World Heart Day: Sept. 29

How you can help fight cardiovascular disease for yourself and your loved ones.

World Heart Day is a global effort to inform the public about the world’s No. 1 killer: cardiovascular disease (CVD).

**WHAT IS CVD?**

- A class of heart diseases that include heart attacks and strokes
- The world’s leading non-infectious disease, killing 18.6 million people a year
- Usually preventable through lifestyle changes

**CVD CONDITIONS**

- Arrhythmia when your heart beats too fast or too slow
- Atrial fibrillation an irregular heartbeat that can lead to dangerous blood clots
- Heart failure caused by birth defects, failure to take medication, heart attack, lung disease, poor lifestyle habits and rare, untreated diseases
- Stenosis when your heart valves don’t open enough to allow health blood flow
- Stroke a sudden loss of blood to the brain affecting speech, muscles and thinking

**RISK FACTORS**

- High cholesterol
- Diabetes
- Lack of physical activity
- Smoking

**CVD PREVENTION**

**Eat Well**
Go for fresh fruits and produce as healthy snacks. Skip over heavily processed food. Monitoring the sodium and cholesterol content of what you eat can help prevent high blood pressure and high cholesterol levels.

**Limit Alcohol**
The CDC recommends men drink no more than two alcoholic beverages per day. Women are recommended to only drink one drink per day. Limiting alcohol consumption may help lower your blood pressure.

**Exercise**
Being obese or overweight are risk factors for CVD. The Surgeon General recommends adults get two-and-a-half hours of exercise weekly.

Learn more about world heart day at world-heart-federation.org/world-heart-day

Find out how Weill Cornell Medicine can help you take care of your heart at wellcornell.org/services/cardiology.