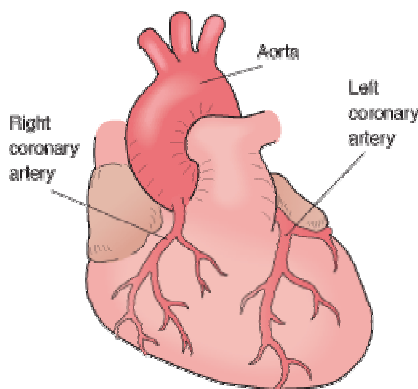


Hdyrog AneA3kav

hdy Aestt Anesqt kayRkrtaxivix*3 pkarna SnayAo4l bneumntyne+vt raqtaxrlrnrAaviwaJy Ag Oej e Aaqa xrlrneAokslj nykt l oHl pHoSaDe0e hdyrna SnayAonep` Aa kayRma3eAokslj nykt l oHlnl j 1/2iryat rHe0e j ekoronrl namnl 2mnlAo ptpaDe0e JyareAa 2mnlAoma>kol 33eal , kaxym neAlly pda4oRvga>4[n0eOarlno j mav kre0dyarehdyrna SnayAonepbtal oHl m5tan4l. Aa pikyane**A4aSKI easls** kHe0ej ex&vka5ma>x1/2 4ay 0ene2lme2lmev2tl =y 0e

Aa kar` sr hdyrna Snayae7m pdta>0atIma>duqavo ke&vas cDvo j vl tkl lf 4ay 0ej aeAlle+na kHe0e Aa Oarl AS4ayl 4ta>ya tBIta>Iya>l oHl g#ay 0enekoronrlma>oHlnlavrnm` Akedm A3kl =y 0e AaneHa3RA0k A0l eke hdyrogno Hml o Aalyo Am kH0ay 0e j o Aa pikya mgj nl 2mnlAoma>4ay to l kvo Aave0e

mallyta: Oarlno j mav 6Dp` ma>x1/2 4ay 0e
Hklkt: Oarlno j mav ba5p` 4l x1/2 4ay 0e



dr v8**10,000** Amerkavasl pr hdyrogno Hml o Aave0e AneAmaaa **10** 3ka l oko Aa rogna p4m ichn1/2pe mr` nexr` 4ay 0e dr& vyiktntl hdyrognl xkyta j dl j 1/2r 0ep` **wartlyone**Aa rognl xkyta Ally krta> **An&g`** l v20e

wartlyj noma>hdyrognl wyankta

wartlyj noma>Aa rog bl= vxly l oko krta>v2upna` ma>ll Amerkno krta>E.l g` o v2uca[nlzo krta>I g` o v2une=pnlzo krta>E0 g` o v2U , nani]llmrma>ll Ally p& krta>I 4l E0 v8RvHe0e Y AneAlly p& krta>nica kol 33eal na l vl ej ova m5e0e v5l Aa rogn&ndan kyaR0Heaj p4m inxanl1/2pehdyrogno A0e Aa6at l age0eke Akedm hdy b2 pdl =y 0enemr` nexr` 4vay 0e Aa rogno Hml o frl4l Aavvani xkyta Ally p& krta>E g` l v2urHe0enev& p& krta>mlydr bm` o rHe0e iv&v Aarogy sS4a A0l ekevLDRHe4 AogBa[z0nna Anman mjub E0E0nl sal ma>iv&vna hdyrogna 10 3ka ddiRo wartly Hxe Aa kar` hdyrog babtes=g bnvani AneAba A3kav ma3esiky 4vani Aitxy AinvayRa j` ay 0e

wartlyo mHdx&xakaHarl Hova Ota>xa ma3ehdyrog vHe0 nev2upna` ma>Aave0e?

