How to prevent heart attack and stroke

Learn with us, how to take care of your heart and arteries and how to prevent the danger of heart attack or stroke.

Cardiovascular system

Cardiovascular system is represented by heart and arteries. The primary task of this system is to supply the body with oxygen and nutrients.

Atherosclerosis

Atherosclerosis is a process, during which fat, calcium and cellular debris build up inside the arteries and subsequently block the blood flow. It is the most common cause of a heart attack and stroke.

1. Risk factors (such as unhealthy diet or smoking) cause the surface of arteries to become irritated.
2. Fat, calcium and cellular debris build up inside the arteries.
3. The build-up plague breaks of, causing a blood clot.
4. The blood clot blocks the blood supply, which leads to a heart attack or stroke.

A healthy artery

Early atherosclerosis

Blood clot blocking arteries
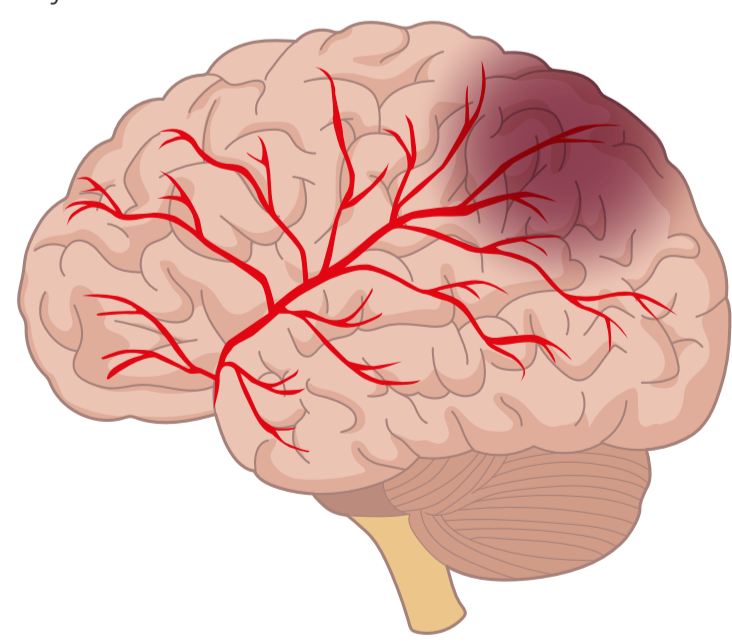
A vessel with atherosclerosis
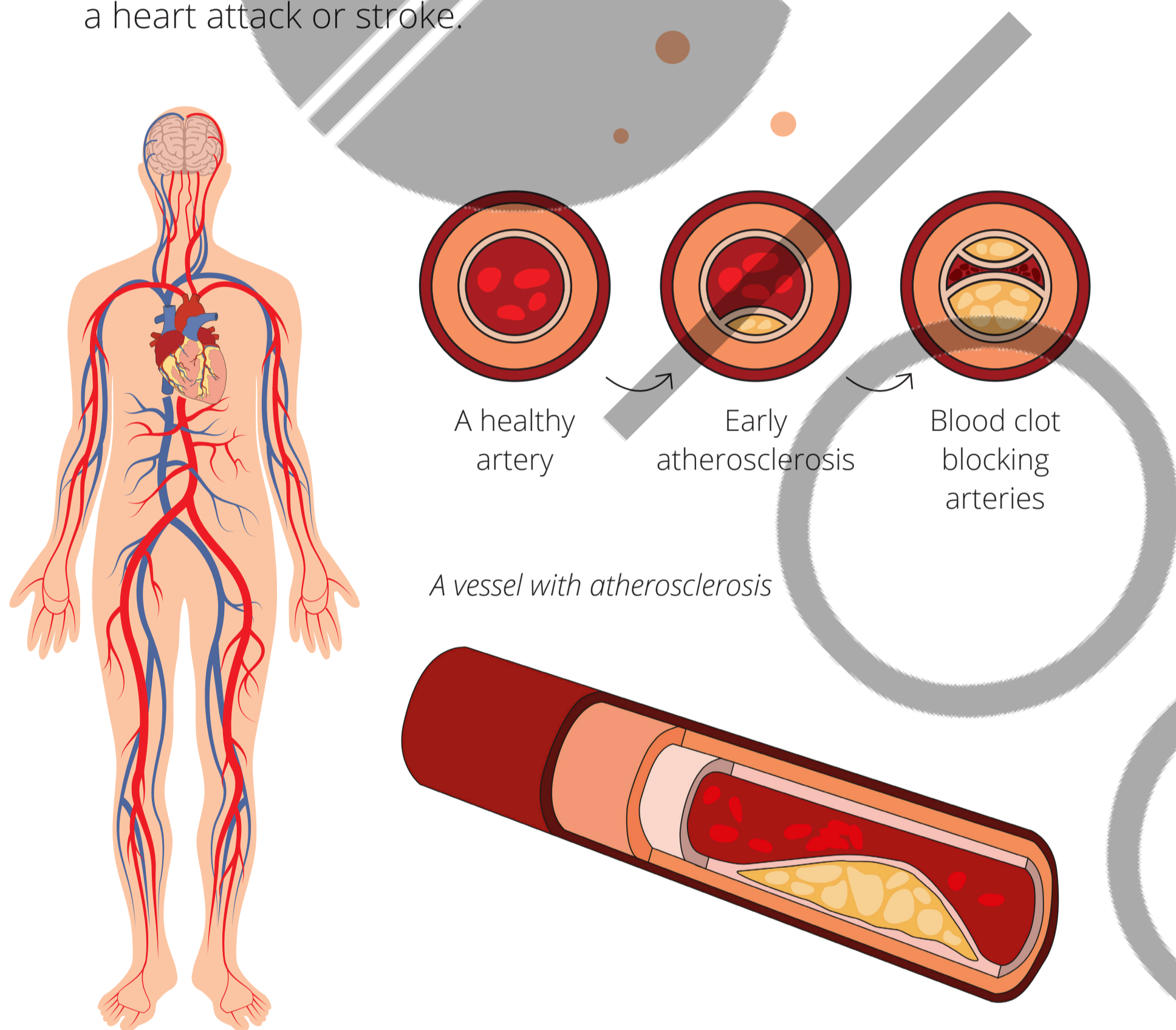
Heart attack and stroke

