

Heart disease is the **leading cause of mortality** in Catalonia.

That is why **it is important** to follow these recommendations:



Follow a healthy and balanced diet

Eat more fresh fruit, vegetables and whole grains, prioritise white and blue fish instead of meat, and choose extra-virgin olive oil.



In case of overweight, eat a hypocaloric diet

Overweight is related to more risk factors, such as diabetes or high cholesterol.



Quit smoking

Smoking can raise the blood pressure, creating a higher risk for heart attack and stroke.



Limit or cut out alcohol

Alcohol can raise the blood pressure and also adds extra calories, which may cause weight gain, two risk factors for heart disease.



Do moderate intensity aerobic exercise

Aim for a minimum of at least 30 minutes of moderate physical activity 5 or more days a week, like walking, swimming, climbing stairs or dancing.



Manage stress

Stress raises the blood pressure and can lead to other risk factors, like smoking, heavy drinking or overeating.



Control your blood pressure, cholesterol and blood sugar levels

It's important to get your blood checked regularly, at least once a year for most adults.

Some of the **risk factors that we cannot control and that should be considered** are:



Age

Especially for men aged 45 and older, and women 55 and older



Sex

Men have a higher risk of suffering heart disease.
Menopause increases women's risk.



Family history

There is a greater risk if the family member had heart disease at an early age.