



What is CVD?

Cardiovascular diseases (CVD) are diseases of the heart and blood vessels. These diseases are frequently referred to simply as heart disease and stroke.

CVD or heart disease and blood vessel problems usually develop over a period of years. They can begin when cells, cholesterol and fat build up inside the walls of blood vessels that supply the heart or brain narrowing them.

Heart attack and stroke are common results of conditions that restrict or stop the blood flow to the heart or brain. At any given age, men have a greater risk of heart attack than women, but women are only half as likely as men to survive a heart attack, and more likely to have a second attack.

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