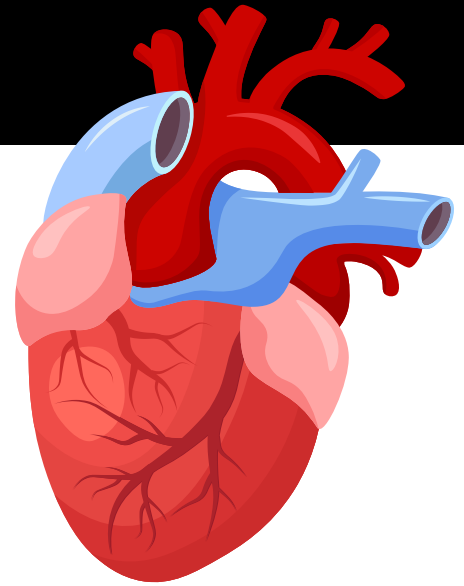


# Cardiovascular Disease

## What You Need To Know

### WHAT ARE CARDIOVASCULAR DISEASES?

Cardiovascular diseases are a **group of disorders** that affect the **heart or blood vessels**, commonly referred to as **heart disease and stroke**.



**Coronary heart disease**  
Disease of the blood vessels  
supplying the heart muscle



**Cerebrovascular disease**  
Disease of the blood vessels  
supplying the brain



**Peripheral arterial disease**  
Disease of the blood vessels supplying  
the arms and legs (diabetic foot)

### WHAT CAUSES CARDIOVASCULAR DISEASES?

Cardiovascular disease can be caused by a combination of **behavioural** and **genetic** risk factors, including:



Unhealthy diet



Harmful alcohol  
use



Physical  
inactivity



Excess body  
weight



High cholesterol



High blood  
pressure



Diabetes

Family history, age, ethnic background and gender can also **increase your chances** of developing **cardiovascular diseases**.