



Cardiovascular diseases

“After the attack, I was unable to work for six months. I had to borrow a lot of money just to get by. If I had died that day I don't know what would have happened to my wife and children.”

FACTS

- Cardiovascular diseases including heart attack and stroke claim 4 million lives each year in the South-East Asia Region.
- The majority of premature deaths due to these diseases can be prevented by eliminating risk factors such as tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.

Usman Ahmed, father of three, and sole breadwinner, suffered a heart attack in 2009. Because of hospitalization and follow-up care, he had to stop work for 6 months. He quit smoking after the heart attack and is under treatment but he worries about what his family would do if something was to happen to him. He makes his living by selling tea in the slums of New Delhi, India and makes about Rs 200 or (US\$ 5) per day.