varsagt m5ta j nIntivonekar` ecrbl Anokol 33eal neinyrn qrab rlte4t&hoy A0eAnman 0ej na pravaAo Akei at 4[rhya>0e Aam wartlyj no hdyrog ma3el j nIntivo4l wr&l bdkl sman 0e Aa2ink rHn-sHn, v2ta pi&mlkr` nexHelkr` ll t5&a po30o j 0e AaHar, ka]c po30o j 0e A&-Aaram neb5ta po30o j 0e manisk tnay Y Aewr&l bdkhl cap dbave0enehdy pr Hml o 4ay 0ej nIntivo bdl l xkay Am n4l; p` rHe0l-kr` l AvXy bdl l xkay Am 0e

varsagt j nIntivo: hdyrog ma3al wrEl bdkl

crbl Anekol 63eal nainymn qrab rite4tHoy Ael xkyta sx02n4l paxar 4[rHI 0e

v2tupiAmkr` nexHelkr` rHnsHn: bdkhl cap dbave0e

- AaHar : t5Ea p030 j e0
- Aæ-Aaram : ka]c p030 j e0
- manisk tnav : b5ta p030 j e0

hdyrogna ichno:

hdynAkedm Acank b2 pDvA Oatlna meymaKeDaba pDqedwavo 4vo U dba` Anwvvp Oatlna>wraVo, gwram`, vgeel, j #rma>dwavo kemdaIn, &vas cDvo, dIqavanwawa keha4ma>ivStrvA Akar` prs0 v5vo,]Bka-]L3l 4va>ckkr Aavva, vgeehdyrogna ichno 0e **10 3ka l okoma>Hdyrogna Hmal ana ko[ichno j`ata>n4l.**

xrlrnl Ak& baj ra Ha4pgma>kecHrama>Axikt kebHaxno Anwv, cKkr Aavva>kepDI j vA bol vama>kej ovama>tkl If Anwvvl, ma4ama>sqT dIqavo, bwan 4vA vgeel kvana ichno 0e

hdyrog 4vana kar` o AneA0o A3kav krvana]payo:

bdI l n xkay Awa>kar` o:]Mmr U p0Boma>]I 4l mo3l]Mmr; miHI aAoma>]I 4l mo3l]MmrY, =it, vx ne k0B0aj noma>hdyrogno [itHas.



bdI l xkay Awa>kar` o: kol 63eal nva2upna`, l oHlnA} eudba`, 2mp0n-tmak0en, Dayabli3s, Aobis3l-S40ta, da2no Aitrk, xarlirk pxi`no Awav, vgeel

- o **l oHlnA} eudba`:** l oHlnl n5lAonesakDI nebrD krInehdyrog nel kvo l ave j ma dba` v2uAa j oqm v2u
- o **v2ukol 63eal:** l oHlnl 2mnlna>j ma 4[nel oHlna wnt` ma>Atray krInehdyrog nel kvo l ave
- o **S40ta:** AaHarno Aitrk nexarlirk pxi`no Awav vj n v2arl hdyrog, Dayabli3s, l oHlnedba`, kltsr, va v2are
- o **Dayabli3s:** Hdyrog E 4l l g` o v2unenani]Mmre4ay; baypas sj Rnl j 1/2rt sivx0 rHe
- o **2mp0n:** Ha[DnsI3l kol 63eal 63aDe blpl nehdyrog v2are
- o **da2n0usen:** l oHlnedba` nevj n v2arl hdyrog v2are

Dayabli3s:

Dayabli3s AeA0:S aavl g4lno rog Oej ea4l l oHlna>xkR U GI koZ Ynespna` v2l =y 0e j o GI koZnespna` w0ya>p00ej da j da smyeE0I iml lgam4l v2uj` ay A4va to j Mya bad bekl akeE00 iml lgam4l v2uj` ay to Aa rog hovan0indan krl xkay.

