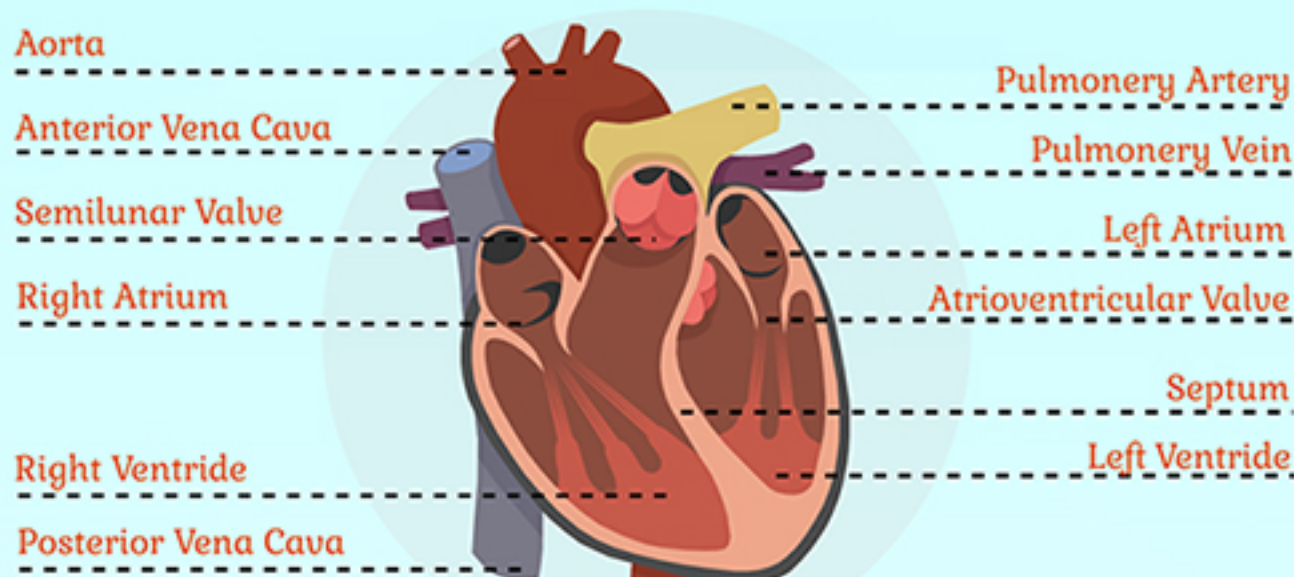


All About HEART DISEASES

THE HEART

The heart is one of the most important organs of the human body. It is really nothing more than a pump, composed of muscles which pump blood throughout the body, beating approximately 72 times per minute every day.



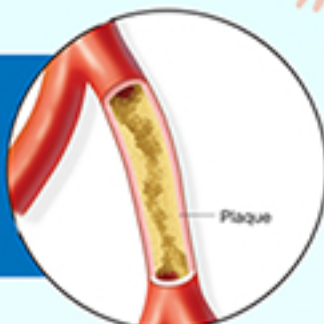
HEART DISEASE STATISTICS

Heart diseases include any disorders and troubles related to heart. These diseases affect lives of millions of people around the world.

