

# Heart Health



## Know Your CVDs

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels:

- ♥ **Coronary Heart Disease** – Disease of the blood vessels supplying the heart muscle;
- ♥ **Cerebrovascular Disease** – Disease of the blood vessels supplying the brain;
- ♥ **Peripheral Arterial Disease** – Disease of blood vessels supplying the arms and legs;
- ♥ **Rheumatic Heart Disease** – Damage to the heart muscle and heart valves from rheumatic fever, caused by streptococcal bacteria;
- ♥ **Congenital Heart Disease** – Malformations of the heart structure existing at birth;
- ♥ **Deep Vein Thrombosis and Pulmonary Embolism** – Blood clots in the leg veins, which can dislodge and move to the heart and lungs.

Major CVD risk factors include unhealthy diet, physical inactivity, tobacco use, and harmful use of alcohol. Regular physical activity, tobacco cessation, reducing sodium intake, increasing consumption of fruits and vegetables, and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. Additionally, proper medical treatment of diabetes, hypertension, and/or high cholesterol further reduce cardiovascular risk and may prevent heart attack and stroke.

*Source: World Health Organization ([www.who.int](http://www.who.int))*

To assess your CVD risk, consult your healthcare provider or schedule your free **Caterpillar Health Exam** (available to eligible employees) by calling **1-877-838-0596**.