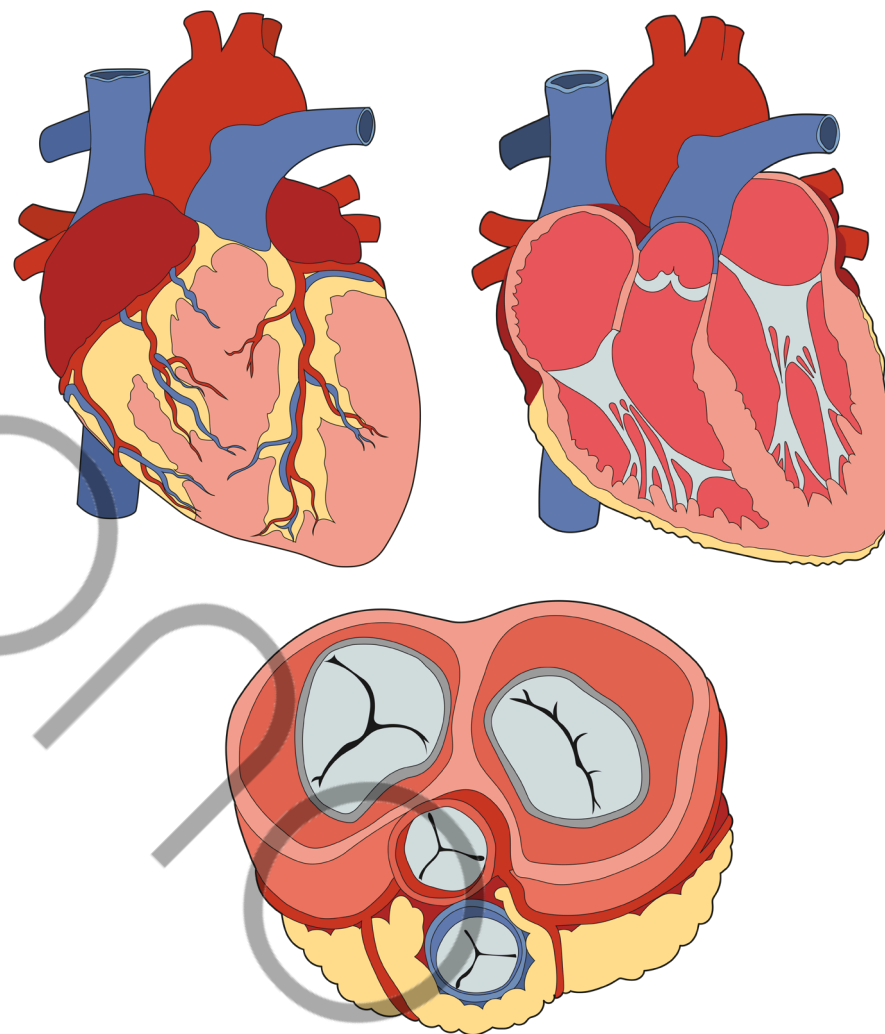


# Cardiovascular diseases

WHAT ARE THE DISEASES OF HEART AND BLOOD VESSELS?

- Heart attack
- Stroke
- Genetic diseases
- Arrhythmia
- Heart valve diseases
- Inflammation
- Tumour
- Broken heart



# Risk factors

Preventable



Smoking



Exercise



Diet



Diabetes



Sleep



Preventive  
Check-ups

Non-preventable



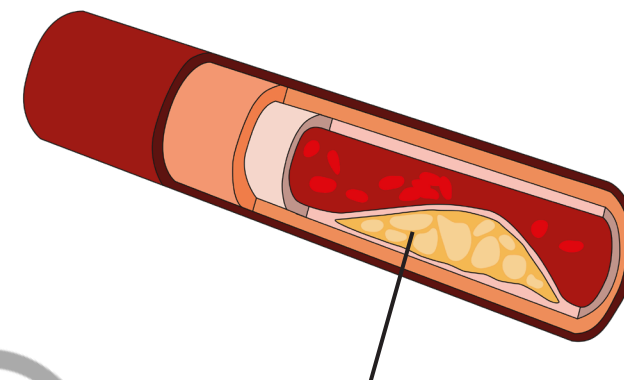
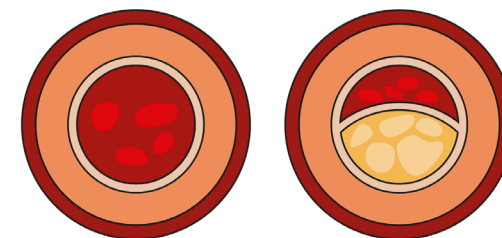
55+



