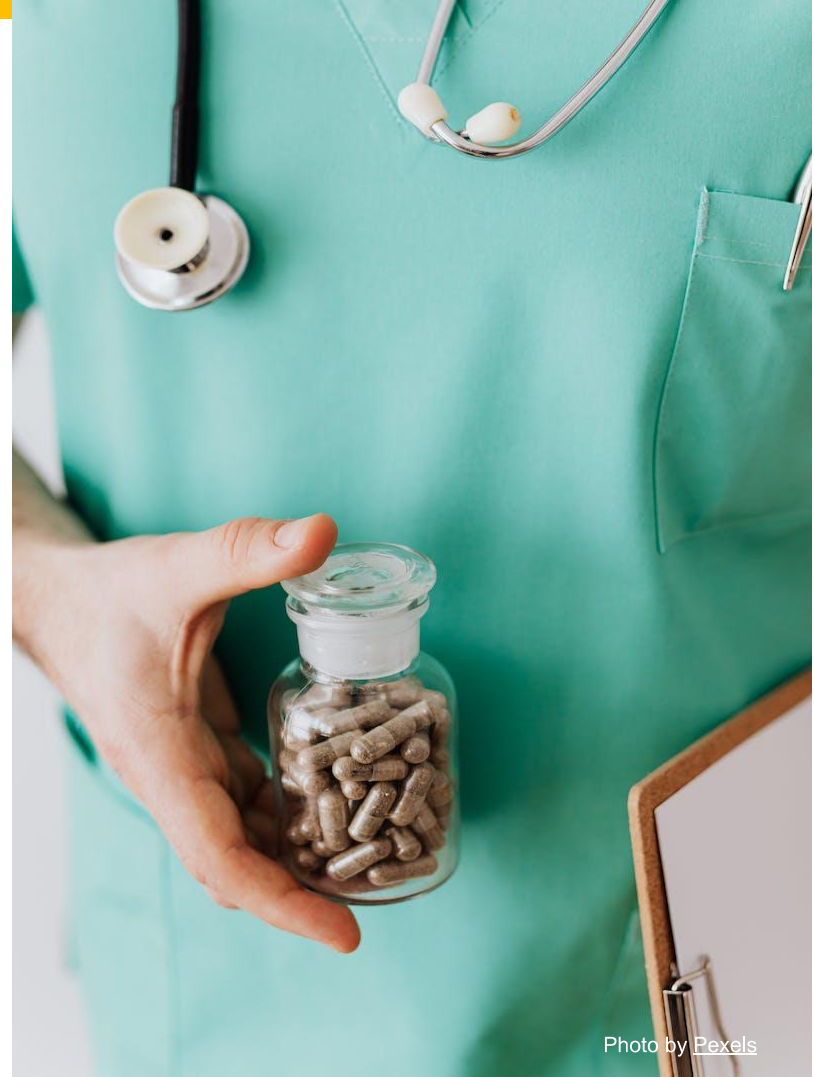


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Treatment

- Lifestyle changes
- Medications
- Surgery
- Cardiac rehabilitation



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