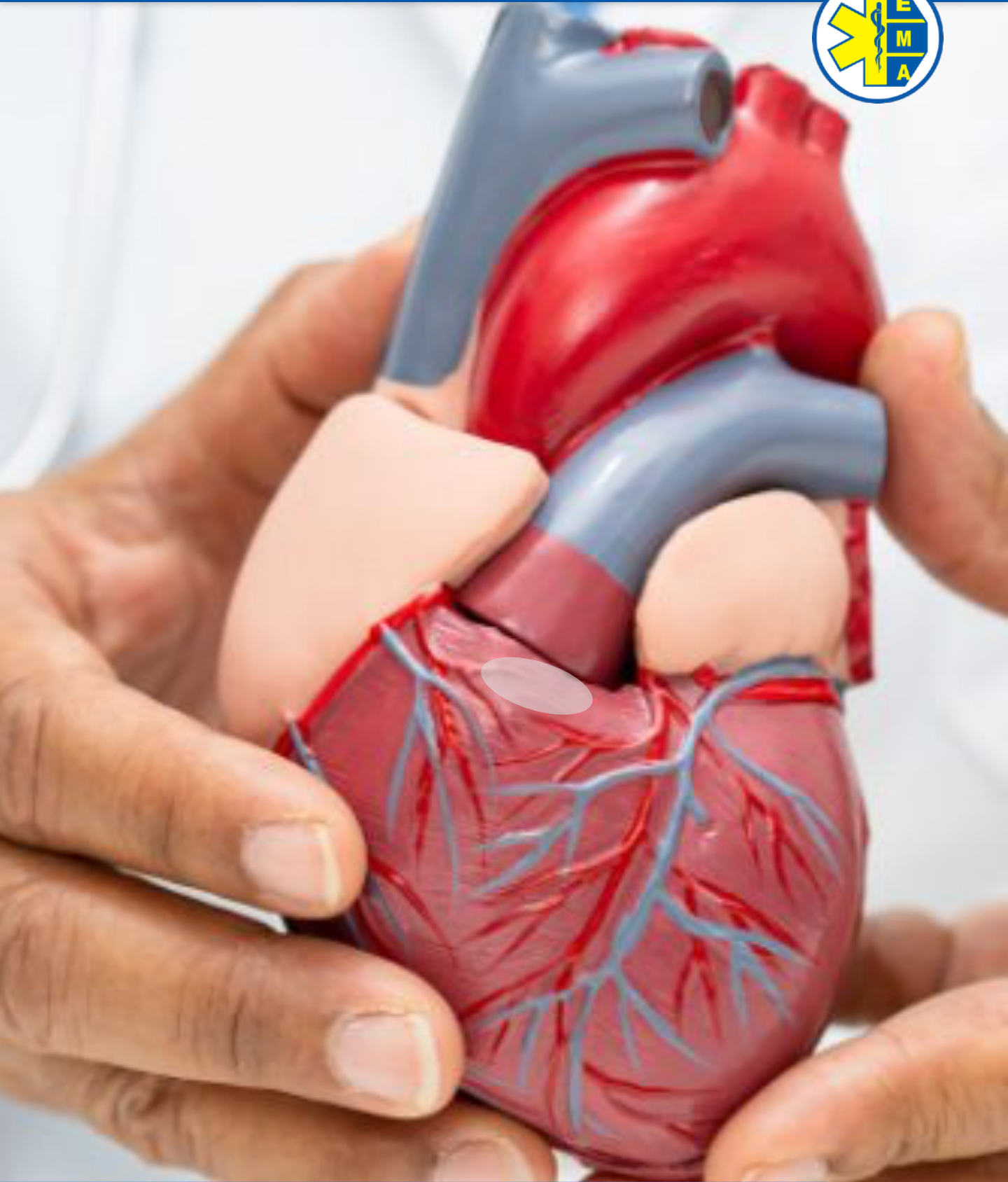


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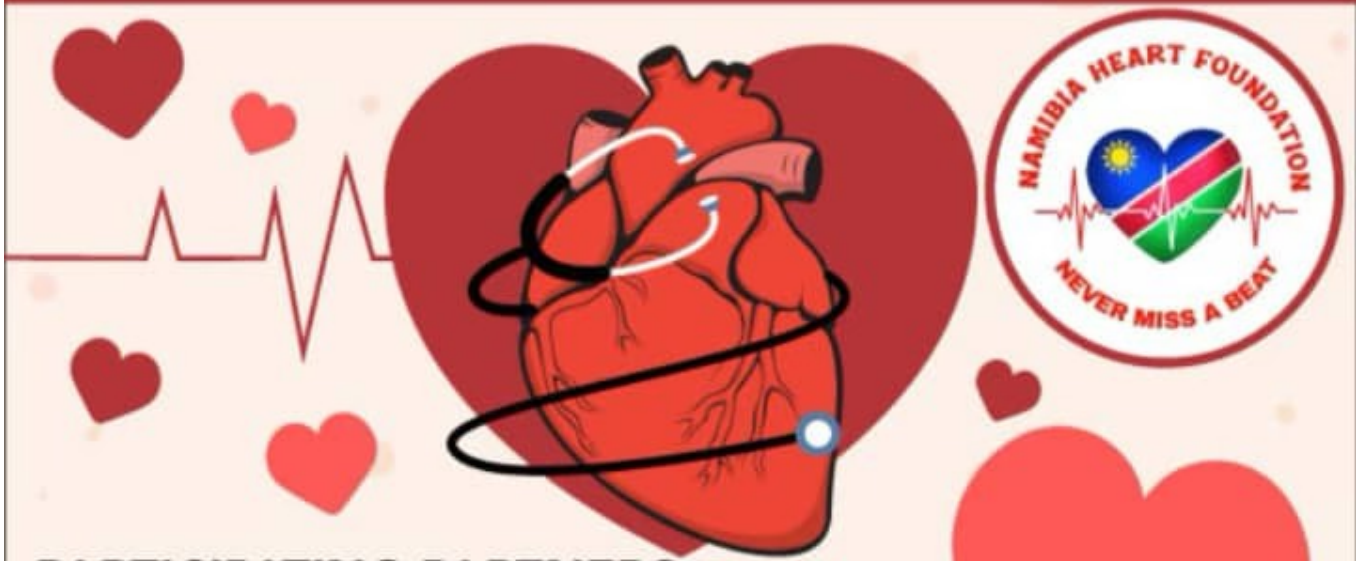


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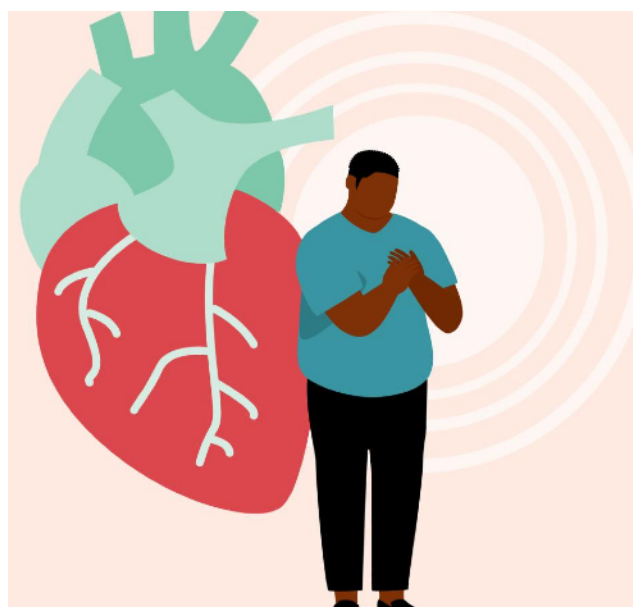
The Heart of the Matter: A Comprehensive Guide to Preventing and Living with Cardiac Disease

Cardiovascular diseases (CVDs) remain the leading cause of mortality globally, yet a significant proportion of these conditions are preventable. This article provides a comprehensive overview of primary and secondary prevention strategies for cardiac diseases, emphasizing the profound impact of lifestyle modifications. We delve into the multifaceted consequences of living with a cardiac condition, spanning physical, psychological, and socioeconomic domains. Furthermore, we underscore the critical importance of immediate and appropriate emergency response during an acute cardiac event, such as a myocardial infarction (heart attack). The central thesis is that through education, proactive health management, and swift emergency action, the burden of cardiac disease can be substantially mitigated. This guide serves as an evidence-based resource for the general public on safeguarding cardiovascular health.

The Global Challenge of Cardiac Disease

In the landscape of modern medicine, few challenges are as pervasive and persistent as cardiovascular disease. This broad category, encompassing conditions like coronary artery disease, heart failure, stroke, and hypertension, constitutes a

global health crisis. According to the World Health Organization, CVDs claim an estimated 17.9 million lives each year, accounting for nearly one-third of all global deaths. While these statistics are sobering, they belie a hopeful reality: up to 80% of premature heart disease and stroke can be prevented.



