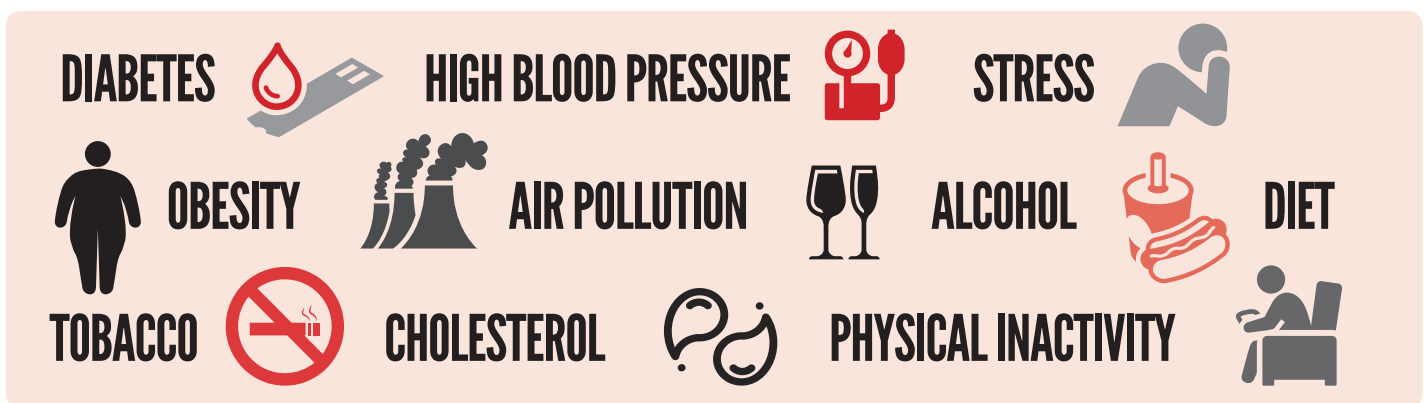


# PROMISE TO TAKE CONTROL OF YOUR HEART HEALTH

## CVD RISK FACTORS

From conditions like high blood pressure and diabetes, to our lifestyles... there are lots of risk factors for cardiovascular disease



## WHAT YOU CAN DO FOR A HEALTHY HEART

- ✓ Change your lifestyle
- ✓ Stop using tobacco
- ✓ Get more active
- ✓ Eat a heart-healthy diet
- ✓ Maintain a heart-healthy weight
- ✓ Get enough quality sleep
- ✓ Manage your stress

### Some facts about physical activity and CVD

- Some studies have found that **15 MINUTES** of brisk walking every day can halve the risk of CVD mortality among seniors
- Reports suggest that using **pedometers** or walking apps and **setting daily targets** can increase physical activity by around a third

### Some facts about weight and CVD

- Every **5-unit increase** in BMI (body mass index) is associated with an increase in CVD mortality
- **Obesity** makes you twice as likely to have high blood pressure
- **Losing weight** can result in a drop of blood pressure

# MONITOR YOUR **BLOOD PRESSURE** AT HOME



A home blood pressure monitor can be an effective way to manage your CVD risk

People who check their own blood pressure, along with education and counselling, can be better at sticking to their medicines and controlling their blood pressure



## Some facts about sleep and hypertension

- Short sleep duration has been linked to increased likelihood of hypertension
- Some studies have shown that each hour of reduced sleep equals an increase in the likelihood of hypertension of around a third<sup>1</sup>

# BE INVOLVED IN SCREENING AND MANAGING **HEART DISEASE**



- Talk to your doctor about your risk factors
- Some heart diseases such as hypertension, atrial fibrillation and valvular heart disease have no symptoms in the early stages
- If you are at risk, connected devices can help you to track your heart health and share the results with your healthcare team

In America

**80%**

of the adult population with a prevalence of sleep apnea (OSA) are undiagnosed<sup>2</sup>



## Some facts about sleep apnea and CVD

Obstructive sleep apnea can increase the risk of:

- Heart failure
- Stroke
- Coronary heart disease

For more information visit:  
[www.worldheartday.org](http://www.worldheartday.org)

<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2913764/>

<sup>2</sup><https://aasm.org/advocacy/initiatives/economic-impact-obstructive-sleep-apnea/>

[www.withings.com](http://www.withings.com)