Heart attack is a state, during which an artery supplying heart with blood and oxygen becomes blocked. Stroke, on the other hand, is connected with an obstructed blood flow to the brain.

Heart attack manifestation
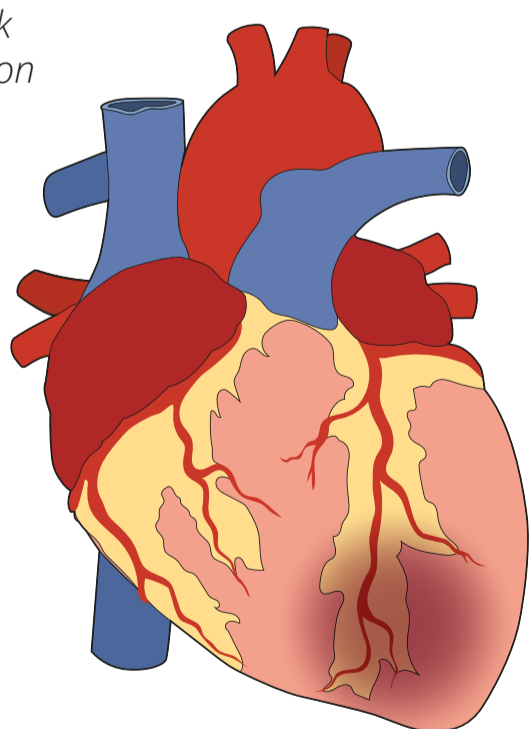
Stroke manifestation

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:

Risk factors

Preventable

Smoking

Lack of exercise

Unhealthy diet

Overweight

Diabetes

Lack of sleep

High blood pressure

Alcohol

Non-preventable

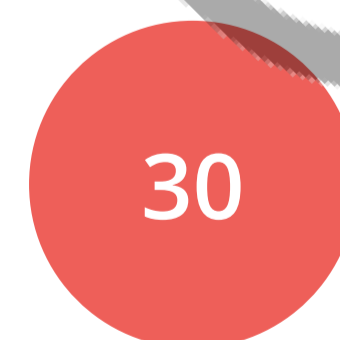Age > 45 years

Male sex

Genetics

You cannot change these factors, however you should know about them.

Tip: Go to your doctor at least once every 2 years for a regular check-up. If someone in your family had a heart attack or stroke, tell your doctor.
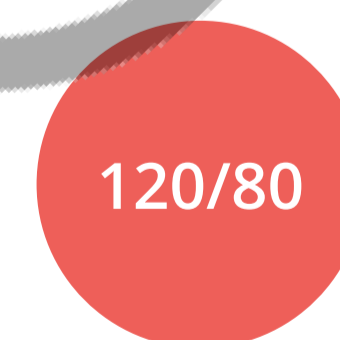
Healthy heart in numbers

50 — the risk of having a heart attack or stroke lowers by up to 50 % after a year of not smoking.

30 — minutes of exercise a day lowers the risks of getting a heart attack or stroke.

120/80 — is an optimal blood pressure, keep an eye on it!

7 — hours of sleep a day lowers the risks of getting a heart attack or stroke.

Test your knowledge at bit.ly/PreventionTest