The narrative of cardiac disease is not solely one of mortality; it is also a story of life altered. A diagnosis can impose significant limitations, emotional distress, and financial strain on patients and their families. Therefore, the conversation must shift from merely treating the disease to proactively preventing its onset and effectively managing its progression. This article aims to empower individuals with the knowledge to build a robust defense against cardiac ailments, understand the profound impact of these conditions, and know precisely how to act in an emergency. Prevention is not a passive act but an



active, lifelong commitment to well-being.

Primary Prevention: Building a Fortress for Your Heart

Primary prevention refers to the actions taken to prevent the initial occurrence of a disease. In cardiology, this is the cornerstone of reducing the incidence of heart attacks and strokes. The strategies are not revolutionary, but their collective impact is monumental.

1. The Power of Nutrition: Fueling a Healthy Heart

The adage "you are what you eat" is particularly true for cardiovascular

health. A heart-healthy diet is not about deprivation but about making smart, consistent choices.

- **Embrace a Plant-Forward Plate:** Diets rich in fruits, vegetables, whole grains, nuts, and legumes are consistently linked to lower CVD risk. These foods are packed with fiber, vitamins, minerals, and antioxidants that combat inflammation and oxidative stress, key drivers of atherosclerosis (the hardening and narrowing of arteries).
- **Choose Healthy Fats:** Not all fats are created equal. **Unsaturated fats**, found in olive oil, avocados, nuts, and fatty fish (like salmon and mackerel), can help lower "bad" LDL (Low-Density Lipoprotein) cholesterol and raise "good" HDL (High-Density Lipoprotein) cholesterol. Conversely, **saturated fats** (found in red meat, butter, and full-fat dairy) and especially **trans fats** (often in processed and fried foods) should be significantly limited as they contribute to arterial plaque buildup.
- **Slash Sodium, Boost Potassium:** High sodium intake is a primary driver of hypertension (high blood pressure), a major risk factor for heart disease and stroke. The majority of sodium in the modern diet comes from processed and restaurant foods. Cooking at home and seasoning with herbs and spices instead of salt is a powerful strategy. Concurrently, increasing potassium intake (from foods like bananas, spinach, and sweet potatoes) can help counterbalance sodium's effects and

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ARMS

Can they raise both arms & keep them up

SPEECH

Is there a slurred speech

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H

Healthy Eating

Fruits, vegetables, whole grains, and lean proteins

E

Exercise Regularly

At least 30 minutes of moderate activity most days

A

Avoid Risk Factors

Smoking, alcohol, and stress

R

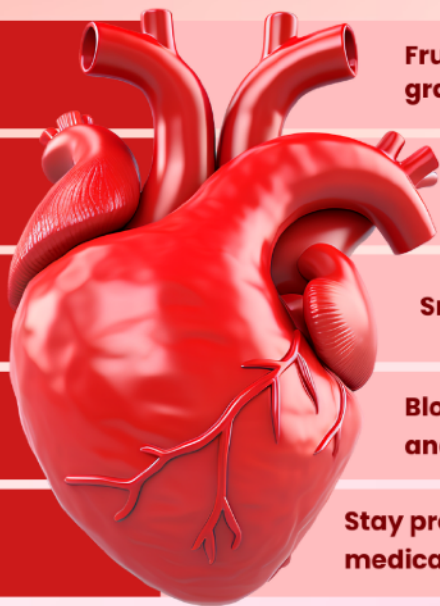
Regular Checkups

Blood pressure, cholesterol, and blood sugar levels

T

Take Preventive Steps

Stay proactive with medications



lower blood pressure.

- **Adopt Proven Dietary Patterns:** The **Mediterranean Diet** and the **DASH (Dietary Approaches to Stop Hypertension) Diet** are two of the most well-researched and effective eating plans for heart health. Both emphasize whole foods, lean proteins, healthy fats, and minimal processed ingredients.

2. The Mandate of Movement: Exercise as Medicine

The human heart is a muscle, and like any muscle, it strengthens with exercise. Regular physical activity is a potent tool for preventing cardiac disease.

- **Aerobic Exercise:** Activities like brisk walking, running, swimming, and cycling improve circulation, lower blood pressure, and boost HDL cholesterol. Aim for at least **150 minutes of moderate-intensity** aerobic activity or **75 minutes of vigorous-intensity** activity per week, spread throughout the week.