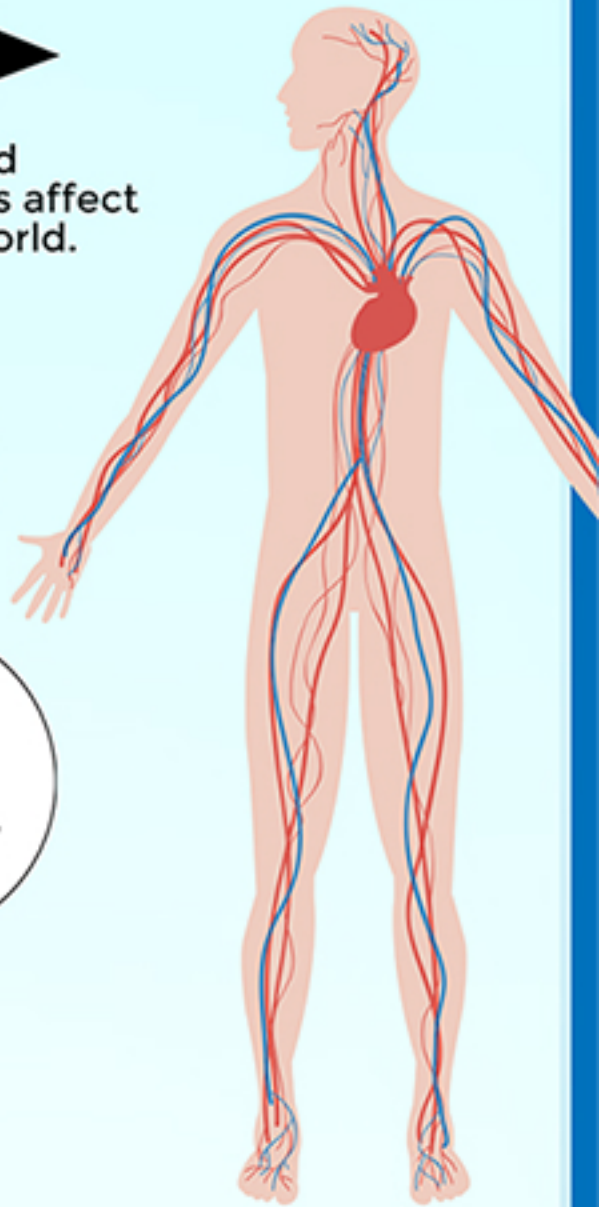


Approximately 610,000 people die every year in the United States from a heart disease.

Coronary heart disease is the deadliest of all. It causes 380,000 deaths per year.



1 in 3 women die of heart disease in the United States every year.



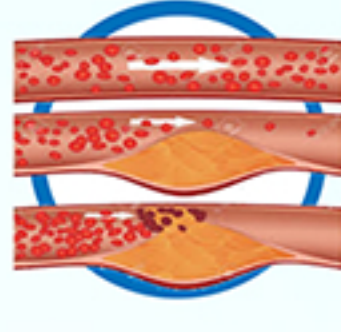
RISK FACTORS



Smoking



High Blood Pressure



High Cholesterol



Diabetes



Obesity

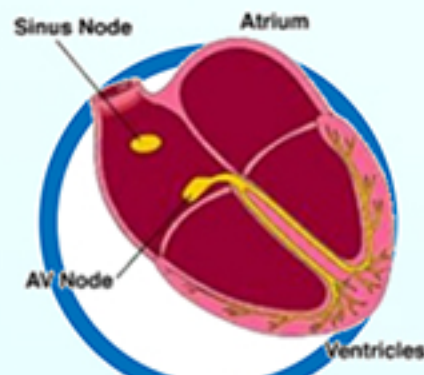
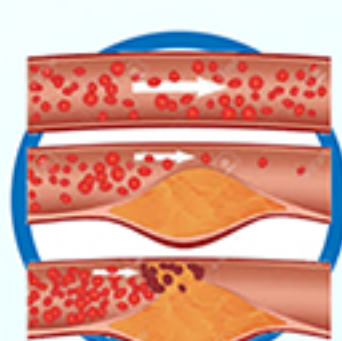


Lack Of Exercise

TYPES OF HEART DISEASES

1. Coronary Heart Disease

Blockage in the coronary artery leads to a coronary heart disease in which heart muscles don't get enough blood and oxygen.

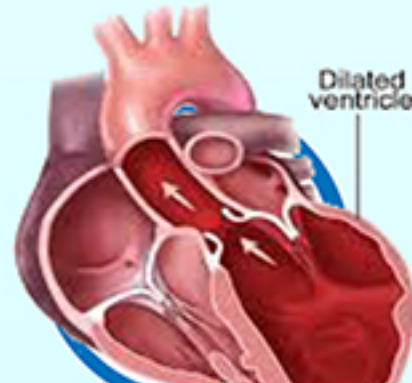
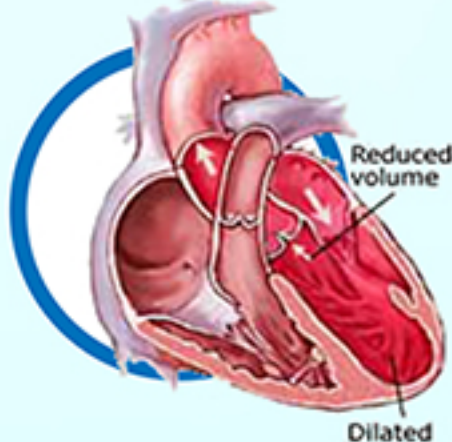


2. Arrhythmia

The irregular functionality of heart in which it may race, become slow or irregular, skip beats, or fail to give signals in the proper sequence.

3. Heart Failure

When heart is not pumping enough blood to meet your body needs, heart failure happens.



4. CARDIOMYOPATHY

It results due to an enlarged heart causing less than normal blood flow. It sometimes leads to heart failure or arrhythmia.

HOW TO LOWER HEART DISEASE RISK

1. Quit smoking
2. Eat fruits & vegetables
3. Limit alcohol intake
4. Exercise
5. Avoid salty and fatty food



Infographic By

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Source: <http://www.healthline.com/health/heart-disease/types#Overview1>