



**Weill Cornell Medicine**

# 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 slow

### Atrial fibrillation

an irregular heartbeat that can lead to dangerous blood clots

### Heart failure

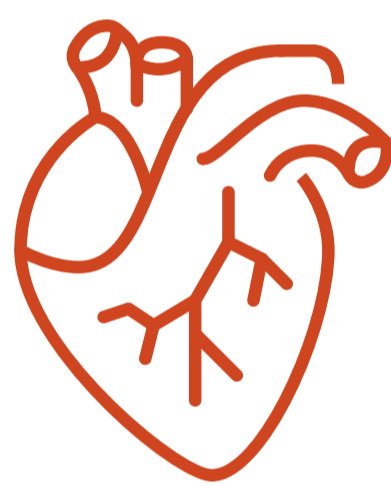
caused by birth defects, failure to take medication, heart attack, lung disease, poor lifestyle habits and rare, untreated diseases

### 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](http://world-heart-federation.org/world-heart-day)**

Find out how Weill Cornell Medicine can help you take care of your heart at [weillcornell.org/services/cardiology](http://weillcornell.org/services/cardiology).



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