



# YMCA Awards

Level 3 Promoting wellness  
through client motivation and  
interaction

2018

# Level 3 Promoting wellness through client motivation and interaction

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## Heart disease

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## Heart disease

Heart disease or cardio-vascular disease (CVD) is a general term that describes disease of the heart or blood vessels. Blood flow to the heart, brain or body can be reduced as the result of a blood clot (thrombosis) or by a build-up of fatty deposits inside an artery that causes the artery to harden and narrow (atherosclerosis)

The four main types of CVD are:

- Coronary heart disease
- Stroke
- Peripheral arterial disease
- Aortic disease

# Angina

- If the coronary arteries narrow because of plaque build-up, the blood supply to the heart will be restricted and this can cause angina pectoris
- This often feels like a heaviness or tightness in the chest, which may spread to the arms, neck, jaw, back or stomach as well. Some individuals will also experience shortness of breath

# Heart attack

If a coronary artery becomes completely blocked, it can cause a heart attack

Common signs of heart attack are:

- Chest pain
- Feeling sick or vomiting
- Light-headedness
- Pain in arms, neck, jaw, back or stomach.
- Shortness of breath
- Sweating

# Stroke

The blood supply to part of the brain is cut off and brain cells begin to die, which can cause brain damage and even death

- **Ischaemic** stroke - the artery that supplies blood to the brain is blocked, e.g. by a blood clot
- **Haemorrhagic** stroke - a blood vessel bursts and bleeds into the brain damaging brain tissue and starves some brain cells of blood and oxygen
- **Transient ischaemic attack** (TIA / mini-stroke) - a temporary blockage in the blood supply to the brain. Permanent damage is not caused. Symptoms usually pass within 24 hrs

## **Risk factors for heart disease and stroke**

- Alcohol consumption
- Being overweight
- Certain ethnic backgrounds
- Diabetes
- Family history of heart disease
- High blood pressure
- High blood cholesterol
- Increasing age
- Lack of physical activity
- Poor diet
- Physical inactivity
- Stress



# **The more risk factors an individual has, the higher the possibility they will develop heart disease**

Although some risk factors cannot be changed, risk can be reduced by:

- Not smoking
- Keeping alcohol levels within low-risk limits
- Following a healthy diet
- Keeping weight at a healthy level
- Doing regular physical activity

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The logo consists of a solid blue square. Inside the square, the word "YIMCA" is written in a white, rounded, sans-serif font. Below "YIMCA", the word "awards" is written in a smaller, white, lowercase, sans-serif font.

YIMCA  
awards

