



***Heart Health  
and Prevention  
of  
Cardiovascular  
Diseases***




## ***A Strong Heart – For a Healthy Life***

Cardiovascular diseases, such as heart attacks and high blood pressure, are among the most common health concerns worldwide. However, many of these conditions can be prevented through proactive measures. This brochure provides valuable tips and information to help you actively support your heart health.

# ***Understanding Heart Health***

Cardiovascular diseases arise from various factors, including genetic predisposition, lifestyle, and age. Major conditions such as heart attack, stroke, and high blood pressure impair blood flow and can lead to serious health consequences.



***Did you know that***  
*regular exercise, a balanced diet,  
and stress reduction play a crucial  
role in maintaining a healthy heart?*

# Prevention: Protecting Your Heart

A heart-healthy lifestyle can significantly reduce your risk. Follow these tips:

## Nutrition

A balanced diet rich in fruits, vegetables, whole grains, and healthy fats, such as those found in nuts and fish, supports heart health. Avoid heavily processed foods and be mindful of salt intake to help maintain normal blood pressure.

## Exercise

Regular physical activity strengthens the heart, blood vessels, and promotes overall health. Aim for at least 150 minutes of moderate exercise each week, such as walking, cycling, or swimming.

## Stress Reduction

Chronic stress strains the heart and can have long-term health impacts. Techniques such as breathing exercises, meditation, and regular breaks can help lower stress levels and promote well-being.



# Symptoms and Warning Signs

Early recognition of symptoms can be life-saving. Watch for warning signs such as:



Tightness or pain in the chest



Shortness of breath with mild exertion



Irregular heartbeat



Dizziness or light-headedness

**Important: Seek medical assistance immediately if you experience any of these symptoms!**

# Early Detection through Regular Check-Ups

Regular medical check-ups are a key part of prevention. They enable early detection of risk factors such as high blood pressure or elevated cholesterol levels.

## Recommended Examinations:

Blood pressure measurements



Cholesterol tests



Electrocardiogram (ECG) for signs of risk





# Protect Your Heart - For a Healthy and Happy Life!

For further information and  
personal guidance, our qualified  
specialists are available to  
assist you at: