



CARDIOVASCULAR DISEASES

ALEXANDRA KOVALEVA

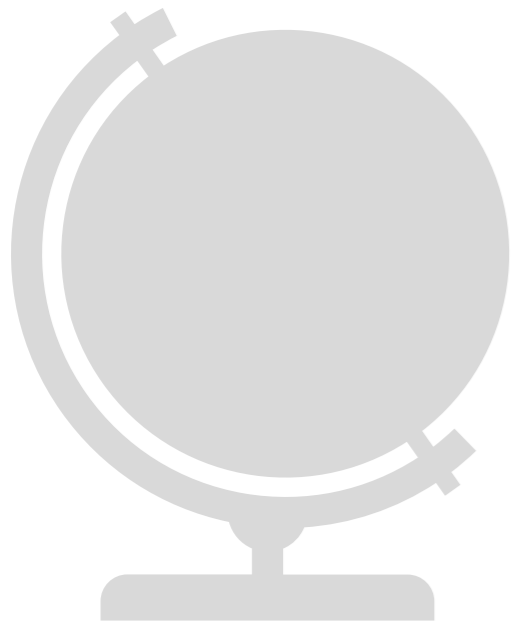
POPULAR SCIENCE CONFERENCE

17.9 million

people die each year from
cardiovascular diseases

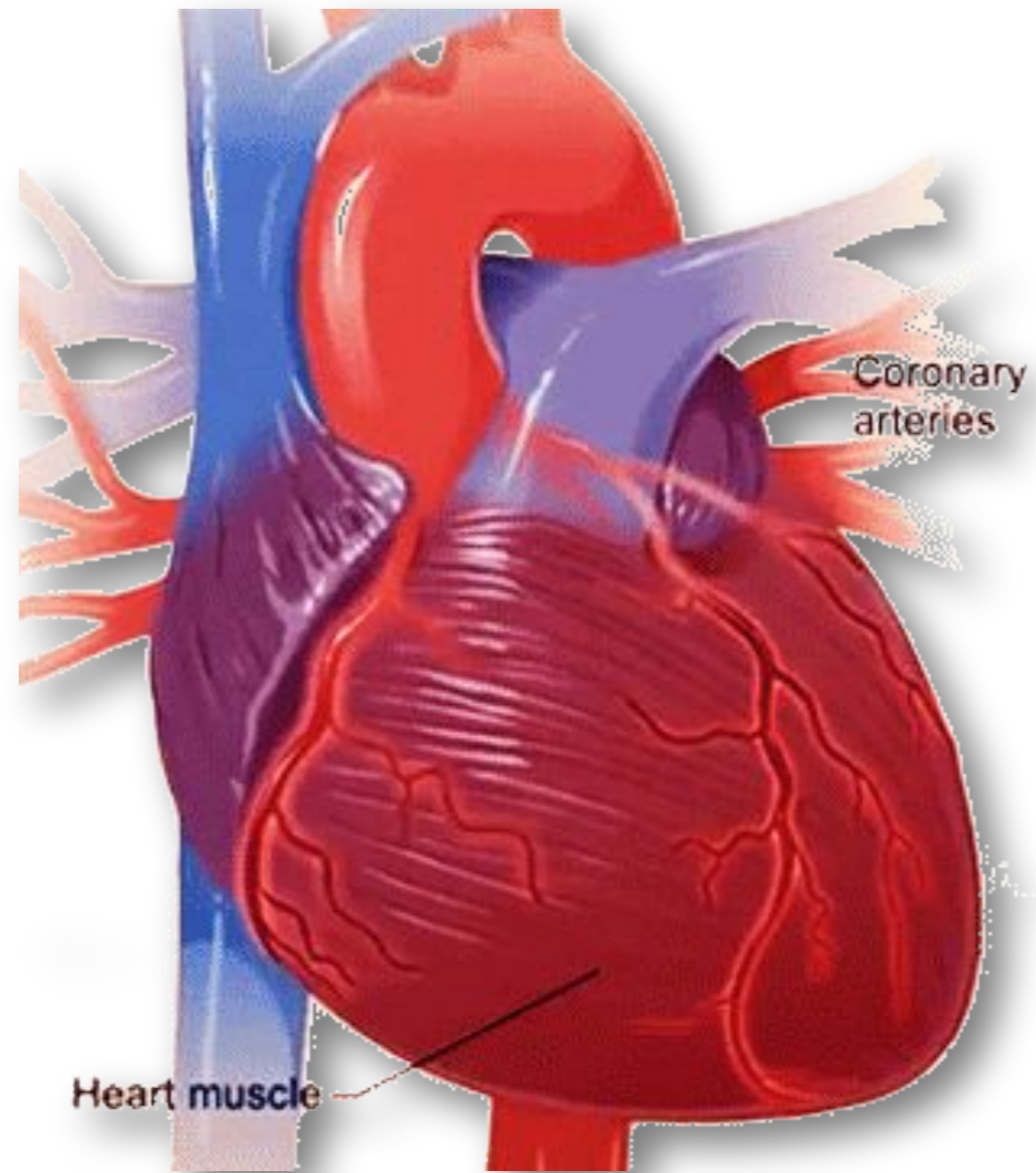


This number is