Sex



Family

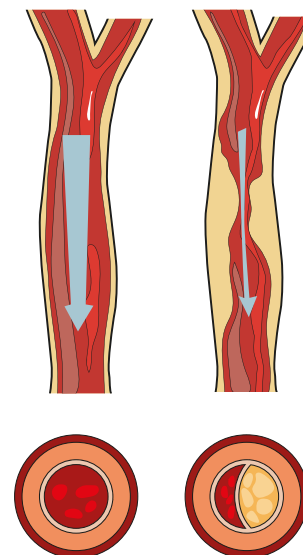
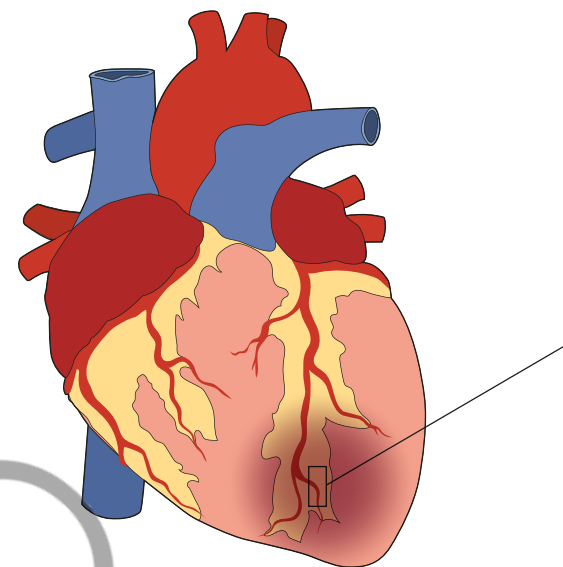


Atherosclerosis

# Heart and heart attack

## What is a heart and what is its function?

Heart is a muscular organ which pumps blood to other organs in order to maintain nutrition and oxygenation.

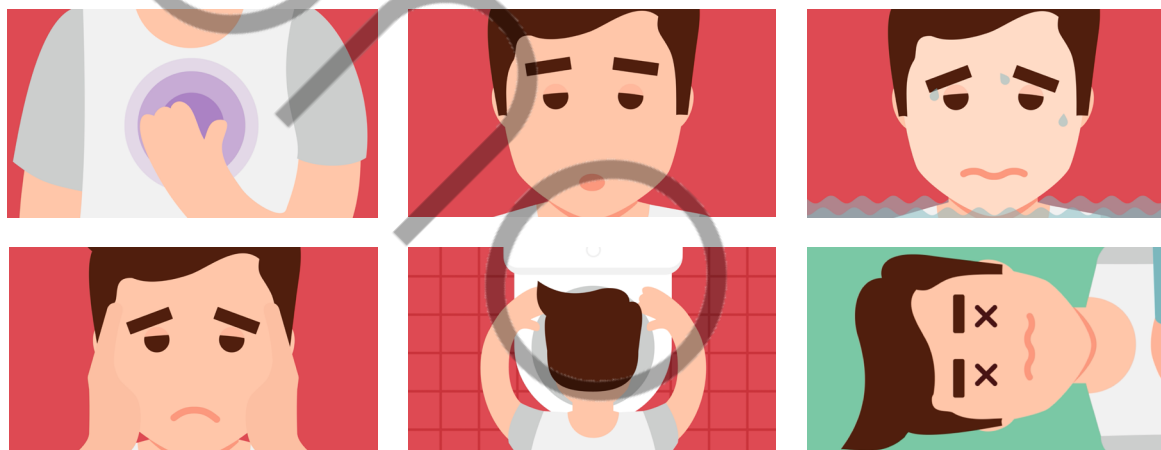


## What is a heart attack?

Heart attack is a state, during which an artery supplying heart with blood and oxygen becomes blocked.

## What are the symptoms?

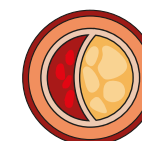
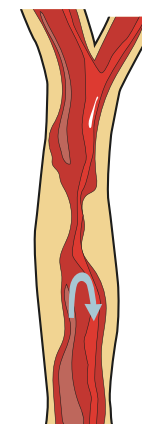
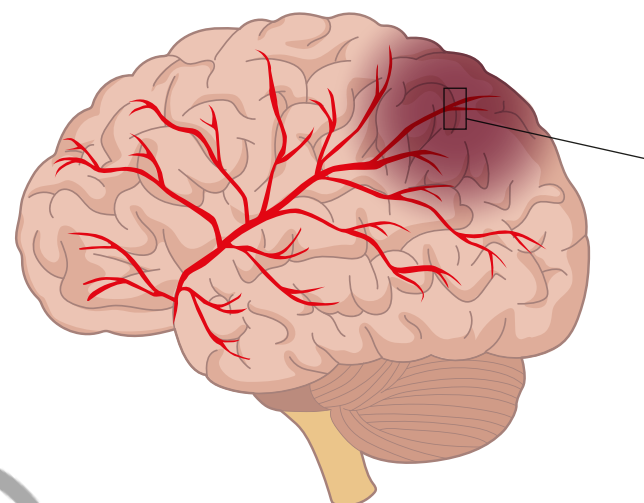
- 1) Chest pain
- 2) Shortness of breath
- 3) Pale face, cold sweat
- 4) Anxiety
- 5) Nausea
- 6) Unconsciousness



# Brain and stroke

## What is a brain and what is its function?

A brain is a part of central nervous system, responsible for the coordination and proper function of the entire body.

