

Heart Disease



Key Points for South Asians

1. South Asians are at higher risk for heart disease than other populations.
2. Obesity, diabetes, and a diet low in fruits/vegetables increase this risk.
3. Heart disease can be prevented through a healthy lifestyle.
4. You can find out what your personal risk is at SANSAR's [Clinic](#).

- Coronary artery disease (CAD) is a type of heart disease that develops when plaque builds up inside the arteries of the heart. This can cause a heart attack. Preventing CAD, the leading cause of heart attacks, is the main focus of SANSAR. [Learn more.](#)
- People from South Asian countries (India, Pakistan, Bangladesh, Nepal and Sri Lanka) are at higher risk for developing heart disease compared to other populations. [Learn more.](#)
- Coronary artery disease (CAD) is PREVENTABLE, and the risk for developing it can be reduced by living a heart-healthy lifestyle. [Learn more.](#)
- Smoking, high blood pressure, high cholesterol, obesity, stress, a diet that is low in fruits and vegetables and having diabetes are all factors that increase the risk for developing heart disease. [Learn more.](#)
- SANSAR can help you find out what your risk is for developing heart disease, and can help you reduce that risk. [Learn more.](#)