

September 29 - World Heart Day

Cardiovascular diseases (CVD) are the leading cause of death worldwide. Each year, this pathology claims more than 20.5 million lives, accounting for approximately 30% of all deaths.



Every year on September 29, World Heart Day is celebrated—a global initiative of the World Heart Federation aimed at raising awareness about heart health and the prevention of cardiovascular diseases. From 2024 to 2026, the campaign is being held under the slogan "**Use Your Heart for Action.**" **Heart for Action**), calling not only on every person to take care of their cardiovascular health, but also to make the prevention of these diseases a priority of state policy in the field of public health protection.

Cardiovascular diseases can remain asymptomatic for a long time, but there are signs that shouldn't be ignored. The most common symptoms of coronary heart disease include chest pain or discomfort (angina), shortness of breath, rapid or irregular heartbeat, dizziness, fainting, swelling of the lower extremities, and fatigue. Key signs of stroke include sudden weakness or numbness of the face, arm, or leg (especially on one side of the body), confusion, speech or vision problems, and severe headache. As part of the "Don't Miss a Beat" campaign, **Miss a Beat**) emphasizes the importance of recognizing these symptoms early to save lives.

The main risk factors for the development of cardiovascular diseases include:

- **Modifiable factors** : smoking, poor diet (excess salt, trans fats, sugar), insufficient physical activity, alcohol abuse, overweight and obesity, high blood pressure, high cholesterol and blood glucose levels.
- **Non-modifiable factors** : age, male gender, hereditary predisposition (cases of early cardiovascular diseases in the family).

Experts estimate that **up to 80% of premature deaths from cardiovascular diseases can be prevented** by controlling risk factors and maintaining a healthy lifestyle. Key preventive measures include:

1. **Balanced diet** : daily consumption of at least 5 servings of fruits and vegetables, preference for lean meat, fish, legumes, whole grains, limiting salt and sugar.
2. **Regular physical activity** : at least 30 minutes of moderate exercise per day (walking, running, swimming, dancing).
3. **Smoking cessation** : complete elimination of tobacco and avoidance of passive smoking.
4. **Control of weight, blood pressure, cholesterol and blood sugar levels** .

Modern cardiology offers a wide range of treatment options for cardiovascular disease, from drug therapy (antihypertensive medications, statins, anticoagulants)

to high-tech interventions (stenting , bypass surgery, pacemaker implantation). However, doctors agree on one key point: **treatment is much more effective when started early** . Regular preventive examinations (blood pressure measurements, ECGs, blood tests) help identify problems before serious symptoms develop. Doctors strongly recommend a checkup at least once a year, especially for people over 40 and those with risk factors.

For consultations on cardiovascular health, please contact your local clinic. For questions on the prevention and treatment of cardiovascular diseases, please contact the Republican Scientific and Practical Center "Cardiology" and city cardiology clinics .

World Heart Day reminds each of us that heart health is in our own hands. Simple but regular actions—eating right, being physically active, giving up bad habits, and seeking prompt medical attention—can save millions of lives. "Use your heart to act"—this call is addressed not only to individuals but also to communities and governments, who are responsible for creating the conditions for healthy living.

Don't miss a beat - start taking care of your heart today! Every beat matters - take care of your heart!

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