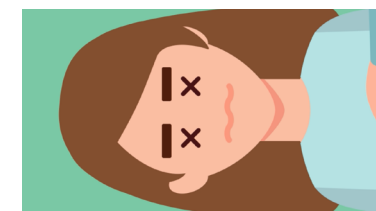
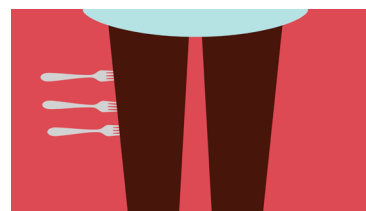
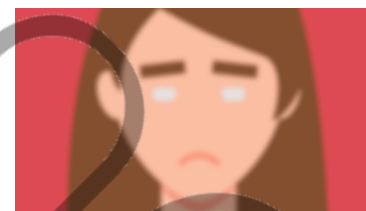


## What is a stroke?

Stroke is a state, during which an artery supplying brain with blood and oxygen becomes blocked.

## Symptoms of a stroke (BE FAST!)

- 1) Balance
- 2) Eyes
- 3) Face
- 4) Arms
- 5) Speech
- 6) Time!



# What to do if...

What to do when you have or see someone else having a heart attack or stroke?

## What to do?

Do not panic

Call **155\***  
Why shouldn't we call 112?

\*Emergency  
911/999

Control consciousness

! If the person is unconscious, control their breathing

! If the person stops breathing, start heart massage (frequency 100/min)

## What not to do?



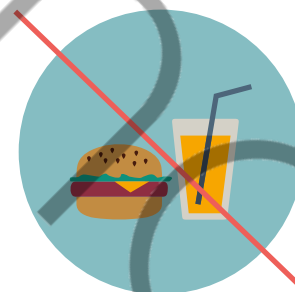
Do not underestimate the symptoms



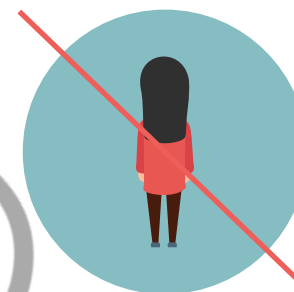
Do not drive



Do not sleep



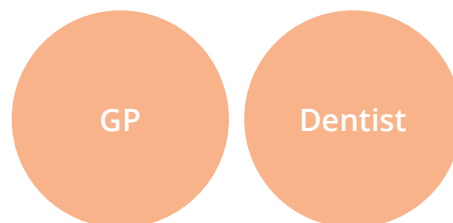
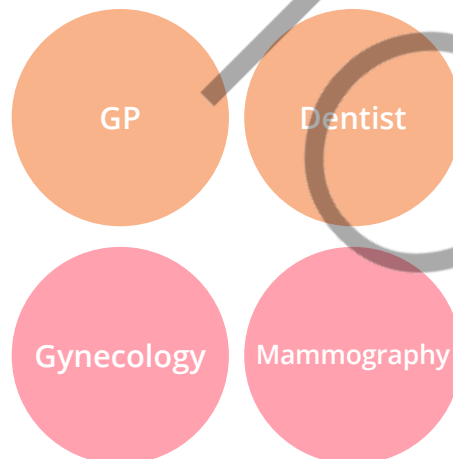
Do not eat, nor drink



Do not go away

# Preventive check-ups

Which preventive check-ups should we go to?



## GP

- A preventive check-up once every two years
- At the age of 19, switch from a pediatrician to a GP for adults

### Before the appointment

Blood tests (blood sugar, cholesterol)

### During the appointment

1. Patient history
2. Physical examination
3. Blood pressure, BMI, vision, hearing, birthmarks
4. Current vaccinations

## Dentist

A preventive check-up twice a year

## Gynecology

- A preventive check-up once a year
- Colposcope examination
- Cervical smear
- Sonography (ultrasound examination)

## Mammography

- Regardless of age
- Under the age of 40 - sonography
- Over the age of 40 - mammography
  - 1 mammography examination in two years is paid by health insurance

## Self-examination #boobsandballs



Every month



Look



Touch