



## **Bringing attention to World Heart Day – Sept 29**

Cardiovascular disease is the world's number one killer, claiming 17.9 million lives every year. World Heart Day was created in 2012 by the World Heart Federation to bring unity and awareness in an effort to reduce the mortality rate related to cardiovascular disease.

With the current Covid-19 pandemic, there has never been a more vital time to maintain heart health. People with cardiovascular disease face a double edged threat, both being more at risk of developing a severe form of the disease, but they may be afraid of seeking treatment for ongoing cardiovascular healthcare. These unprecedented times has shone a light on the importance of maintain heart health now and in the future.

At least 80% of premature deaths from heart disease and stroke can be avoided by controlling the risk factors such as smoking, diet and physical activity. World heart day highlights how to take control of your heart health and actions to put it into practice.

### **In the UK every year:**

- Someone will die of a heart attack every 7 minutes
- Someone will have a stroke every 12 minutes
- 1.2 million men and nearly 500,00 women are living with chronic angina
- 800,000 people are living with heart failure

## **How can you take control of your cardiovascular disease risk?**

1. Quit smoking
2. Exercise regularly – with at least 150 mins moderate intensity/75 mins vigorous intensity exercise per week
3. Reduce your risk of/control your type 2 diabetes
4. Maintain a healthy weight – check your BMI
5. Stay within the recommended limit for alcohol intake – a maximum of 14 units per week for both men and women spread evenly throughout the week, with at least 2 consecutive alcohol free days
6. Maintain healthy blood pressure and cholesterol levels

Cardiovascular disease cannot be cured, but treatment and positive lifestyle changes can reduce symptoms and greatly reduce risk of further complications.

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