Aarogya magaxR

Dayabli3s 4ya bad Aa rog k&I o kabma>0eAneAaHarnl A&a pr xl Asr 4ay 0eAej a` va ma3eGl koZ monl3r krvana mxlnnl mdd4l 6eb#a> tej Aag5lma4l l oHln&IpuKa! Inel oHlma>Gl koZn&prna` =` l xkay 0e w0ya p&eAa n&R E004l Ao0o Aneqa2a p0l bekl akeE104l Ao0o raqvo l abaga5el awdayl 0e

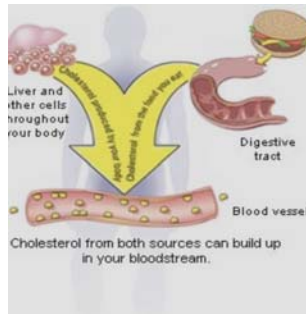
H&yroq 4vanl xKyta E 4l l g` l rHe0e H&yroq nanl]Mmre4ay 0e sarvarma>h&ynl baypas sj Rl krvanl j &rt sivx& pDe0e dr E VyiktA&E Vyikt h&yroq kel kvo 4va4l mr` nexr` 4ay 0e l ab& ga5eh&dy, ikDnl, mgj , ha4pg keAaeqona rogona &pma>Aa rognl wyankta j ova m5e0e rH&l-kr` l neAaHarma>f&efar, sivx& xariirk p&ik t&aj dvana]pyog4l Dayabli3snekabma>raq l xkay 0e

H&yroq]pr&e Ally rogo pr 4tl Asr



kol &3eol n&I oHlma>v2upna` :

kol &3eol Aecrb l j & sf&e r&no pda4FOej emHd&el Tl 3ka j &I o Y yk&e A&I ekel lvrma>bne0eAneE l 3ka j &I o qorakma4l m5e0e xrlrnl mHlvnl p&kyAaO t&aj A&S aavona inmaR ma3eAel j &rt pDe0enexrlr =te A&e]IpNn kre0e j o l oHlma>kol &3eol n&prna` E00 4l v2urH&ehoy to Ael Ha[kol &3rol ma>g` na krl xkay.



v2arano kol &3eol l oHlnl 2mnlAoma>j ma 4[nel oHlna pirw&` ma>A&ray pda kre0en&h&yroq kel kva j &a j oqml rog 4ay 0e

v2u&ntava5o A&I ekeHa[Dns13l kol &3eol l j ekol &3rol na inkal ma3emdd&zp bnto ho[xrlrnel awktaFOe samallyt: p&Boma>10 4l v2unemiHl aAoma>10 4l v2uHovo j o[A&E AneAoOl 6ntava5o A&I ekel o Dns13l kol &3eol l j ekol &3eol no j mav krto Ho[xrlrneHainktaFOe Saamallyt: EE0 4l Ao0o Hovo j o[A&E Ane&h&yrogl ke m2p&Hlma>E00 4l Ao0o Hovo j o[A&E: Aa bep&arna kol &3eol ivx& mHlvna 0e

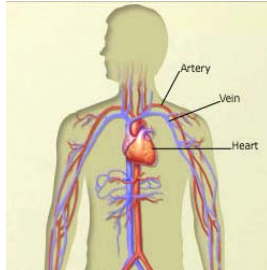
rH&l-kr` l neAaHarma>f&efar, sivx& xarlirk p&ik t&aj dvana]pyog4l kol &3rol nekabma>raq l xkay 0e Sivx& xarlirk p&ik 4l Ha[Dns13l kol &3eol v2e0ej el awdayl 0e d&I, 6l, t&e nemas&Harma>kol &3eol v2uhoy 0e bdam, Aqro3 nepIstama>]pyogl crbl A&I ekeSvaS\$yv2R f&e v2uhoy 0e Jokecrlma>E gafma>Nl k&erl Hoy 0ej evj nna v2arama>mo3o wag wj ve0enef&5&peh&yroq v2are0e Aa4l n3s neAol lv keknol a t&e p` mya&rt pna` ma>l &a iHtavH 0e xakwa+ma>kol &3eol no sd&er Awav j ova m5e0e Aa iHsabeviv2 xakwa+ sivx& pna` ma>l &a j o[A&E