steadily increasing



85% of all CVD
deaths
are from heart attacks and strokes

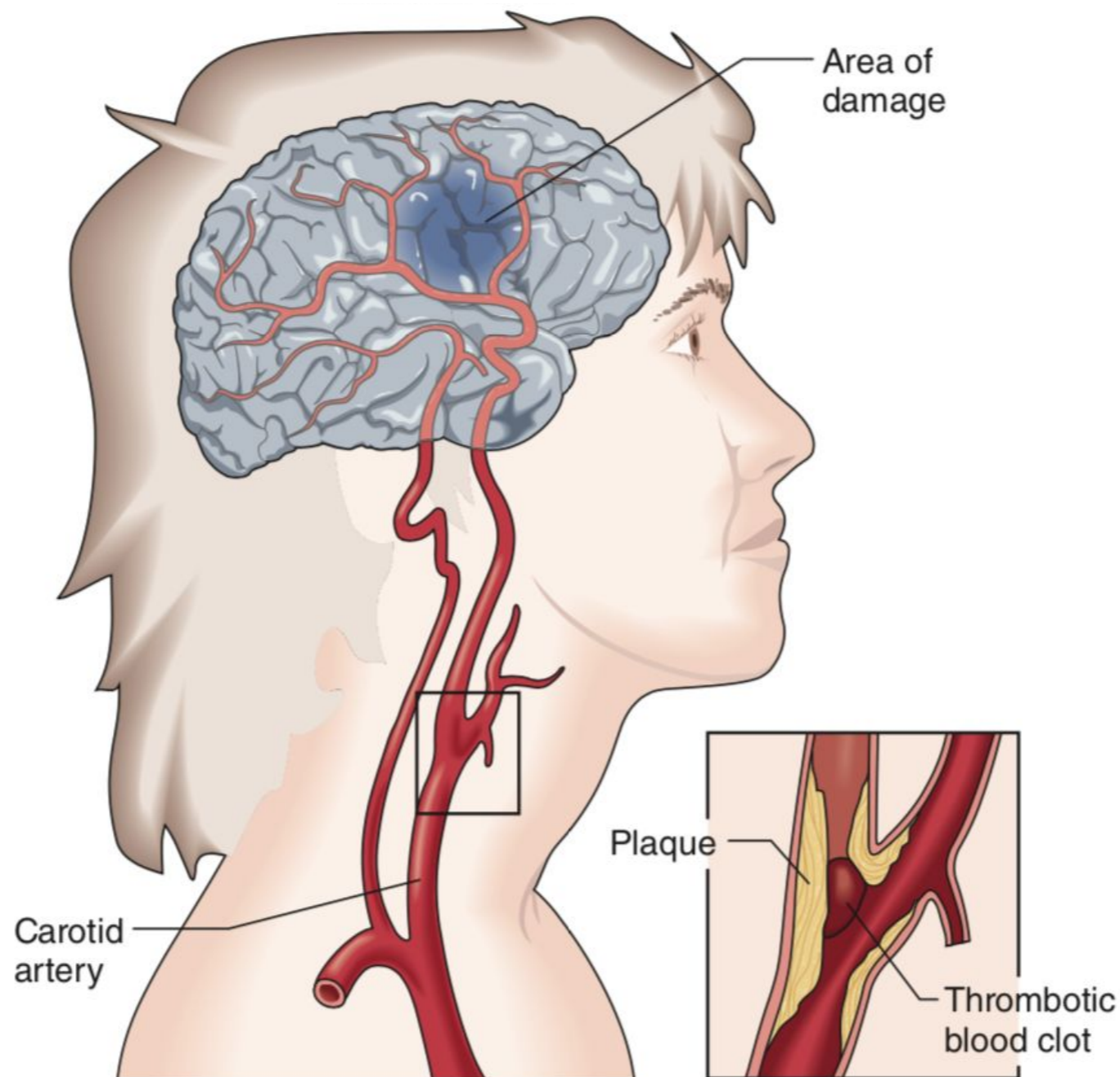
The Heart



Heart attack



Ischemic stroke



An ischemic stroke is caused by the lack of blood to the brain.

