



PROTECT YOUR HEART



Identify the risk factors

Follow a healthy lifestyle

Adhere to your treatment

HELLENIC
CARDIOLOGY
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Identify the risk factors

Hypertension

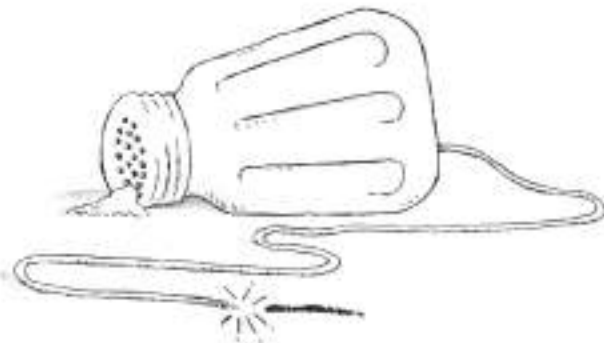
When the blood pressure in the arteries is elevated, the heart is working harder. Approximately 2,500,000 Greeks suffer from hypertension. Of these, only one out of two is being treated. The longtime uncontrolled hypertension exhausts the heart and can lead to heart failure, a condition in which the heart is unable to provide an adequate amount of blood in the body to function normally.

Hyperlipidemia

Approximately 3 million Greeks have elevated blood cholesterol levels, while 1/3 of the occurrence of coronary heart disease worldwide is due to hyperlipidemia. The elevated blood cholesterol levels are implicated in the induction of atherosclerosis (arteriosclerosis), which leads to the occurrence of cardiovascular disease in humans.

Smoking

In Europe alone, smoking kills more than 1.2 million people annually, and is responsible for many diseases threatening their lives. For example, the relative risk for stroke increases by 50%, while doubles to quadruples the risk of sudden death. Greece holds the first position in smoking prevalence, which exceeds 40%.



Follow a healthy lifestyle

Diet

- Fruits and vegetables on a daily basis.
- Less alcohol and caffeine.
- Desserts without saturated fat such as dark chocolate, spoon sweets, honey or nuts.
- Less fat (full fat dairy products, animal butter, red meat).
- Yes to white meats and low fat cheese
- Yes to baked, boiled, not fried.
- Use salt sparingly and use olive oil.

Exercise

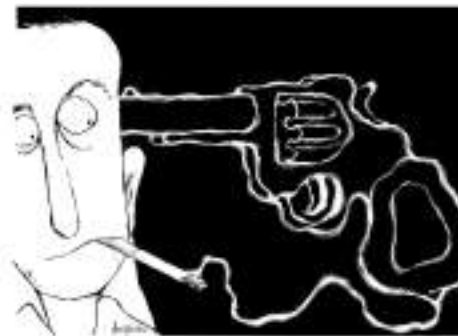
The mild physical activity and daily aerobic exercise like half an hour walking, swimming, cycling, effectively protects against cardiovascular disease.

Body Weight

The body mass index (BMI = Body Weight / Height²) is a key factor to the cardiovascular disease. Must not exceed 25 kg/m² and ideally be near 20.

Smoking cessation

Only 3-5% of smokers manage to quit without help from qualified medical personnel, since a significant portion of the behavior control in a smoker's brain is affected by nicotine. Those who stop smoking reduce the risk of death from stroke in 5 years by 42%. The benefit to the body is large regardless of the age the person quits smoking.



Adhere to your treatment

Even the best medication may not seem useful if administered the wrong way! Adherence to medication is key to proper treatment! Therefore, the patient should:

- be fully informed about the dangers of the disease and the benefit of treatment.
- have clear instructions about medications and how to receive them, while the treatment regimen should be simple and adjustable to his lifestyle
- know everything about the safety and possible side effects of the received treatment, and report any change that occurs following the initiation of the medication.
- engage his / her partner - spouse to information about the disease and therapeutic combination

