

Skeltons Chemists

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Opening Times

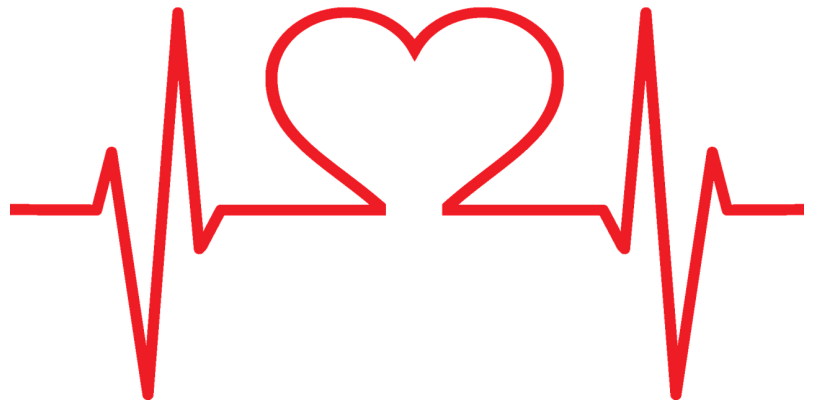
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for May 2022

1. What is cardiovascular disease (CVD)?
2. How common is it?
3. Can it be prevented?
4. What are the main 4 types of coronary vascular disease (CVD)?
5. What causes CVD?
6. What is a stroke?
7. What is coronary heart disease?
8. What is aortic disease?
9. What is the aorta?
10. How can CVD be prevented?



Answers on the bottom of page two

Cardiovascular Disease (CVD)

Cardiovascular disease is a general term for conditions affecting the heart or blood vessels. It is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle. There are many different types of CVD, but the main four ones are:

- Coronary heart disease - occurs when the flow of oxygen rich blood to your heart muscles is blocked or reduced which can put an increased strain on your heart. This can lead to angina, heart attacks and heart failure.
- Strokes and transient ischaemic attack (TIA)s - where the blood supply to part of the brain is cut off which can cause brain damage and possibly



death. A TIA is similar but the blood flow is only temporarily disrupted.

- Peripheral arterial disease - occurs when there is a blockage in the arteries to the limbs, usually the legs.
- Aortic disease - this is a group of conditions affecting the aorta which is the largest blood vessel in your body and carries blood from your heart to the rest of your body.

Causes of CVD

The exact cause of CVD isn't clear but there are lots of things that can increase your risk of getting it – these are called risk factors. The main risk factors are:

- ♦ High blood pressure is one of the most important risk factors as it can damage your blood vessels.

- ◆ Smoking - the harmful substances in tobacco can narrow your blood vessels.
- ◆ High cholesterol - this is a fatty substance found in the blood. If you have high cholesterol it can cause your blood vessels to narrow and increase your risk of developing a blood clot.
- ◆ Diabetes is a lifelong condition for many people that causes your blood sugar levels to become too high. This can damage your blood vessels. Many people with type 2 diabetes are also overweight or obese which is also a risk factor for CVD.
- ◆ Inactivity - if you don't exercise regularly, it's more likely you will have high blood pressure, high cholesterol levels and be overweight which are all risk factors for CVD. Exercising regularly will keep your heart healthy.
- ◆ Being overweight or obese. You are at increased risk if your body mass index (BMI) is 25 or above and/or you are a man with a waist measurement of 94cm (about 37 inches) or more or a woman with a waist measurement of 80cm (about 31.5 inches) or more.
- ◆ Family history of CVD - if your father or brother were diagnosed with CVD before they were 55 or if your mother or sister were diagnosed with CVD before they were 65.
- ◆ Ethnic background in the UK - CVD is more common in people of South Asian, African or Caribbean background.



Preventing CVD

- * Stop smoking - try to give up as soon as possible. Your GP, our pharmacist and NHS stop smoking clinics can help.
- * Have a balanced diet - low levels of salt and sugar but lots of fibre, whole grain foods, fruit and vegetables.
- * Exercising regularly - adults are advised to do at least 150 minutes of moderate activity a week such as cycling or brisk walking.
- * Maintain a healthy weight - if you are struggling to lose weight your GP or our pharmacist can refer you to the NHS 12 week weight loss plan.
- * Cut down on alcohol - try not to exceed the recommended limit of 14 units a week and spread it over 3 or more days. A unit of alcohol is roughly equivalent to half a pint of normal strength lager or a single measure of spirits. A small glass of wine (125ml) is about 1.5 units.
- * Medication - if you have a particularly high risk of developing CVD your GP may recommend taking medication to reduce your risk like statins to lower your cholesterol, low dose aspirin to prevent blood clots and tablets to reduce your blood pressure.

For more information about this or any other health related problem chat to one of trained team.

Answers: Q1, It is a general term for conditions affecting the heart or blood vessels. Q2, It is one of the main causes of death and disability in the UK. Q3, Yes. Q4, Coronary heart disease, strokes, peripheral arterial disease and aortic disease. Q5, It is usually associated with a build up of fatty deposits inside your arteries and an increased risk of blood clots. Q6, A stroke is where the blood supply to part of your brain is cut off which can cause brain damage and possible death. Q7, This occurs when the flow of oxygen rich blood to your heart muscle is blocked or reduced. Q8, This is a group of conditions affecting the aorta. Q9, It is the largest blood vessel in your body which carries blood from your heart to the rest of your body. Q10, Stop smoking, have a balanced diet, exercise regularly, maintain a healthy weight, cut down on alcohol, take medication if your GP prescribes it.