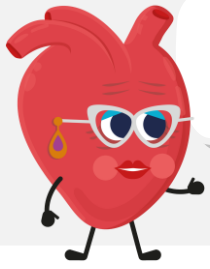


Healthy Aging: Protecting your Heart

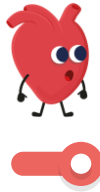


What does the heart do and why is it so important?

- ✓ Very important muscle in the body – keeps the body alive! ¹
- ✓ Delivers oxygen and nutrients to the whole body ¹
- ✓ Beats around 100,000 times a day ¹
- ✓ Pumps up to 7,500 liters of blood every day ¹

What can happen to the heart as we get older?

Heart failure (HF) is where the heart stops pumping blood around the body as well as it should.² It can happen suddenly or more slowly over months or years, and can cause problems for other organs in the body.²⁻⁵



1 in 5 people will develop HF in their lifetime²

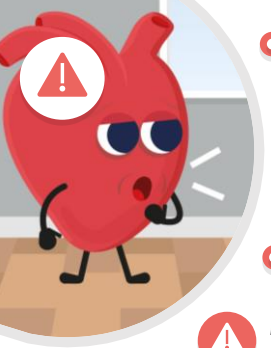


>64 million People are affected by HF globally²



50% of people die within 5 years of their HF diagnosis²

Main signs and symptoms^{2,3}



- Shortness of breath when exercising or lying down
- Coughing or wheezing
- Tiredness, fatigue, weakness
- Swollen feet, ankles, legs, abdomen



Please note, heart failure can affect people of any age². If you experience any of these symptoms, please discuss with your doctor.



What can we do to keep the heart healthy?

Manage risk factors

- Keep **blood pressure** below 140/90mmHg⁴ unless your doctor sets a different goal
- Keep overall **cholesterol levels** at 5 or below⁶ unless your doctor sets a different level
- If you have **diabetes**, keep your blood glucose levels close to your goal¹ as set by your doctor or nurse
- Quit smoking**¹
- Reduce stress**^{1,2}



Implement a healthy lifestyle

- Eat a **healthy, balanced diet** consisting of 5 portions of fruit and vegetables a day and less than 5g of salt⁷
- Be more active and aim for **150 mins (2.5hrs) of physical activity a week**¹
- Take medicines** as prescribed by your doctor¹
- Maintain **regular check-ups** with your doctor



What can we do if we develop heart failure?

- Managing the risk factors, **maintaining a healthy lifestyle** and following your doctors' advice can make a big difference.²
- Medications can be used to control symptoms and slow progression of HF.**⁸
- Your doctor will help find the **right medications to manage your disease.**
- It is **important to take your medications as prescribed** by your doctor.¹



For more specific information about how to keep your heart healthy, or to hear how heart disease can impact your kidneys, please visit our Patient Safety Day 2022 website



This infographic has been created by Bayer for educational purposes. Please note, the information provided here is general, please consult your own doctor for specific advice.

References

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