Aarogya magaxR

Ha[Doj nã tEIpda4oRdDnl bnav3o nenai5yena tãma>Hainkark crbl v2uhoy 0ej ekol 33eol v2are0e qorakma> S3acRneqabykt kabofit pda4Rupna` 63aDva4l kol 33eol 63e0e Ao0a fãva5o Anev2ursava5o Aahar kol 33eol nekabma>raqva mdd½p 4ay 0e

I oHlnã} eudba` :

hdý Jyarel oHlnãktvaiHnIAo `ara xrlrnephoãaDe0eÿarãktvaiHnIAonl idval ma>j edba` pda 4ay 0eAãel oHlnã dba` khe0e j oeAa dba` EÏ0 ã N0 4l v2urHetoeI oHlnã} eudba` Aãl ekehayr3lxn g` ay 0eI oHlnl n5IAone sakDI nebrD krlnẽhdýrog nel kva j wa wyank rog I ave0e j ma Aa dba` v2uAã j oqm v2urHe0e



j oI oHlnãdba` EË0 isS3oik k ã ð0 DayaS3oik k 4l v2urhe0eHoy to roij dl rHn-sHnma>fefar krva4l, isgarã ne tmakub2 krva4l, vj n v2uhoy to 63aDva4l, v2uãak f5 neAo0l crblva5o AaHar Aarogva4l, ml#ãl gam4l Ao0ãl wa4l, blpl ivro2l dvana Jpyog4l neinyimt E0 imin3 kev2uxarlirk pãiq krva4l Aa rogneAkixt raql xkay 0eneAavto A3kavl p` xkay 0e

tmakusen-2mpãn:



tmakusen-2mpãn tnneba5e0e

Ha[Dmãl3l kol 33eol 63aDe0eI oHlnãdba` v2are0e 2mnl nel oHlnã ko8onenkãxan kre0e E00 j ðl a xrlrne Hainkark tãvo 2rave0eneAa rltẽhdýrog nekãsr v2are0e 2mpãn xrlrneba5e0e Aa ihsabetmakykãt Vysnono Tyag Hdýrog4l bcva j ½rl 0e

da½nusen-m. pan:



da½iDyo da½nẽxãplvano?
da½ j da½iDyanepl =y 0e

v2upna` ma>l wato Aalkohol Aãl ekeða½ xrlrma>crbl v2are0e nkaml kãrl Aapl vj n v2are0enel oHlnãdba` v2are0e Aam hdýrog v2are0e niHvt`pna` ma>l wato rã va[n hdýrog samer9` AaplnẽkaIDãol o+S3nl mluakat j ½r bcave0e p` da½ plvanl I t pDavl wan wuavl gã3vAã3ol o+S3nl mluakat Ackl krave0e da½ j da½iDyanepl =y 0e Aa ihsabeda½nl I t tbybtenkãxankark nlvDe0e

**tmakunedaðsennnlysn 3a5o
to m5xeSvaS\$yno ta5o**

tmakub2 krva4l kñx: hdy, f6sa>neklsrna rogo 63e0e
tmakub2en 0oDvanl manisk t\$arl, icikl\$knl mdd Anedva
lj el keinko3ln irPl æml8 4epl, zayban, call3lksý4l Aa k8æ
08l j vanl xkyta l g` l v2e0e

7l+ mHaraj eAa) a krlnetmaksen nedakpan4l bcavline
tdcStl kaj eAgmcæi vaprl 0e



dað plvanl Aadl l t bnlnetibyt bgaDe0enemnnustun
wgaDe0e dað 0oDva4l hdyrog, vj n, blpl, kl\$sr ne
Dayalb3ls 63e0enemn SvS4 rHe0e

Aobsl3l lS4Bta,mdSvltaf:

AaHarno Aitræ Anexarlirk p\$ik no Awav vj nma>v2aro kre0enehdyrog, Dayabli3s, l oHlnæ} eudba` ,
kl\$sr, va, vgeej el ibmarl l ave0e boDl mas [ND0 llyj n lpa]NDmaY-ã } ea[l[emaY2 X l0l. l krva4l m5b
E0. l kev2uneE l. l keAo0o raqvo ihtavH g` ay 0e j o bl.Aæ.Aa[.E l 4l v2uneE0 4l Ao0o Hoy to AovrvE3
nej o bl.Aæ.Aa[.E0 4l v2uHoy to Aobsl3l g` ay 0e Aaj nl AaHarna pma` ma>Aavæl ivkit ne63l rHe l
xarlirk p\$ik na kar` evj n v2aranl iv&vlyapl smSya Amækama>sivx0 ivStrl rHl 0e

**Aap` l kar ma3eqas imkalk raqlAe0IAeneqas Ao[l vaprlAe0IAe .p` Aap` a xrlrma>gmeteAo[l naqlAe
0IAenejdr } wravlAe0IAe**

vj n kabma>raqva ma3eFD. l el vaelneipramlD mjub smtol imtaHar Aarögy Anexarlirk p\$ik nekaymnl
Aadt bnavl roj E0 imin3 ksrt kro:

AaHar Aayoj n:

fDl l el ma>qorakma> æanæpma` AneAæpma` na n8r l q8a hoy 0e j eFDl ipramlD mjub l æa4l smtol AaHar
spma` l [xkay. dræ Vyikt ma3ek8erlnl l xrlrma>vpratl xiktno Akem Y j liryat]Mmr,j atl,rog nep\$ik
mjub j dl j dl hoy 0e Ak8 pa]ND vj n ma3eE l00 k8erl j vabdar 0e roj nl l00 k8erl v2uvpray keAo0l qvay to
E #vaiDyama>E pa]ND vj n 63e qorakna j lrl 63knepma` - kaboRt l0 4l l0 3ka, p83ln E l 4l E0 3ka, f8
E0 4l E l 3ka, faybr E0 gafm Aneml#æ l gafm j lrl 0e

Hdyyna Aarögy ma3eyoGy AaHar psd- kro:

dD: dDl, dhl>keclzma4l p83ln, iv3amln, 2atuAnekilxym v2um5e f8, k8erl Anekol 83æl p` v2um5eA8l e
l o-f8 dDhl bnav3 spma` l el.

dD-Dæi poDK3sna E-l pma`: E pma` A8l el of8 kenonf8 dDlno E kp; E. l A0s Svls l o-f8 clz

t8-6l Anem#a[: f8 Anek8erl v6uwD st8 Ao0o; vnSpit t8ma4l]pyogl f8 m5e 6l, maq` , im#a[Ane
ha[Dof n88 Ao[l ma>hainkark f8 v2u E gafma>Nl k8erl m5e

tEl pda4oRa l-l pma`: E pma` -E cmcl t8, 6l kemaq`

2ally Anek#05: kaboRt pda4Rnersa>v2u p83ln 4oDæAnef8 nihvt\pma` ma>m5e plrsata>pma` ma>63aDo
krva4l vj n 63e k#05 Anen3sma4l p83ln Anersa>v2uj lrl Anseyo8 f8 p` v2um5e E gafma4l l
k8erl m5e

Aarogy magæxR

2ally- isriAI na T-EE pma` : É pma` AæI ewat, paSta keisriAI no AD2o kp; ÉI gamni É ro3I I, waqrl ke bænI SI a[s. É pma` : Ð0 kærI.

K#o5-blls-n3sna E-T pma` : É pma` AæI era2e k#o5no AD2o kp; bdam,Aqrø3..É / É kp. É pma` : Ð0 kærI



xakwa+ Anef5: kaca kera2ea xak nef5 sivx8 I æa; kdrtl sgr Anefa[br-ræa> sara pma` ma>Hdyrog, Dayaib3Is AnektIsr A3kave **Xaak-**

væ3æI na E-T pma` : É pma` AæI é kp kemæIwr kacæxak; ra2æa xakno AD2o kp; É pma` : É0 kærI

