

اللغة العربية

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

World **Heart** Day

September 2021

#PublicHealthMatters



Brief



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- Cardiovascular diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year, nearly 31% of all global deaths.
 - 80% of premature deaths from heart disease and stroke could be avoided by controlling risks.
 - Chest pain, heartburn, nausea or vomiting, extreme fatigue, dizziness, and shortness of breath, palpitations, swelling of the feet could be a sign of CVD.



Prevention

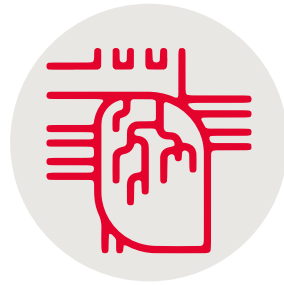


Reduce your risk for cardiovascular disease:

1. Stop Smoking
2. Eat healthy
3. Stay active
4. Check your blood pressure, cholesterol level and blood sugar frequently



Consider the following



If you suffer from any heart condition:

1. Do not neglect your regular check-ups due to the COVID-19 pandemic
2. Make sure you and everyone living in your home are adhering to COVID-19 precautionary measures
3. Consult your physician and get vaccinated
4. Take your medicines as prescribed and follow your doctor's recommendations for diet and exercise