- **Strength Training:** Resistance training (lifting weights, using resistance bands, bodyweight exercises) at least twice a week helps build lean muscle mass. This improves the body's metabolic rate and helps manage weight, an important factor in heart health.
- **Consistency Over Intensity:** The most important aspect of an exercise regimen is sustainability. Finding enjoyable activities and incorporating them into your daily routine is more effective than sporadic, high-intensity workouts. Even small changes, like taking the stairs instead of the elevator, can add up.

3. Managing Key Health Metrics

- **Maintain a Healthy Weight:** Excess body weight, particularly abdominal obesity, is a major risk factor for CVD. It contributes to high blood pressure, high cholesterol, and type 2 diabetes. A healthy **Body Mass Index (BMI=height(m)²weight(kg))** is generally considered to be between



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18.5 and 24.9. Measuring waist circumference is also crucial, as it indicates visceral fat, which is particularly harmful.

- **Abstain from Tobacco:** Smoking is one of the most significant risk factors for heart disease. The chemicals in tobacco smoke damage the heart and blood vessels, leading to atherosclerosis. There is no safe level of smoking. Quitting is the single best thing a smoker can do for their heart health.
- **Moderate Alcohol Consumption:** Excessive alcohol intake can lead to high blood pressure, heart failure, and stroke. If you drink alcohol, do so in moderation. This is typically defined as up to one drink per day for women and up to two drinks per day for men.
- **Control Blood Pressure and Cholesterol:** Regular check-ups are essential to monitor blood pressure and cholesterol levels. If they are elevated, lifestyle changes are the first line of defense, but medications may be necessary to reach safe targets and prevent long-term damage.

The Far-Reaching Impact of a Cardiac Diagnosis

When a cardiac event occurs or a chronic condition is diagnosed, the repercussions extend far beyond the physical organ. The impact is a ripple effect, touching every aspect of a person's life.

Physical and Functional Changes

Following a heart attack or diagnosis of heart failure, patients often experience fatigue, shortness of breath, or chest discomfort (angina) with exertion. This can limit their ability to work, engage in hobbies, or even perform daily tasks. A structured **cardiac rehabilitation** program is vital in this phase. It's a medically supervised program designed to improve cardiovascular health through tailored exercise training, education on heart-healthy living, and counseling to reduce stress. It helps patients safely regain strength and confidence.

Emotional and Psychological Toll

The psychological impact of a cardiac diagnosis can be as debilitating as the physical symptoms. It is common for patients to experience a storm of emotions, including fear, anxiety, and depression. The fear of a recurrent event

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can lead to "cardiac invalidism," where individuals become overly cautious and avoid activities they are physically capable of performing. **Anxiety and depression** are not just emotional side effects; they are also independent risk factors for poor outcomes after a cardiac event. Addressing mental health through counseling, support groups, and, if necessary, medication is a critical component of comprehensive cardiac care.

Socioeconomic Consequences

Living with heart disease can create significant financial strain. Costs can include expensive medications, frequent doctor's visits, and potentially reduced income if the patient is unable to return to their previous work capacity. The complexity of managing the condition—tracking medications, appointments, and lifestyle changes—can also strain relationships with family and friends, who often take on caregiving roles. Open communication and a strong support system are invaluable.

Emergency Response: When Seconds Count

Recognizing and responding to a heart attack is a life-or-death situation. Atherosclerotic plaque can rupture, leading to the formation of a blood clot that completely blocks a coronary artery, starving the heart muscle of oxygen. This is a **myocardial infarction**.



Recognising the Symptoms

While classic symptoms are well-known, they can vary, especially in women.

- **Chest Discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in Other Areas:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of Breath:** This can occur with or without chest discomfort.
- **Other Signs:** Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.

Women are somewhat more likely than men to experience atypical symptoms, such as shortness of breath, nausea/vomiting, and back or jaw pain, sometimes without any obvious chest pain.

The Critical Action: Call for Help Immediately

If you or someone around you experiences these symptoms, **do not**





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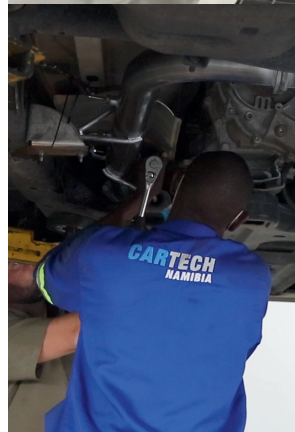
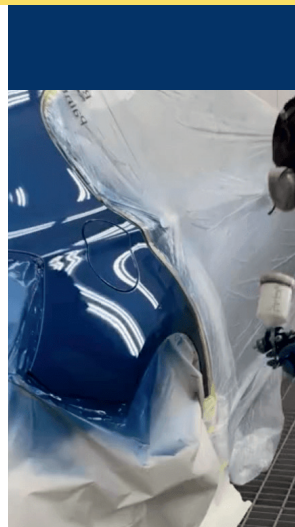
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delay. The most common mistake people make is waiting too long to seek help, hoping the symptoms will subside. Every minute that passes, more heart muscle is damaged and dies.

