

**Know Your Body Mass Index (BMI)
To Prevent Heart Attacks**

Formula:

$$\text{BMI} = \frac{\text{Body Mass (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



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Dear Heart
Keep on **Beating**



**Love Your
HEART**

Heart For Life

The heart is the most important organ in our body. The heart functions by pumping blood to provide oxygen and nutrients to the whole body through the circulatory system.

A healthy heart is able to pump 10,000 litres of blood a day. The heart beats about 100,000 times a day, that is between 60-80 times a minute.



Heart attacks risk factors

- High Blood Pressure
- High cholesterol/fat in blood
- Obesity
- Lack of exercise/inactive
- Unhealthy eating habits
- Diabetes
- Stress
- Smoking



Heart attacks can be prevented

- Exercise at least 3 times a week, 20-30 minutes each time
- Eat healthily
- Maintain an ideal body weight
- Quit smoking
- Learn to manage stress
- Check your blood pressure
- Check your blood glucose level
- Maintain cholesterol level
- Go for regular health check-ups

Symptoms of a Heart Attack

- Breathing difficulties
- Increasing chest pains beginning in the centre or left area of chest which usually spreads to the left arm and neck
- Gripping pain that may result in fainting or unconsciousness
- Cold sweat
- Feel cold in spite of a hot environment
- Headache and nausea