

Heart Health at a Glance

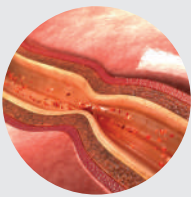
A global-Malaysia comparison



Nestled in the heart of Southeast Asia, Malaysia's vibrant culture and breathtaking landscapes often steal the spotlight. However, lurking beneath the surface of this diverse nation is a silent threat that affects the lives of thousands of men and women: heart disease.

As you continue to read, you will not only uncover the statistics and risk factors but you will also be informed about important heart disease facts. These numbers not only paint a sobering picture of the prevalence and impact of cardiovascular issues but also shed light on the imperative need for awareness and prevention.

Malaysia

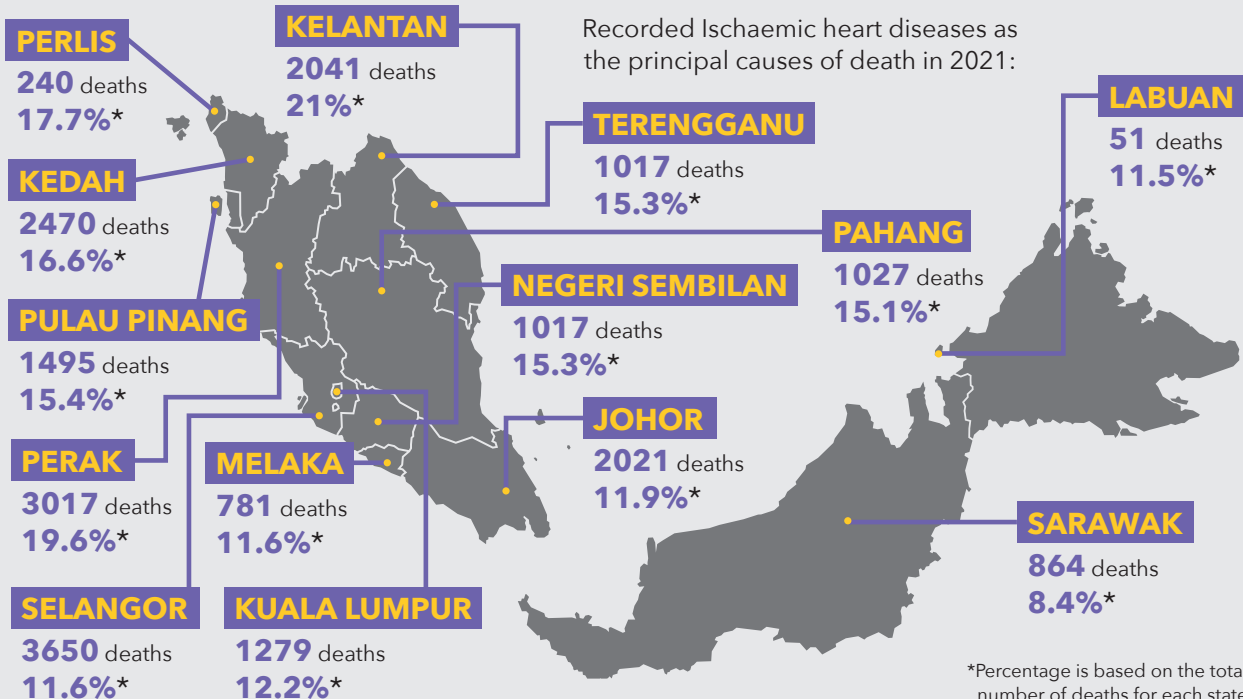


Ischaemic heart disease was the **2nd principal cause of death** in Malaysia, in 2021.



Hypertensive diseases were the **8th principal cause of death** in Malaysia, in 2021.

Recorded Ischaemic heart diseases as the principal causes of death in 2021:



*Percentage is based on the total number of deaths for each state

Global



According to the World Health Organisation (WHO), globally, an estimated **17.9 million lives are claimed annually**, with **cardiovascular diseases (CVDs)** standing at the forefront as the **primary cause of death**.

More than **four out of five CVD deaths** are attributed to **heart attacks and strokes**, and approximately **one-third of these fatalities** happen prematurely in individuals **under 70 years of age**.



The primary behavioral risk factors for heart disease and stroke encompass:



Unhealthy diet



Physical inactivity



Tobacco consumption



Excessive alcohol use

Myths

MYTH: Heart disease only affects those who are overweight or obese.

FACT: While excess weight can be a risk factor, thin individuals can also develop heart disease. Other factors like high blood pressure, cholesterol, and genetics can contribute.

MYTH: Heart disease primarily results from stress.

FACT: While chronic stress can contribute to heart problems, heart disease is a complex condition with various risk factors, including smoking, poor diet, and lack of exercise.

MYTH: Heart disease only affects the heart.

FACT: Heart disease can have systemic effects, impacting various organs and increasing the risk of stroke, kidney problems, and peripheral artery disease.

MYTH: You would know if you have heart disease because of noticeable symptoms.

FACT: In certain instances, heart disease may develop without presenting noticeable symptoms. Consistent check-ups and screenings are essential for detecting it early. ❤️



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