



An Outreach Inter-disciplinary
Strategic Study (Across)
(NIHR 205540)



HOW TO TAKE CARE OF YOUR PHYSICAL HEALTH



Affordable Cardiac Rehabilitation (ACROSS)

Work Package 1
Intervention development

Work Package 2
Feasibility study

Work Package 3
Full trial

Work Package 4
Capacity development

ACROSS is a global collaboration with partners in Bangladesh, Pakistan, and India to develop and deliver affordable, home-based cardiac rehabilitation. It aims to create culturally appropriate, effective care for heart patients in low- and middle-income countries through four coordinated work packages.



Objectives

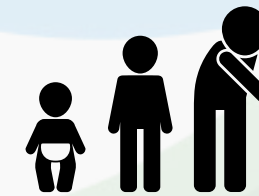
- ✓ Evaluate the impact of patient outcomes through delivery of a multidisciplinary CR programme
- ✓ Evaluate the cost-effectiveness and feasibility of a multidisciplinary CR programme

Heart Disease: Key Facts

- 1 Heart disease is globally, the leading cause of death
- 2 Men tend to develop heart disease earlier than women
- 3 Most of cardiac diseases are preventable
- 4 Pakistan falls in the lowest bracket of universal health coverage effectiveness

Causes & Risk Factors

Non-Modifiable (things you can't change)



Age (risk increases with age)



Family history of heart disease



Genetics

Modifiable (things on which you can work)



High blood pressure



High cholesterol levels



Smoking



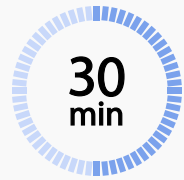
Mental health disorder like anxiety and depression



Daily Routine & Lifestyle



Maintain a healthy weight



Be physically active for at least 30 minutes daily (walking, cycling, dancing)



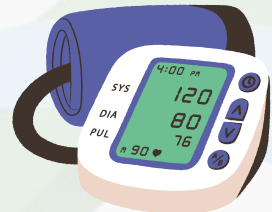
Avoid smoking and secondhand smoke



Limit alcohol



Manage stress with relaxation techniques



Monitor blood pressure, cholesterol, and blood sugar regularly



Get enough sleep



Physical activity lowers the chances of getting other conditions that may put a strain on the heart



The right amount of sleep regulates blood pressure, which is one of the leading risks of heart disease

Solutions & Prevention

HEALTHY FOODS, rich in healthy fats and whole grains help lower blood pressure and cholesterol, reducing risk of heart disease



FRUITS



VEGETABLES



NUTS AND SEEDS

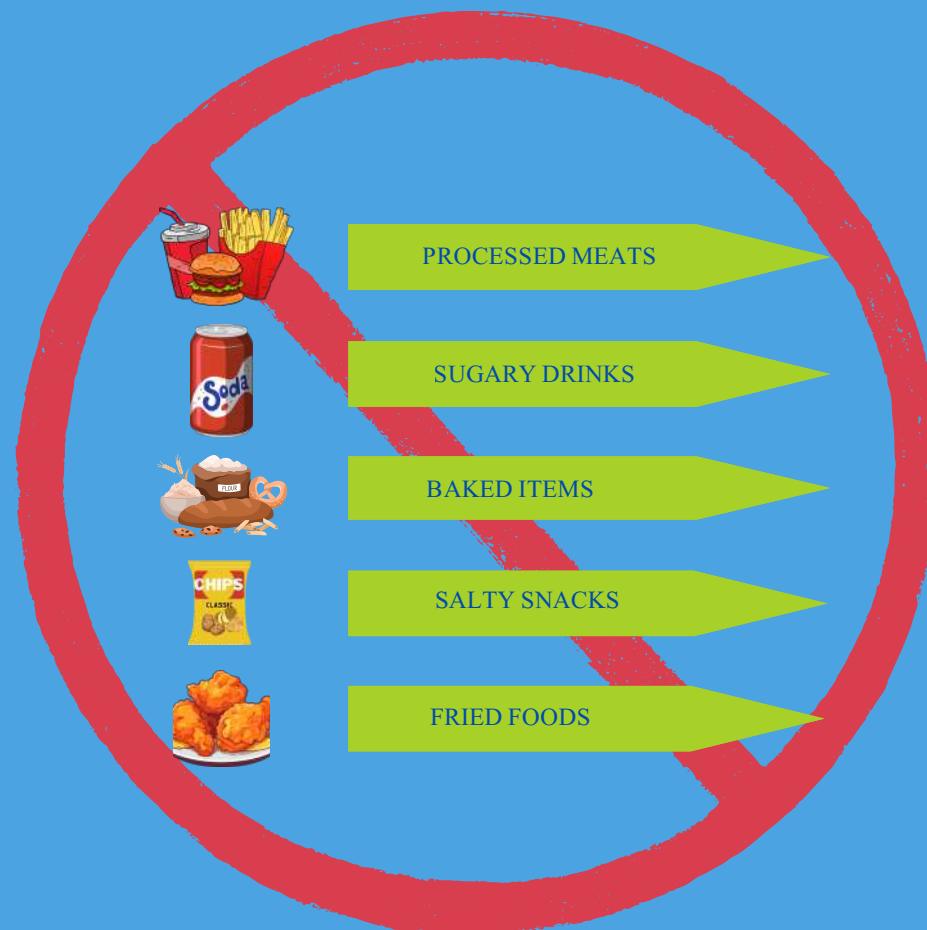


OLIVE OIL



LEAN MEATS

UNHEALTHY FOODS, especially those high in saturated fat sodium, trans fats, and added sugars, can increase the risk of heart disease



PROCESSED MEATS



SUGARY DRINKS



BAKED ITEMS



SALTY SNACKS



FRIED FOODS

Causes & Risk Factors- continued



Diabetes



Obesity and physical inactivity



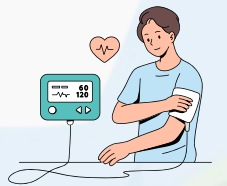
Unhealthy diet



Stress and poor mental health



Excessive alcohol use



High blood pressure

Risk factors often cluster together. For example, people with diabetes are more likely to also have high blood pressure and high cholesterol.

Signs You Shouldn't Ignore

Numbness of face, arm, or leg

Confusion and difficulty speaking

Difficulty seeing with one or both eyes

Difficulty walking, dizziness, loss of balance

Severe headache with no known cause

Fainting or unconsciousness



References

<https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3018605/>



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