

AVOID

CVD

Cardio Vascular Disease

CVD is a disease related to heart and blood vessel. Other related diseases are coronary heart disease, hypertension, heart failure disease, stroke, rheumatic heart disease, etc.

IDENTIFICATION

Risk Factors

Could not be changed

- Age
- Gender
- Family's histories

Could be changed

- Hypertension
- DM
- Lack of Activity
- Obesity
- Hypercholesterolemia
- Stress

CONSULTATION

Help you to know your health condition and give you sufficient therapy

THINGS TO BE UNDERLINED

- Balanced nutrition
- Do not smoke
- Stress Management
- Monitoring Blood Pressure
- Regular Exercise