Call 9112 immediately.

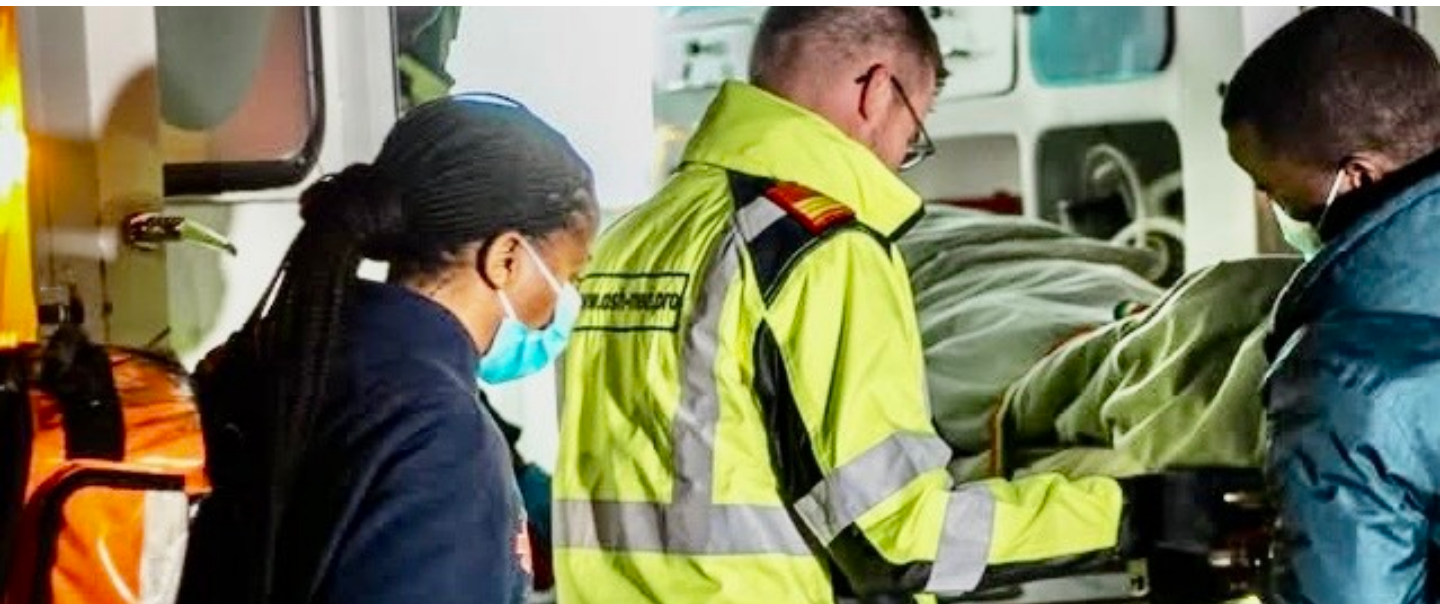
This is the designated emergency number for immediate medical response. Do not attempt to drive yourself or have a friend drive you to the hospital. Emergency medical services (EMS) personnel can begin treatment the moment they arrive. They are trained to revive someone whose heart has stopped and can transport the patient to the most appropriate hospital for specialized cardiac care. Time is muscle, and the swiftest way to save that muscle is to activate the emergency response system by dialing 9112.

Secondary Prevention: Living Well with Heart Disease

For individuals who have already experienced a cardiac event, the focus

shifts to secondary prevention—aggressively managing risk factors to prevent a recurrence. This involves a lifelong commitment to the same principles as primary prevention, but often with greater intensity and the addition of medication.

- **Medication Adherence:** Medications are a cornerstone of secondary prevention. Drugs such as statins (to lower cholesterol), beta-blockers (to lower blood pressure and heart rate), ACE inhibitors (to relax blood vessels), and antiplatelet agents like aspirin are proven to save lives. It is absolutely crucial to take these medications exactly as prescribed by your cardiologist.
- **Continued Lifestyle Modification:** The heart-healthy diet and regular exercise are no longer just preventative measures; they are essential treatments. These lifestyle changes can help lower the dose of required medications and improve overall quality of life.



