



British Heart  
Foundation  
Northern Ireland



# Stay Heart Healthy. Keep your heart healthy.

Heart and circulatory diseases kill 1 in 4 people in Northern Ireland. The good news is there are a lot of small changes you can start making today to help lower your risk and keep your heart healthy.

## What are heart and circulatory diseases?

Heart and circulatory diseases, such as a heart attack or a stroke, start when fatty materials build up in your arteries. If the arteries carrying blood to your heart get damaged and clogged, it can lead to a heart attack. If this happens in the arteries that carry blood to your brain, it can lead to a stroke.

## Understanding your risk factors

You're much more likely to get heart and circulatory diseases if you have high blood pressure, Type 2 diabetes or high cholesterol.

Your risk also increases if you smoke, drink too much alcohol, don't move enough or are overweight, stressed or eat an unhealthy diet.

## Make three small changes

- Cut down on foods that are high in fat, salt and sugar
- Aim for 150 minutes of physical activity a week
- Cut back on alcohol—opt for small glasses or half pints



## ACTION

How healthy is your heart? Take our heart age test on the NHS website to compare your heart age to your real age.



## PLAY

When it comes to understanding your heart, can you tell fact from fiction? Take our heart myths quiz to find out.



## LEARN

Want to learn more about heart and circulatory diseases and their causes? Sign up to our free online course.



## SIGN UP

To receive our award winning Heart Matters magazine.

