



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

Collaborators: Kesilyn Lizama, Simone Charles, Vashti Watson



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

- AccuWeather
- Cala Weather
- AirNow

D. Take climate action in homes and communities

The smartphone screen displays a search interface with a magnifying glass icon on the left and a star and menu icon on the right. Below the search bar, the text 'C. Pay attention to air quality indexes...' is followed by the heading 'utilize available weather apps' in orange. Three app icons are shown: AccuWeather (orange square with a sun icon), Cala Weather (blue rectangle with white text), and AirNow (blue square with a white circular arrow icon). Below these, the text 'D. Take climate action in homes and communities' is followed by three icons: a circular recycling symbol with the words 'RECYCLE', 'REUSE', and 'REDUCE' around it; a green electric vehicle charging station; and a black circle with a white 'CO2' and a factory icon, crossed out with a diagonal line.

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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

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