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Titolo	Avoiding heart attacks and strokes [[electronic resource]] : don't be a victim - protect yourself
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Nota di contenuto	Contents; Why you should read this booklet; Key messages; Part 1. What you should know; 1. Understanding heart attacks and strokes; 2. Preventing heart attacks and strokes; 3. What are the signs of a heart attack and what should you do?; 4. What are the signs of stroke and what should you do?; 5. Other heart diseases; Part 2. What you can do; 6. Stop using tobacco; 7. Improve your diet; 8. Stay active and control your weight; 9. Reduce high blood pressure; 10. Reduce high blood sugar; 11. Reduce high blood fat levels; Annex. Medicines for treating and managing heart attacks and strokes Explanation of terms used in this booklet Contributors
Sommario/riassunto	This booklet explains why heart attacks and strokes happen and how you can avoid them. It tells you what you should do to avoid becoming a victim. It gives you guidance for your children too. A lot of the damage to the blood vessels starts at a young age. Children often need help to develop healthy habits, like eating a balanced diet and being active. If you are at high risk, there is advice on the signs to look out for and what you can do to reduce your risk. If you have already had a heart attack or stroke, there is advice on how your condition can be

treated and controlled, and how you can
