



# NEWSLETTER

## SEPTEMBER 2021

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## HEART AWARENESS DAY

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Every year, over 18.6 million people die from heart disease. As a way to fight this, the [World Heart Federation](#) created World Heart Day.



### What is the significance of the Heart Awareness Day?

World Heart Day aims to inform people around the globe that heart diseases are the world's leading cause of death and highlight the actions that need to be taken for prevention and control.

People worldwide can find events that raise awareness about cardiovascular disease (CVD), its warning signs, the steps you can take to fight it, and how to help those around you who may be suffering. [So on September 29, fight CVD by getting involved with a World Heart Day event near you.](#)

Cardiovascular diseases (CVD) are the most common cause of death globally. An estimated 17 million people die from CVD every year. [Coronary heart disease or strokes were the major causes of these deaths.](#) A common misconception about CVD is that it impacts more people in developed countries who rely on technology and lead sedentary lifestyles.

[But more than 80% of the deaths occur in middle-income and low-income countries.](#) Fortunately, the leading causes of cardiovascular disease are modifiable factors, including lack of exercise, smoking, and a poor diet. However, the economic systems of countries are also majorly impacted by cardiovascular diseases — the cost of treatment is high, and failure to treat the diseases timeously results in loss of productivity and long absences from work.



## MEDICAL SCHEME

### Chronic Disease Benefits

#### PMBs Prescribed Minimum Benefits

Hypertension, cholesterol and diabetes are part of the 28 prescribed minimum benefits chronic conditions. Therefore, your medical scheme must provide benefits for these conditions.

Contact Phoenix Healthcare Consultants, [engage@phoenixgrp.co.za](mailto:engage@phoenixgrp.co.za) to learn more or to register for these conditions.

### Risk Factors

**Cholesterol** - Raised cholesterol is estimated to cause 2.6 million deaths (4.5% of total) and is implicated in heart diseases and stroke. All guidelines point to the need for maintaining a healthy weight, integrating exercise into our lifestyle, and quitting smoking as some of the key steps to limiting the impact of out-of-balance cholesterol.

**Diabetes** - People living with diabetes are twice as likely to develop and die from cardiovascular disease. Diabetes is a major global health threat. It affects 1 in 11 adults. 425 million people, with the overall figure, predicted to rise to 629 million by 2045. Type 2 diabetes accounts for approximately 90% of all people with diabetes. At age 60, having type 2 diabetes and cardiovascular disease shortens life expectancy by an average of **12 years**. It is estimated that globally, as many as 212.4 million people or half of all people aged 20-79 years with diabetes are unaware of their disease, and these people are all at increased risk of CVD.

**Tobacco** - Lung disease and cancer are linked to tobacco smoking, but did you know smoking also increases the risk of cardiovascular disease (CVD) or heart disease? Female smokers run a 25% higher risk for heart disease than male smokers. Tobacco products include different forms (pipes, cigars, waterpipe tobacco, "hookah pipe or hubbly bubbly" for example), all forms being harmful. Smoking is the leading preventable risk factor of cardiovascular diseases such as ischemic heart disease, which narrows heart arteries and cerebrovascular disease.

**Physical Inactivity** - People who are not active enough run a 20 - 30% increased risk of mortality from any number of health-related causes. At least 3.2 million deaths are attributable to insufficient physical activity each year across the globe. On the other hand, around 150 minutes of moderate physical activity per week reduces the risk of heart disease by 30% and diabetes by 27%. The good news is here: physical activity does not mean hours sweating on the tennis court or a local marathon. Instead, many forms of sport and recreational activities around our home, garden and community boost heart health.

Never ignore any problems related to your heart. It can prove to be costly in the future.

### Happy World Heart Day



**PHOENIX**  
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# THANK YOU

SOURCE

<https://nationaltoday.com/world-heart-day/>

<https://world-heart-federation.org/world-heart-day/cvd-causes-conditions/risk-factors/>

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