

CARDIOVASCULAR DISEASE ... RISK FACTORS



1

High cholesterol

Cholesterol is a fatty substance in your blood. Too much of it can increase your risk of heart and circulatory diseases

2

High blood pressure

High blood pressure is also called hypertension. Knowing your blood pressure could save your life

3

Diabetes

Diabetes can cause damage to your blood vessels. This can lead to a heart attack or a stroke

4

Obesity

Being overweight can have a big impact on your health, especially if you carry weight around your middle

5

Smoking

Smokers are almost twice as likely to have a heart attack compared to people who have never smoked.

6

Physical inactivity

The heart is a muscle, and like any other muscle it needs physical activity to help it work properly



Better Health
at Work Award

More information can be found at
Cardiovascular disease - NHS (www.nhs.uk)

SIGNS & SYMPTOMS OF A HEART ATTACK

It's a common misconception that men and women experience different symptoms when having a heart attack. While symptoms vary from person to person, there are no symptoms that women experience more or less often than men.

1

Chest pain or discomfort in your chest that suddenly occurs and doesn't go away. It may feel like pressure, tightness or squeezing

2

The pain may spread to your left or right arm or may spread to your neck, jaw, back or stomach

3

You may also feel sick, sweaty, light-headed or short of breath.

Other less common symptoms include

4

A sudden feeling of anxiety that can feel similar to a panic attack

5

Excessive coughing or wheezing

If you think you're having a heart attack, call **999 for an ambulance immediately.**



Better Health
at Work Award

**More information can be found at
Cardiovascular disease - NHS (www.nhs.uk)**

