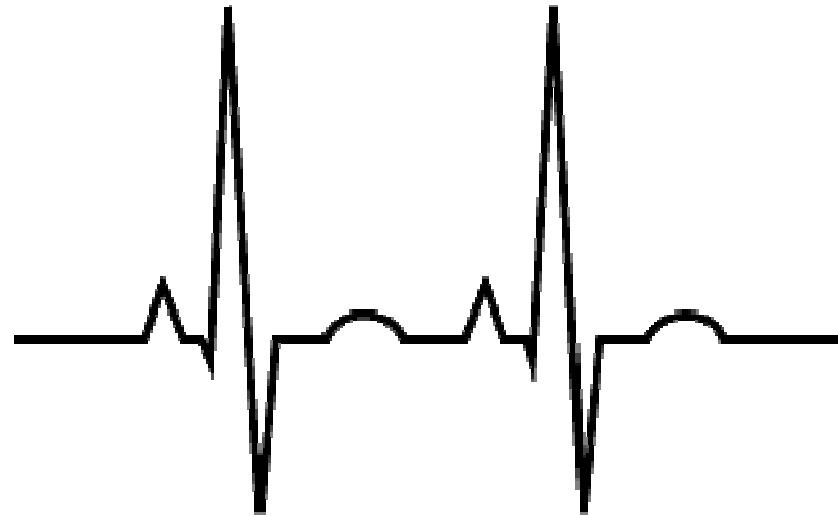


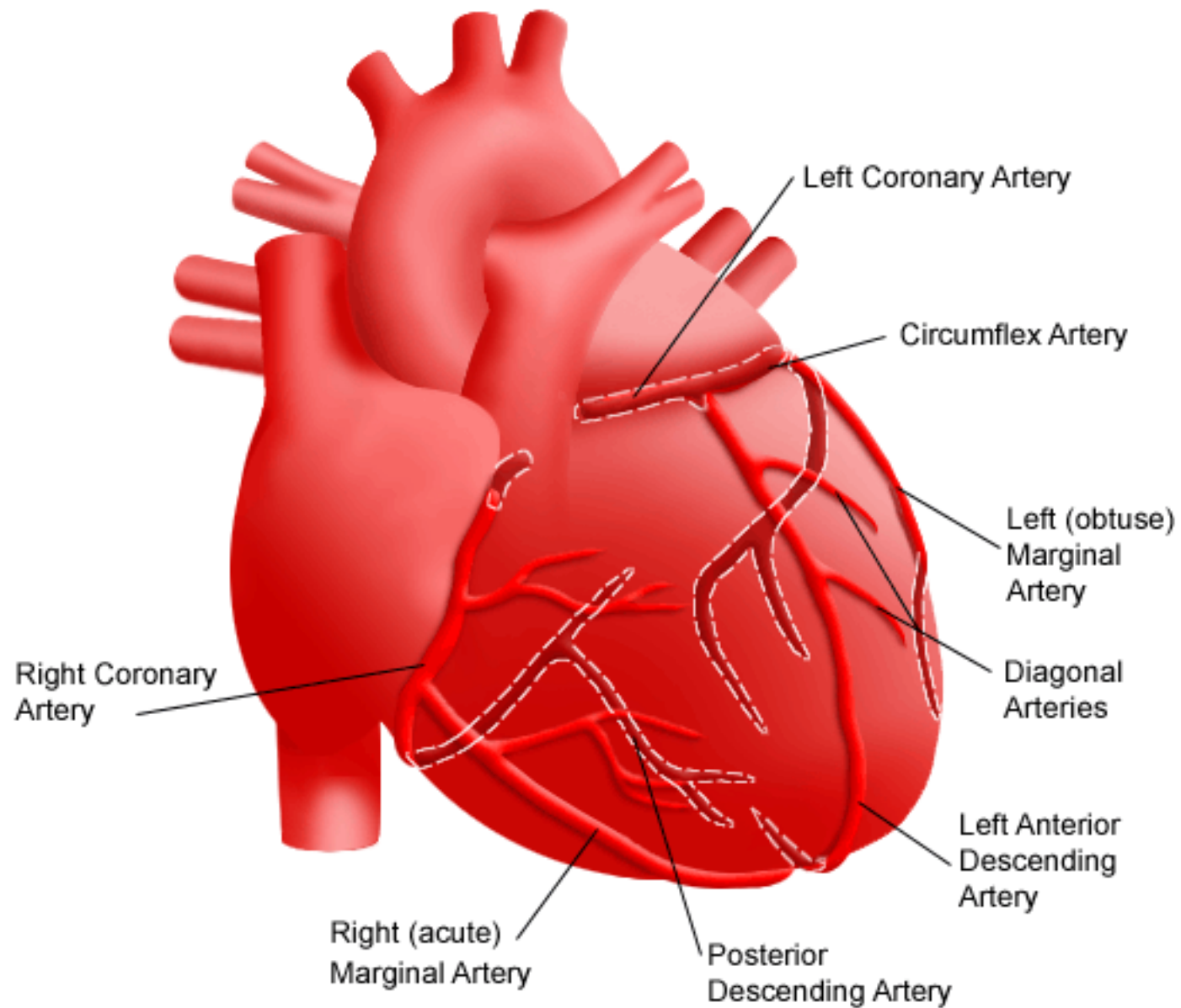
Heart Disease in Men

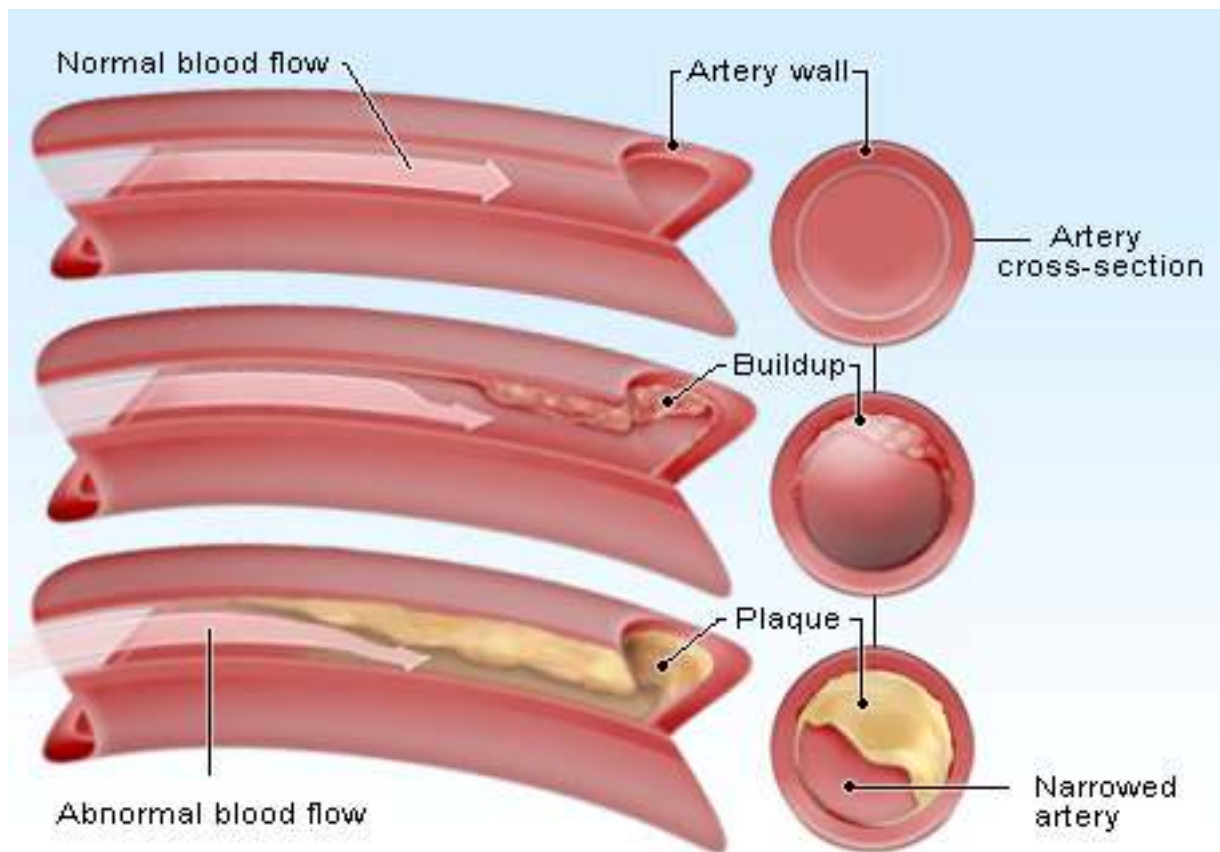
Dr Emily Reynolds



- Coronary heart disease is the **most common cause of death** in the UK
 - 1 in 5 men
 - 1 in 7 women

Coronary Arteries of the Heart





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What puts me at higher risk?

- The Big 5:
 - Smoking
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Family history
- But also- alcohol, little exercise, obesity,

How can I reduce my risk?

- Exercise
- Diet
- Alcohol intake
- Stop smoking

How can my GP help?

- Monitor blood pressure
- Health Checks
 - Advice
 - Q RISK
 - Medication- for BP or cholesterol

What are the symptoms of heart disease?

Chest pain

Call 999

Other resources

- Patient.co.uk
- British Heart Foundation
- Diabetes UK