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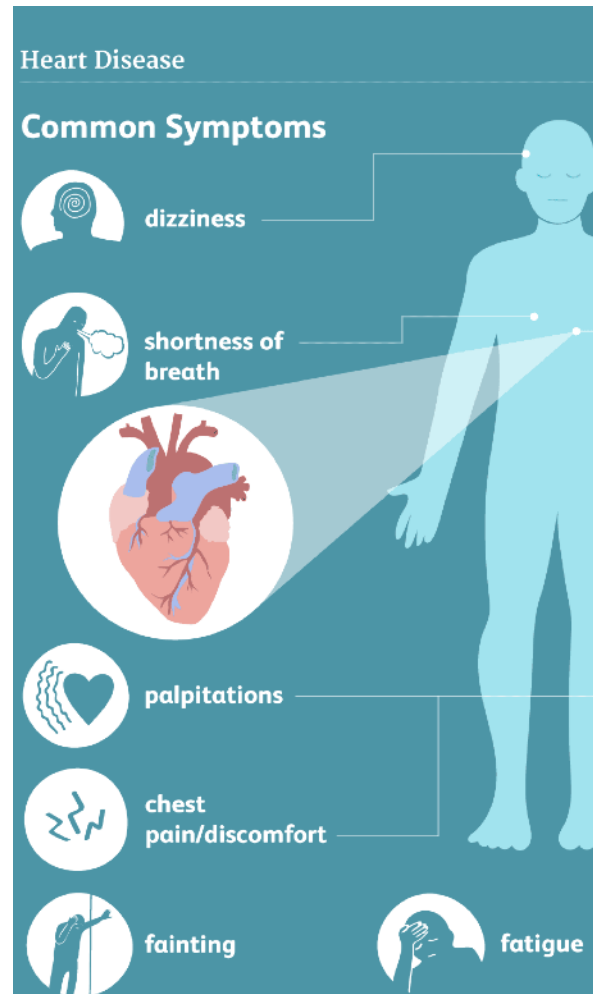
- **Regular Follow-Up:** Ongoing care with a cardiology team is essential to monitor progress, adjust medications, and provide support. This partnership between patient and provider is key to long-term success.

Conclusion: An Investment in a Lifetime

Cardiac disease presents a formidable challenge, but it is not an insurmountable one. The power to prevent and manage this condition lies largely within our own hands. Through conscious choices about our diet, physical activity, and habits, we can build a strong foundation for cardiovascular health. By understanding the profound impact of a diagnosis, we can better support those living with these conditions. And by knowing the critical, time-sensitive steps to take in an emergency—starting with the immediate call to 9112—we can save lives.

Investing in your heart health is the most important investment you will ever make.

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Health Series - Calendar: All 40 Weeks of Pregnancy - week 26

Hello Baby? Your Unborn Child Can Now Hear Your Voice.

Weeks 26 of Pregnancy

Baby's Development

In the 26th week of pregnancy, the auditory ossicles (the tiny bones in the ear), which were initially cartilage, have now hardened into bone. This means that around this time, your little one can already hear your voice. Developmental health experts confirm that the sensory cells in the baby's inner ear are now mature. "Studies show that fetuses at this stage react to voices and other sounds from the outside world," one expert notes. Initially, they respond primarily to low frequencies, but as the

pregnancy progresses, they will begin to hear higher frequencies as well.

If you have a favourite song, perhaps a tune by a local Namibian artist like EES or a traditional melody, you can start playing it for your baby. If you listen to it frequently over the next few months until birth, your baby may recognise the melody once they are in the world. Similarly, your baby will recognise the voices of both mother and father after birth. Even now, your baby is becoming accustomed to the regular sounds that reach them in the womb. When your little one hears familiar sounds, they might become calm and settled right inside your belly – give it a try. You can speak to your baby in English, Oshiwambo, Afrikaans, or any of the languages spoken in our diverse Namibian homes; the rhythm and tone of your voice are what create that early



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bond.

For some time now, fine ridges have been forming on the hairless parts of your baby's skin, such as the palms of the hands and soles of the feet. These are called papillary ridges and they form the basis for the unique lines of a fingerprint. Experts often note that the pattern of ridges on the feet is clearly visible from the 31st week and is considered a sign of maturity used to determine the gestational age of premature babies. It is not yet fully understood how the pattern of these skin grooves is determined. However, scientists are certain that, in addition to genetic factors, external influences must also play a role. This is because even the fingerprints of identical twins are different.

