



Al – Ahli Hospital Celebrates World Heart Day.

Awareness activities aimed at promoting cardiac health and combating heart disease while also urging residents to know their vital health statistics such as blood pressure and weight,

The aim of the event was to help people discover what their heart health is like and to provide them with information on how it can be improved.

The event held in recognition of the World Heart Day which is marked annually on September 29, reminding people of the importance of maintaining a healthy heart.

A collection of stands at the lobby helped visitors to test about factors such as blood pressure, pulse, weight, height, body mass index (BMI), blood sugar and cholesterol level, and how the data relate to an individual's age and gender that influence cardiac health. Visitors whose test findings indicate that they are at risk of heart problems were advised to undergo further tests to measure the level of risk. Visitors were also advised on how to prevent heart disease as well as the provision of education and information on lifestyle choices for good heart health.

The World Heart Day is significant to us because we are promoting better health care for the community. So we see it as a responsibility to spread awareness by telling that prevention is better than cure. We celebrate this day by offering free tests for people. Some people look healthy but they may have high blood pressure or may be overweight. Even if you look healthy, if you practice wrong diet, can cause high cholesterol, blood pressure, and cause heart attack any time. So screening and following a healthy lifestyle is very important,

World Heart Day is the biggest global awareness-raising platform for cardiovascular disease (CVD) which includes heart disease and stroke. Its aim is to help people live longer, better, more heart-healthy lives. CVD is the world's number one killer and is responsible for 17.5 million premature deaths, and by 2030 this is expected to rise to 23 million. The good news is that we can help prevent heart disease by making just a few simple daily changes, like eating and drinking more healthily, getting more exercise and stopping smoking.

People ask about the danger of heart disease daily and Al-Ahli Hospital's medical team aims to educate and increase awareness through events such as its World Heart Day. With a focus of increasing awareness and the simple steps we can all take to minimize the risk of heart disease, Al-Ahli is proud to support the community of Qatar in preventing heart disease through understanding, prevention methods and advice on making healthier choices.