F5-fæIsna E-T pma` : É pma` AæI ekapæa, ra2æa kekæD f5no AD2o kp; 3æIs bol j æDæf5. É pma` : T0 kærI

pæahl: roj na **T 4I Ð Pyal a** kev2upæahl- pa` I, Ao0I kærIva5a rs kekærI-fI/pl` a>

I æa>

xarlirk pæið:

gmtI pæið neksrt ma3æsvlkaro. xrlrneAnkæB AnærogneAnkæp ksrt v2u awdayl rhæe da.t. vanI tkl If hoy to trvæ cal vanI tkl If hoy to vj n]ekvæ im a kepirclt j nnepxið ma>wagldar bnava4I pæið mj dar 4xe pæið ma>iviv2ta I avo- kyarke cal væya saykl cl avvl ya rmt rævl. Aam krva4I Aa5s Anef[=ni xkyta 63xe sankæB smy psæ kro. pæið neAanddayl bnavo. bgIcama>cal væya ksrt vqte3ælivzn-glt-sglt ma` va.

AarogyneyoGy AaHar Aarogo ne roij dI pæið ma>ksrtno kx]meæ



wæya>rhæænj ½rl n4I;
bs ivcarIneqaAo

ksrtna mxIn j ½rl n4I;
bs cal vanæraqo

roj dI pæið ma>ksrtno kx]meæ:

roj na qorak mjub sankæB pæið ½pekærI vaprlneAadxRvj n =5vo
I IF3nebdI ænsr` I c!o
ca-kofI vqtecal vanæraqo
kam ke2æa pr cal Ine=Ao
6rkam nebagkam =tekro
pæið x½Aatma>2ImI kro p` inyimt kro. É0 imin3ni h5vl ksrt kecal vanI Aadt paDInekæx: É0-T0 imin3 s0I v2aro

nihaa nar =`o nekabma>raqi tibyt ma`o:

Aarogya ma3eyogya nar

- 3o3l kol 63eal : E00 4l Aoo
- Ae DI Ae: E00 4l Aoo
- Ae DI Ae: I0 4l v2u p00 ma3e I0 4l v2umiHl a ma3e
- 3ayigi sra[D: E I0 4l Aoo
- w0ya p00BI D GI k0z: E00 4l Aoo
- bl pl EE0 a D0 4l Aoo

inyimt tpa3 kravl AaHar, pxiq netblbl jpcar4l Aa nar0 kabma>raqo

IO v8RI mo3l neAkaad j oqmi iS4itva5l Vyikt Hdyna sl3l Sk0 kravl koronrl kaXym Skor =`l vH0l tke Hdyroq4l savc0 4[xke0e

Hdyna s6vaS\$y ma30l inramyl rHn-sHn kaj ew0ya> rH0ani, v2uprse0 paDvani kexrlrncplDvani j 1/2 n4l. J1/2 0ebs rog neAarogya4l maiHtgar 4vani ne d0nl drkar l 0ani

s6vaS\$y Ae smie2 0e
Aae=5v0
Anez5kavo



+vnnl drk p5 ma`va
=tnesaw50
Aneswa50

Hdyrogni sarvar yad raqvano sr5 jpay A0l eAebi.sl.Dl.[.:

- Ae** A6plrln AneAl+naivro2l dva
- bl-** bl.pl. pr kabuAnebl3a Bl okr dva
- sl-** kol 63eal 63aDvani dva Aneisgar0no in80
- DI-** Day0 pr kabuAneDayabli3s pr kabu
- [** - Akrsra[z AneA0yk0n

Aa rlteAaHar Anexarlirk pxiq ma>slun l avva4l, rog A3kav ma3exrlrnl drkar krva4l nerog hoy to yo6y sarvar kravva4l inramyl nedl6a7u+vn +vl xkay 0e

v2umaiHtl ma3e]pyogi v0sa[3s

- <http://www.americanheart.org/>
- <http://www.health-heart.org/>
- <http://www.cdc.gov/HeartDisease/>