

a **DESired HEART** is a **HEALTHY** heart

SOUTH ASIAN AMERICANS:

HAVE 4 TIMES A GREATER RISK OF HEART DISEASE THAN GREATER POPULATION
 HAVE HIGHER HEART DISEASE MORTALITY COMPARED TO WHITES
 HAVE 3 TO 5 TIMES A GREATER RISK OF HEART DEATH THAN OTHER ETHNIC POPULATIONS



HEART

OK

HEALTHY

WHY SOUTH ASIANS ARE AT HIGHER RISK:

- HIGHER ABDOMINAL OBESITY
- INSULIN RESISTANCE
- GENETIC AND ENVIRONMENTAL INFLUENCES

SOUTH ASIANS, IN PARTICULAR, HAVE ESPECIALLY HIGH LEVELS OF BODY FAT AND ARE MORE PRONE TO DEVELOPING ABDOMINAL OBESITY, WHICH MAY ACCOUNT FOR THEIR VERY HIGH RISK OF TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE.

USE DIPPER AT NIGHT

««« GOODS CARRIER »»»

HOW CAN SOUTH ASIANS REDUCE RISK:

- EDUCATION PATIENTS AND HEALTH CARE PROFESSIONALS
- HEALTHY LIFESTYLE
- EARLY RECOGNITION OF RISK FACTORS
- TARGETED PHARMACOLOGICAL THERAPY