

This flyer has been produced in the framework of the project entitled "Reducing access inequalities in primary healthcare for socially significant diseases at CB Area's deprived communities" with the acronym <equal2health>, which is implemented under the CP INTERREG V-A "Greece-Bulgaria 2014-2020" with partners from Greece and Bulgaria. The contents of the flyer are sole responsibility of CVT Nefeli and can in no way be taken to reflect the views of the European Union, the participating countries the Managing Authority and the Joint Secretariat.



As part of the project in the region of Greece, two structures have been established and running providing free medical examinations and counselling for cardiovascular, neurological and psychiatric conditions:

- 1) The "Observatory equal2health" of socially significant diseases in the Program area; Psychiatric Hospital of Thessaloniki, located on 196 Lagada Street, post code 56430, Stavroupoli, telephone number 2313-324268 (Monday and Wednesday 15:00-20:00)
- 2) The Pilot Local check-up centre equal2health of socially significant diseases in the city of Diavata in Thessaloniki «SOS DCP CENTER Diavata equal2health» located on 2 Panagiotou Spyrou street, post code 57008, telephone number 2310 -788630 (extension 407) (Monday to Thursday 15:00-20:00)



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Cardiovascular diseases

RISK FACTORS & PREVENTION

Cardiovascular diseases are a group of diseases of the heart and blood vessels with the most common being coronary heart disease, stroke and peripheral vascular disease.

Heart disease is the leading cause of death for both men and women and the leading cause of death in Greece.

Cardiovascular diseases are linked to our lifestyle.

About 80% of premature deaths due to heart disease and stroke, could have been prevented with appropriate lifestyle changes.

Prevention is applicable throughout our lives, irrespective of our age.

RISK FACTORS FOR HEART AND BLOOD VESSEL DISEASES THAT WE DO NOT CONTROL



Age: Elderly people are more likely to develop a cardiovascular disease.



Family History: If there is a history of cardiovascular disease in first-degree relatives under the age of 55, then the risk of developing cardiovascular disease increases.

RISK FACTORS FOR HEART AND BLOOD VESSEL DISEASES THAT WE CAN CONTROL



Arterial hypertension:

At least 1 in 4 adults has high blood pressure. It is a silent threat and usually shows no symptoms. High blood pressure is linked to family history, obesity, and a high-salt diet.



Hyperlipidaemia:

It is the presence of elevated levels of total cholesterol and / or LDL (bad) cholesterol and / or triglycerides in blood tests. It does not cause symptoms, so one may not know that one's cholesterol levels are high. Hyperlipidaemia is mainly related to our diet.



Diabetes:

An insidious enemy of our blood vessels and heart, as the symptoms appear with a long delay and the disease continues to wear off our body even with treatment. Contributing factors include obesity, lack of physical activity and family history.



Obesity:

In Greece, as in many parts of the world, obesity has reached epidemic proportions. An overweight person is at an increased risk of developing a cardiovascular disease and high mortality.

Smoking:

Smokers and those exposed to second hand smoke are 2 to 4 times more likely to develop a cardiovascular disease.



Lack of Physical Activity:

Two-thirds of the adult population in the European Union does not exercise enough. Physical exercise is beneficial for people of all ages and contributes significantly in reducing the risk of cardiovascular disease as well as reducing stress and depression.



PREVENTION - I SUPPORT MY HEALTH

Risk factors are addressed through proper cooperation between the patient and his physician and through lifestyle changes such as:



Weight loss and a balanced diet: the Mediterranean diet was developed thousands of years ago in our country and is the world's leading dietary model for healthy growth and overall health! It is rich in Cereals, Legumes, Fruits, Vegetables, Olive Oil, and Fish and limited in Meat and Sweets.

Reduction of salt and alcohol consumption.



Increased physical activity: 30 minutes of moderate-intensity physical exercise most or all days of the week reduces the risk of cardiovascular disease by 20-30% and improves our mood!



Smoking cessation: the benefits of smoking cessation start just 20 minutes after quitting!