Furthermore, your baby's skin has been producing the pigment melanin for several weeks. Your child's future skin colour depends on how much melanin their body produces, but its full intensity will only develop after birth.

The Mother's Health

The hormones released during pregnancy influence and change many characteristics of the body. Among other things, pregnant women sometimes experience dry eyes. The tear film that covers the cornea of the eye has a different composition in pregnant women, which can cause the eyes to burn and feel gritty more easily, a feeling

many in the dry climate of the Khomas Region can relate to.



To find relief, it can help to increase the humidity in the room, perhaps by placing a bowl of water near a window, and to blink more frequently. You can also regularly moisten your eyes with artificial tears – be sure to consult your local pharmacist for advice on selecting a suitable product. For more severe discomfort, or if these measures do not bring rapid improvement, you should always consult a doctor or your local clinic to determine the exact cause.

Additionally, your eyesight may also weaken during pregnancy. Therefore, if possible, you should avoid getting a new prescription for glasses during this time. These changes in vision typically reverse after you give birth. But be cautious: you should only drive if you can see clearly and feel safe on the road.



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Health & Safety - When Safety Follows You Home: Extending Workplace Safety into Everyday Life

Encouraging employees to apply workplace safety habits at home protects their families, reduces off-the-job injuries, and strengthens the overall safety culture.

In many workplaces, safety is a top priority; reinforced through training, policies, and daily leadership. But true safety excellence happens when that culture does not stop at the time clock. When employees take the habits, mindset, and awareness they have developed at work and apply them at home, they create safer environments for their families and communities as well.

A workplace that fosters this mindset benefits twice; it reduces accidents on the job and inspires employees to make safety second nature in all aspects of their lives.

The Reality of Off-the-Job Incidents

While employers focus heavily on preventing workplace injuries, statistics show that many employees are more likely to be injured off the job than on it. Falls from ladders during home projects, burns from cooking, or back strains from lifting heavy objects are just a few common examples.

These incidents carry real consequences for employers. Lost workdays, medical costs, and the need to temporarily fill positions can strain resources just as much as workplace injuries. More importantly, they impact the well-being of employees and their families. Extending a culture of safety beyond the



job site can significantly reduce these risks.

Common Home Hazards Where Workplace Safety Helps

Workplace safety training often covers skills and practices that directly apply at home. Examples include:

- **Ladder Safety:** Using the right ladder for the job, placing it on stable ground, and maintaining three points of contact.
- **Safe Lifting Techniques:** Bending at the knees, keeping loads close to the body, and avoiding twisting while carrying weight.
- **Tool and Equipment Safety:** Wearing proper eye and hand protection, ensuring tools are in good condition, and following manufacturer instructions.

- **Chemical Handling:** Storing household chemicals securely, reading labels, and using gloves or other protective equipment.
- **Driving Safety:** Applying defensive driving techniques, avoiding distractions, and using seat belts at all times.

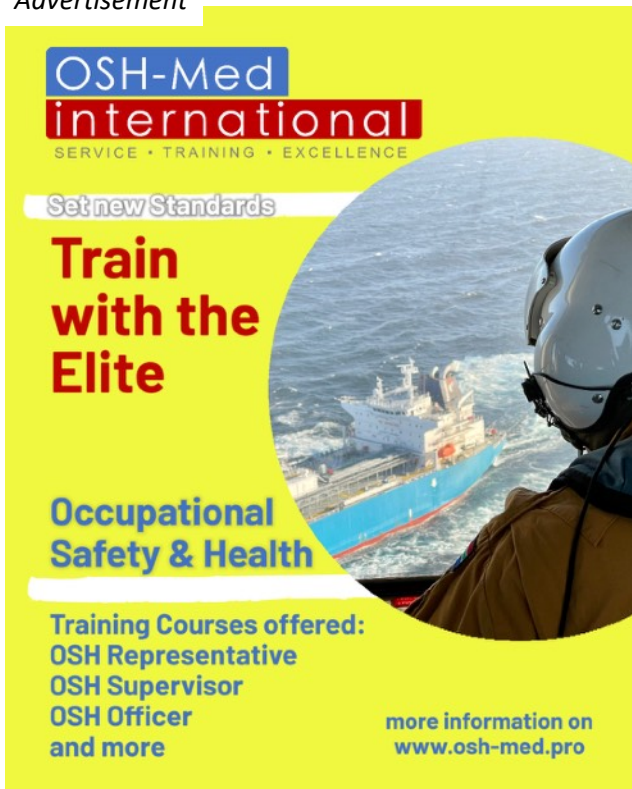
By connecting these familiar workplace lessons to personal life, employees see safety as a transferable skill, not just a work requirement.

