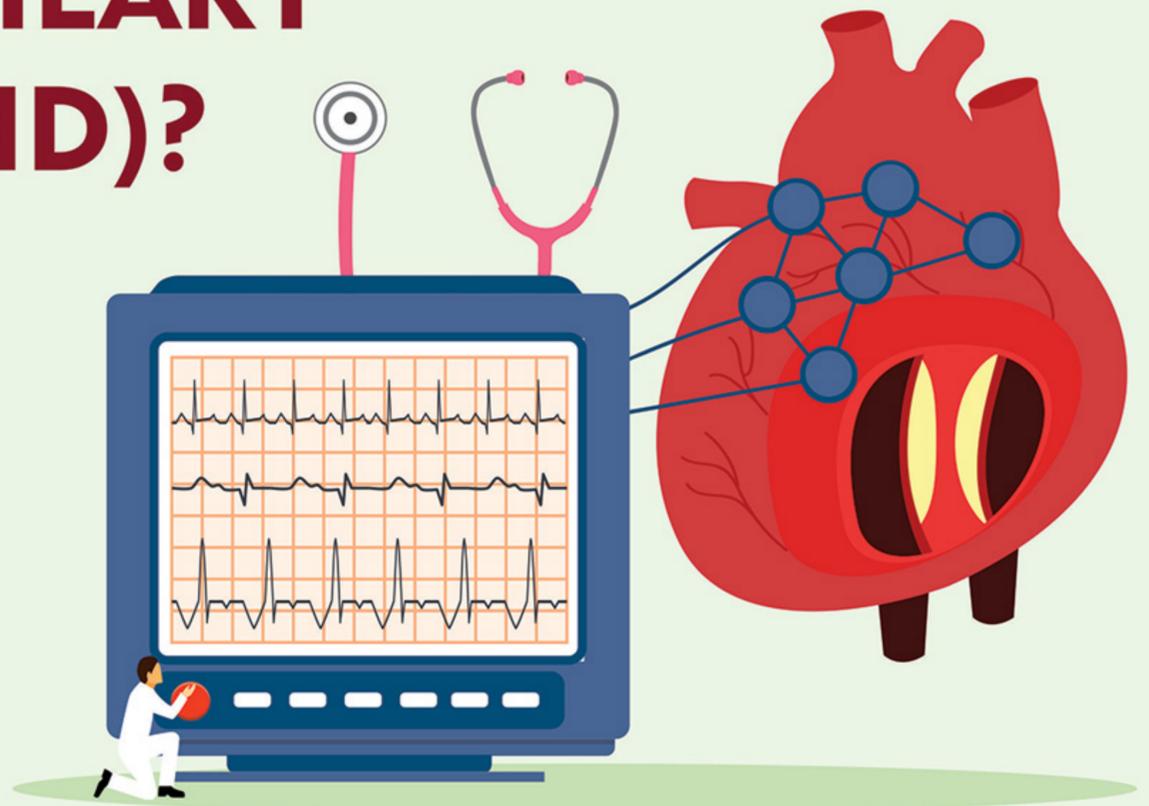


WHAT IS ISCHEMIC HEART DISEASE (IHD)?

- Plaque (fatty substances) build-up in the arteries that supply blood to your heart¹
- Blood vessels get blocked¹
- Blood flow slows down²
- Heart does not get enough oxygen²



IF THIS BLOCKAGE BECOMES SEVERE, IT LEADS TO A HEART ATTACK!²

Chest pain (angina)/discomfort/tightness is the most common symptom of IHD³



OTHER SYMPTOMS INCLUDE:



Troubled Breathing³



Fast Heartbeat²



Arms & Left Shoulder Pain³



Sweating, Fatigue²

DO YOU?²



Have high cholesterol



Have high blood pressure



Smoke



Have diabetes

You might be at a higher risk of developing IHD²

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE: **18002670975** OR



SCAN THE QR CODE OR LOG ON TO **www.hridayam.org**

1. Coronary heart disease. Available at: <https://www.nhs.uk/conditions/coronary-heart-disease/>, viewed on July 5, 2023. 2. Myocardial ischemia. Available at: <https://www.mayoclinic.org/diseases-conditions/myocardial-ischemia/symptoms-causes/syc-20375417>, viewed on July 5, 2023. 3. Myocardial Ischemia. Available at: <https://my.clevelandclinic.org/health/diseases/17848-myocardial-ischemia>, viewed on July 5, 2023.

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