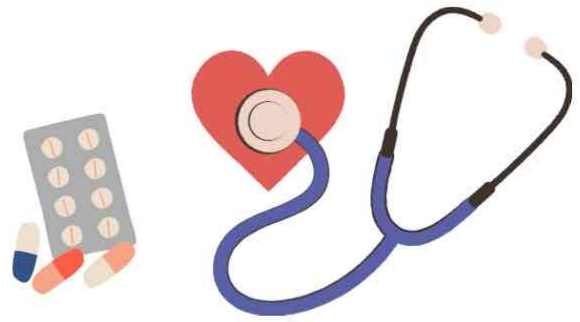


CHOLESTEROL AND CARDIOVASCULAR DISEASE

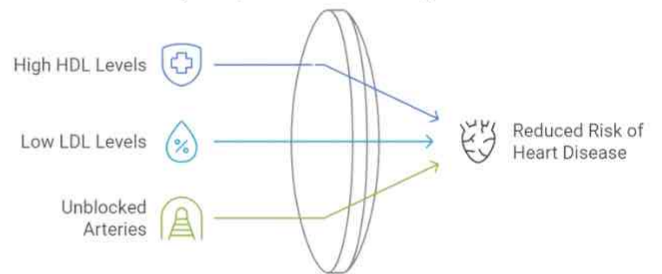


1 What are cardiovascular diseases?

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions.

2 Relationship between CVDs & cholesterol

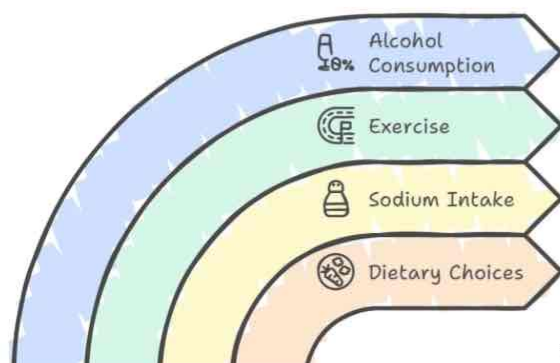
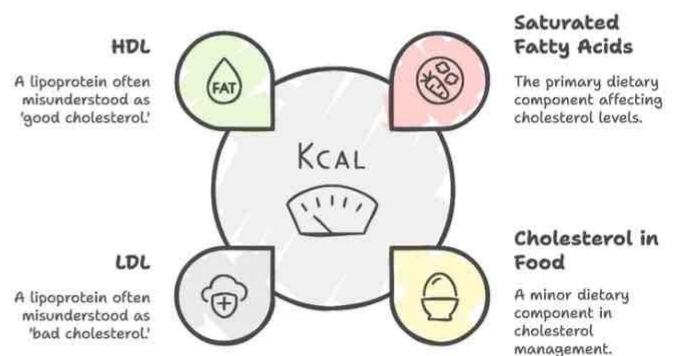
Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque and other fatty deposits in artery walls.



3 Myth 1: We can only eat an egg per day



4 Myth 2: In-food cholesterol up, the risk of CVDs up



5 Comprehensive Guide to Heart Health

- Advises on limiting alcohol intake
- Encourages regular physical activity
- Emphasizes reducing salt consumption
- Focuses on balanced eating and nutrition