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.

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.