



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

12 February 2020

Falling in Love or having a Heart Attack?

Valentine's Day is all about love - falling in love, being loved and showing love. However, in this fast-paced world of ours, we forget to love the most important person, ourselves, which leads to us being less aware of what is happening with our health especially our heart health.

We all know that love is always connected to the heart centre! While the Heart and Stroke Foundation encourages you to spread the love, we would also like you to take care of your heart health as it is one of the most important organs in your body (and in those you care about). The human heart is a powerful machine, pumping 90 000 times in every 24-hour cycle. Unfortunately, if the heart is not functioning well, this can lead to major ill-health and even death. Almost 1 in every 5 deaths in South Africa are caused by heart disease.

Heart disease often progresses suddenly without any symptoms or forewarning, until a heart attack suddenly strikes. For many South Africans, heart health is not something that is spoken about and this leaves us vulnerable, especially because not all people experience the same symptoms when they suffer a heart attack.

What is a heart attack?

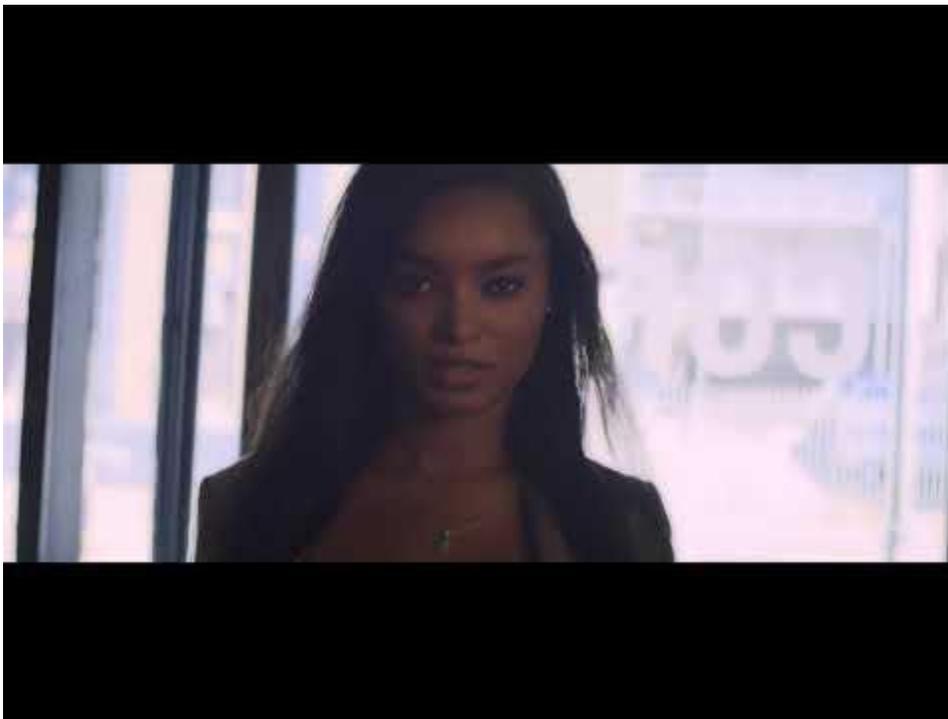
A heart attack occurs when a blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage. More often though, symptoms start slowly and persist for hours, days or weeks before a heart attack.

Symptoms of a heart attack:

Sudden chest pain is the most common symptom of a heart attack. However, symptoms such as an overwhelming feeling of anxiety, shortness of breath, feeling lightheaded or dizzy, abdominal pain or nausea can also be signs of trouble.

Heart attack symptoms feel like true love symptoms, if you feel them it might be a broken heart.

So, as the day of love approaches, love yourself more arming yourself with knowledge and knowing the symptoms:



The HSFSA will be hosting the following public activities:

Date	Activity	Venue	Contact
Friday, 14 February 2020	Life Fourways Valentine's Day Activation (Full screening HRAs)	Life Fourways Hospital Main Reception, Johannesburg	Emmah Siluma 011 875 1403
Friday, 14 February 2020	Melomed Valentine's Day Activation (Blood Pressure Testing)	Melomed Mitchells Plain, Cape Town	
Friday, 14 February 2020	Life Entabeni Valentine's Day Activation (Full screening HRAs)	Life Entabeni Hospital, Durban	Samukelisiwe Dladla / Dana Govender 031 261 9055

For updates on our Valentine's Day activities please on our website for regular updates <http://www.heartfoundation.co.za/> or call 021-422 1586.

Ends

Interviews will be conducted with our CEO, Prof Pamela Naidoo, our dietitians, nutritionist, health promoters, and relevant experts. To co-ordinate and confirm interview dates you are welcome to contact the Public Relations and Communications Department on 021-422 1586 or email:

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About the Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa (HSFSA) plays a leading role in the fight against preventable heart disease and stroke, with the aim of seeing fewer people in South Africa suffer premature deaths and disabilities. The HSFSA, established in 1980 is a non-governmental, non-profit organization which relies on external funding to sustain the work it carries out.

The HSFSA aims to reduce the cardiovascular disease (CVD) burden in South Africa and ultimately on the health care system of South Africa. Our mission is to empower people in South Africa to adopt healthy lifestyles, make healthy choices easier, seek appropriate care and encourage prevention.

For more information visit www.heartfoundation.co.za. You can also find us on www.facebook.com/HeartStrokeSA and www.twitter.com/SAHeartStroke