# TABLE OF CONTENTS :

[TABLE OF CONTENTS : 1](#_Toc320269948)

[INTRODUCTION: 2](#_Toc320269949)

[CAUSE: 2](#_Toc320269950)

[SYMPTOMS: 2](#_Toc320269951)

[REMEDIES: 2](#_Toc320269952)

[PREVENTION: 3](#_Toc320269953)

[CURE: 3](#_Toc320269954)

# INTRODUCTION:

Heart disease is any condition that keeps your heart from functioning at its best or causes a deterioration of the heart's arteries and vessels. Coronary heart disease (CHD), also known as coronary artery disease, is the most common form of heart disease, affecting 12.6 million people in America.[[1]](#footnote-1)

 CONTENT ABOUT THE DISEASE; PROJECT; BACK GROUND. GET THE AUDIENCE HOOKED ON WHY THEY WANTED TO LEARN MORE. WHO? WHY? WHAT?

# CAUSE:

* HIGH BLOOD PRESSURE / HYPERTENSION
* HIGH BLOOD CHOLESTEROL
* OBESITY / OVERWEIGHT
* SMOKING
* PHYSICAL INACTIVITY
* GENDER
* AGE
* HEREDITY

# SYMPTOMS:

|  |  |  |
| --- | --- | --- |
| CHEST DISCOMFORT | UPPER BODY DISCOMFORT | SHORTNESS OF BREATH |
| COLD SWEAT | NAUSEA | LIGHT HEADED |
| ANXIETY | PAIN | TIGHTNESS |

# REMEDIES:

* STOP SMOKING
* CONTROL YOUR BLOOD PRESSURE
* CHECK YOUR CHOLESTEROL
* KEEP DIABETES UNDER CONTROL
* KEEP MOVING / STAY ACTIVE
* EAT HEALTHY FOODS
* MAINTAIN HEALTHY WEIGHT
* MANAGE STRESS
* PRACTICE GOOD HYGIENE HABITS
* GET A FLU SHOT ……?

# PREVENTION:

* Know your blood pressure and keep it under control
* Exercise regularly
* Don't smoke
* Get tested for diabetes and if you have it, keep it under control
* Know your cholesterol and triglyceride levels and keep them under control
* Eat a lot of fruits and vegetables
* Maintain a healthy weight[[2]](#footnote-2)

# CURE:

* Unfortunately, despite these claims, there is no heart disease cure. It can only be controlled. It's not realistic for people with risk factors for heart disease to assume a cure will be discovered, but preventing heart disease is and should be a reasonable expectation.

 <http://heart-disease.emedtv.com/heart-disease/cure-for-heart-disease.html>

# POSTER:

[\\Jafar\usr\USR\STUDENTS\F\MF573\heart disease poster.docx](file:///%5C%5CJafar%5Cusr%5CUSR%5CSTUDENTS%5CF%5CMF573%5Cheart%20disease%20poster.docx)

1. <http://tlc.howstuffworks.com/family/home-remedies-for-heart-disease.htm> [↑](#footnote-ref-1)
2. <http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html> [↑](#footnote-ref-2)