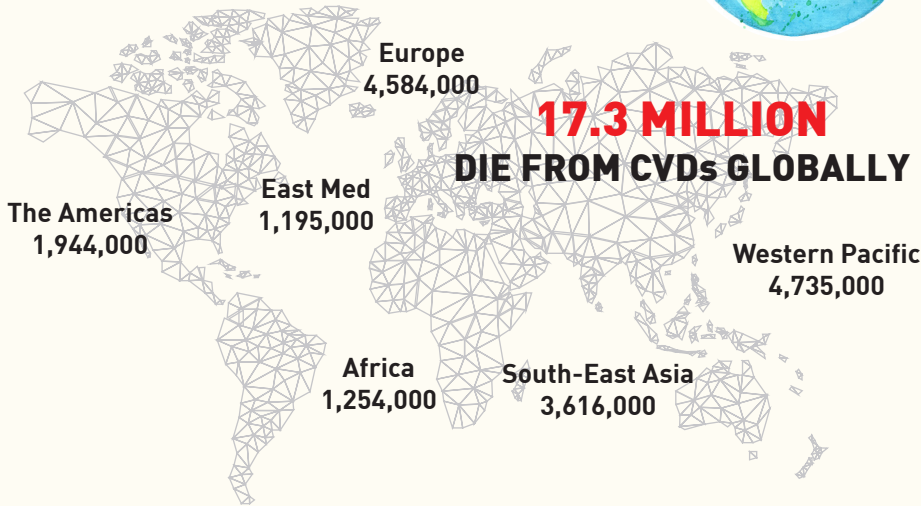




World Heart Day

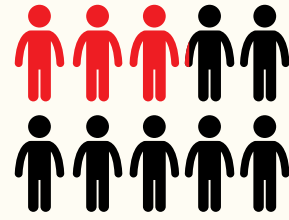
CARDIOVASCULAR DISEASES (CVDS) ARE THE NUMBER 1 CAUSE OF DEATH WORLDWIDE.



WARNING SIGNS OF A HEART ATTACK

- Cold Sweat
- Dizziness or Lightheadedness
- Shortness of Breath
- Shoulder, Neck, Jaw, Arm, or Back Pain
- Abdominal Pain
- Heart Flutters
- Paleness or Clammy Skin
- Nausea or Vomiting
- Unusual Fatigue
- Inability to Sleep

31% OF GLOBAL DEATHS ARE CAUSED BY CVDS.



PROTECT YOUR HEART

Stay Active

30 minutes of exercise daily

Stay Away from Tobacco

Risks of coronary diseases will be halved within a year if you quit smoking.

Exposure to second-hand smoke significantly increases the risk of heart attack.

Maintain a Healthy Weight

Body Mass Index (BMI) = weight (kg) / height squared (m)
Keep your BMI within the range of 18.5 to 24.9.

Eat Healthily

Have a balanced meal and plan your diet according to *My Healthy Plate*.

Avoid processed foods as well as those high in saturated fats and sodium.

Know Your Numbers

Check your blood pressure, cholesterol and glucose levels regularly. **PRIME**

EMERGENCY FIRST AID: CARDIOPULMONARY RESUSCITATION (CPR)



Call Emergency Number



Check Vital Signs



Check Breathing



Give Rescure Breaths



Perform CPR



Turn Casualty On Side