Strategies for Building a Safety Culture That Sticks

1. Model the Right Behaviors

Leaders should demonstrate the same safety practices they expect from their teams. If an employee sees a supervisor using fall protection at work, wearing eye

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protection during home improvement projects, and buckling up before driving, the message is clear; safety is universal.

2. Make Training Practical and Transferable

Whenever possible, link workplace safety lessons to home scenarios. A session on safe lifting techniques can easily translate to moving furniture, carrying groceries, or handling heavy yard equipment.

3. Share Real-World Stories

Highlight examples of employees who used their workplace training to prevent an injury at home. Storytelling humanizes safety messages and reinforces their value.

4. Provide Take-Home Materials

Handouts, quick-reference cards, or family safety checklists can keep safety top-of-mind outside work. Topics like fire escape planning, safe tool use, and ladder safety are universal.

5. Recognize and Reward Safety Champions

Celebrate employees who demonstrate safety leadership both at work and in their personal lives. Recognition builds pride and encourages others to follow suit.

The Role of Leadership

Managers and supervisors set the tone for how safety is valued. By showing genuine concern for employees' well-being, not just their productivity, leaders

encourage workers to integrate safety into every part of their lives.

Leadership should make it clear that safety does not end at the facility gate. Encouraging conversations about off-the-job safety during meetings, newsletters, or one-on-one check-ins reinforces the idea that the company values the whole person, not just the employee.

Final Thoughts

A successful safety program extends beyond compliance and checklists. It creates a culture where employees instinctively assess risks, take precautions, and protect themselves and others; at work, at home, and in their communities.

When employees carry safety home, they protect what matters most; and that commitment often returns to work with them, stronger than before.

If you would like to get more information for comprehensive Health & Safety at the work place or at home, contact the E.M.A. platinum supporter OSH-Med International. For more information, please visit www.osh-med.pro



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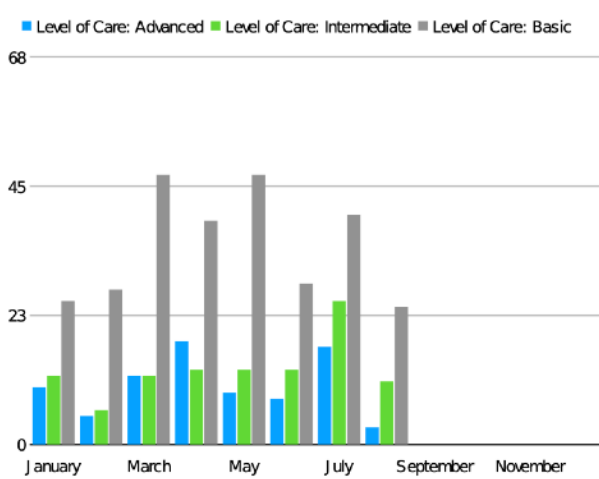
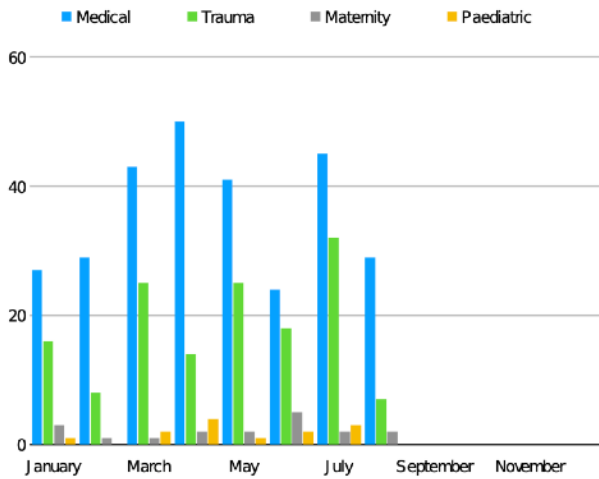
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March	43	25	1	2	12	12	47
April	50	14	2	4	18	13	39
May	41	25	2	1	9	13	47
June	24	18	5	2	8	13	28
July	45	32	2	3	17	25	40
August	29	7	2	0	3	11	24
September							
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Emergency Call



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- **How many** injured person
- **Waiting** for further question

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9112

Fire Brigade:

Windhoek

061-21 1111

Police:

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.
Service Hotline
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



Emergency Call: 9 1 1 2