Climate Change & Cardiovascular Disease
How to improve cardiovascular health under the effects of climate change?

A. Reduce the overall risk of heart disease or stroke

B. Limit exposure to air pollution, extreme heat or cold

C. Pay attention to air quality indexes

D. Take climate action in homes and communities
How to improve cardiovascular health under the effects of climate change?

A. Reduce the overall risk of heart disease or stroke....

**consider healthy behaviours**
- regular doctor visits
- monitor water intake
- eat well (balanced meal)
- know your underlying conditions (e.g., know the signs of heart attack or stroke)
- control blood pressure and cholesterol levels
- reduce stress levels

**consider reducing risks and exposures**
- reduce or quit smoking
- assess home environment for exposures i.e. extreme heat? cold? particulates? mold?
- review exposures in the workplace

**consider activity levels**
- exercise frequently
- assess time of day for exercise
How to improve cardiovascular health under the effects of climate change?

C. Pay attention to air quality indexes...
utilize available weather apps

- Cala Weather
- AccuWeather
- AirNow

D. Take climate action in homes and communities
How to improve cardiovascular health under the effects of climate change: For Healthcare Providers

Conduct in-depth patient survey at point of contact

Increase attention to patient’s case:
- taking proper patient histories
- occupation
- exposures
- home locations
- external stressors
- advising patients adequately

Increase attention to patient’s case:
- coronary artery disease
- angina (chest pain)
- a heart attack
- bypass surgery or an angioplasty
- heart failure
- an internal cardiac defibrillator
- a stroke or transient ischemic attack
- blockages in the arteries of the neck or legs