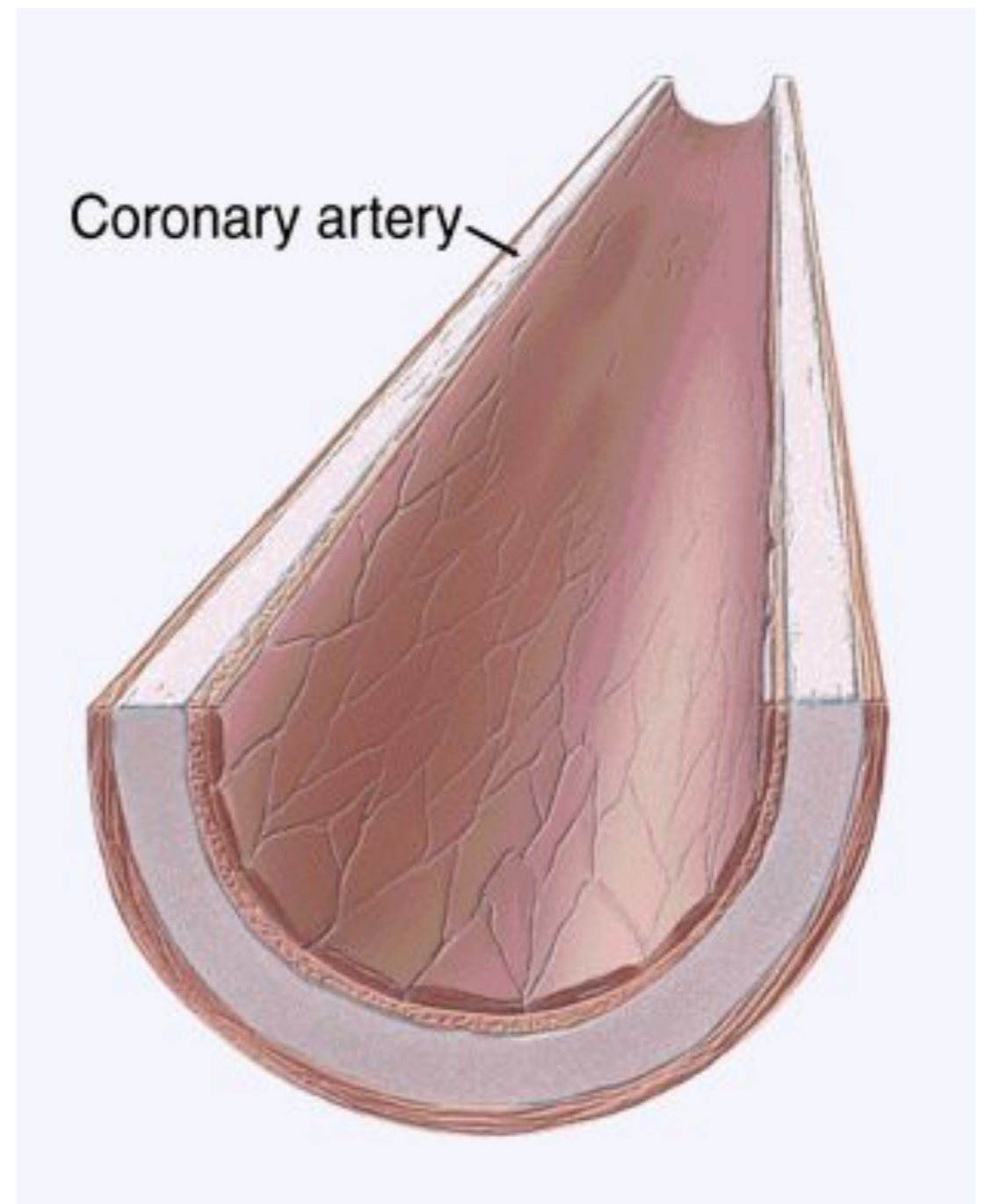
What causes heart attacks and strokes?

1) A blockage of the blood vessels by:

- fatty deposits
- blood clots

2) A burst of a blood vessel in the brain

3) Irregular heartbeat -> blood clot



The most important risk factors:

Behavioural risk factors

Unhealthy diet
Tobacco use
Physical inactivity
Harmful use of alcohol

Metabolic risk factors

High blood pressure
Obesity
High blood sugar (diabetes)
High blood cholesterol

Cardiovascular disease

Heart attacks
Strokes
Heart failure
Kidney disease

What can you do?

1. Stop using tobacco
2. Improve your diet
3. Stay active
4. Check your blood pressure regularly



Summary



Heart attacks and strokes are

**major
killers.**

You can **protect** yourself from CVDs.



Tobacco use

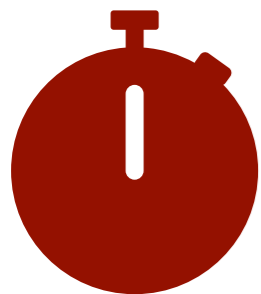
An unhealthy diet

Physical inactivity

High blood

pressure

increase the risk of
CVDs.



Everyone should procure
health
on his own

