

# HEART FACT SHEET

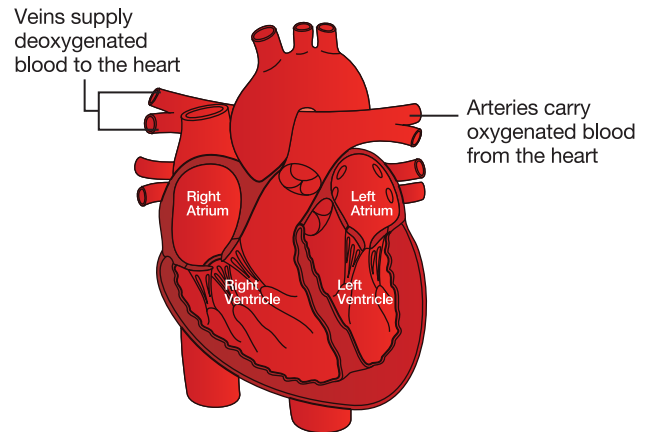
The heart constantly **pumps blood** to provide oxygen and nutrition to the body.

It receives its **own supply** of nourished blood from a network of coronary arteries.

The heart beats about **100,000** times a day.

**Heart Attack** happens in the **heart** when heart muscle is starved of oxygen-rich blood due to blockage in the artery supplying blood to it.

**Stroke** happens in the **brain** when it is starved of blood due to clot in the artery supplying blood to it.

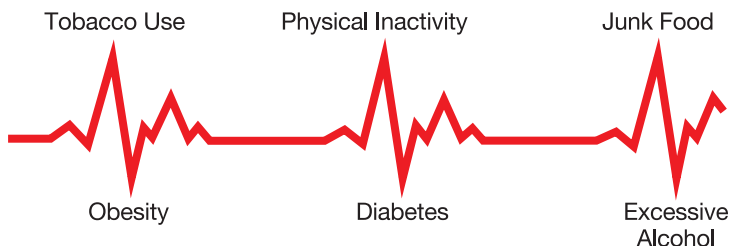


**17.3 million**  
deaths from heart disease every year.

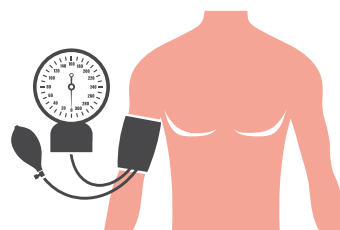
**Every 34 seconds**  
someone has a heart attack.

## Heart Disease Risk Factors

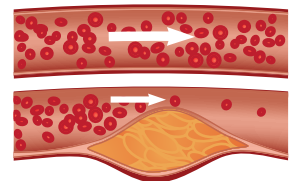
### Behaviour



### Conditions



**High blood pressure** damages arteries from increased force of blood flow.



**High Cholesterol** (waxy substance) narrows arteries with fatty deposits.

Sources:  
Cleveland Clinic (<http://my.clevelandclinic.org>)  
TOI ([www.timesofindia.indiatimes.com](http://www.timesofindia.indiatimes.com))  
CDC ([www.cdc.gov](http://www.cdc.gov))  
WHO ([www.who.org](http://www.who.org))

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.

American Heart Association ([www.heart.org](http://www.heart.org))  
WebMD ([www.webmd.com](http://www.webmd.com))  
Covenant Healthcare ([www.covenanthealthcare.com](http://www.covenanthealthcare.com))  
The Heart Foundation, based on US population ([theheartfoundation.org](http://theheartfoundation.org))