

# FACTS ABOUT HEART DISEASE

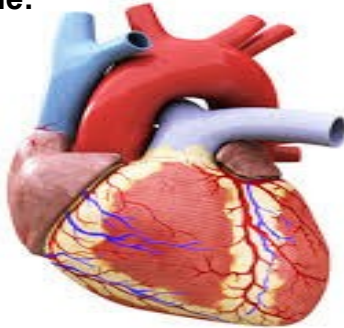


## What is heart disease?

**Heart disease** is the number 1 cause of death globally:

The most common type is Coronary artery disease, which can cause heart attack. Other include:

- Congenital
- Myocardial infarction
- Heart Failure



## What are the sign and symptoms?

Symptoms will vary depending on the type of heart disease. However **chest discomfort** is the first sign of heart attack for many people.

*Other symptoms include:*

- **Pain or discomfort in the jaws, neck, back, arms or shoulder**
- **Weakness, light headedness and nausea**



## Are you at Risk?

Anyone, including children can develop heart disease. Medical conditions and lifestyle choices contribute, these include

- **Diabetes**
- **Overweight and obesity**
- **Poor diet**
- **Physical inactivity**



## How is heart disease diagnosed?

Several tests are used to diagnose heart disease:

Blood pressure, X-rays, Electrocardiograms (EKG/ECG)

Stress test and coronary angiograms.

## Prevention



## Some featured laboratory tests available

- Lipid profile :
- Cholesterol, Triglyceride
- Cardiac risk ratio, HDL
- Blood glucose levels
- Cardiac Enzymes
- (LDH,CPK,CK-MB,TROPONIN)

*Let's Have a heart to heart challenge!*