

# New Loss Prevention Bulletin Published - Cardiovascular Disease



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**A new Loss Prevention Bulletin on Cardiovascular Disease (CVD) has been published to highlight the various conditions of CVD, their signs and symptoms, and preventative actions that an individual can take to avoid the onset of CVD.**

CVD is the leading cause of death worldwide. Global statistics show that approximately 18 million people lose their lives annually to the disease. Seafarers are not exempt from this. Even though they must have a medical fitness exam every two years and sometimes an additional pre-employment medical, there is still an assumed slightly higher risk of them having a form of CVD than those working ashore. The influenceable risk factors onboard a ship consist of ship-specific stress situations, overeating and lack of exercise. Consequences of a CVD event depend highly on the measures taken within the first few hours of the event occurring; however, critical first aid is limited on cargo ships as they have basic facilities.

The addition of this bulletin further supports the REACT! Posters – Cardiac Arrest, Heart Attack, Hypertension and Stroke – covering common conditions affecting the heart and circulatory system under the group of disorders for CVD.



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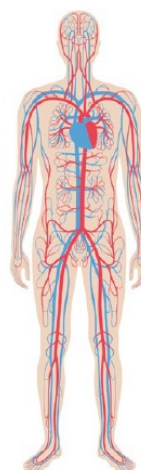
In addition, the Club's analysis of crew illness incidents shows that CVD accounts for the second-highest number of incidents within the category of illness claim and are the costliest in terms of loss of life and treatment.

CVD is an umbrella name for conditions affecting the heart and circulatory system, such as hypertension, stroke, heart attack and coronary artery disease.

When looking at CVD deaths, four out of five are due to heart attacks and strokes, and one-third of these deaths occur prematurely in people under 70 years of age.

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The purpose of this bulletin is to highlight the various conditions of CVD, their signs and symptoms, and preventative actions that an individual can take to avoid the onset of CVD.

#### Heart and Circulatory System

Since CVD is a condition that affects the heart and blood vessels, it is essential to understand its basics. The heart is a muscle the size of a human fist located slightly to the left of the middle of the chest.

The heart sends blood around the body, which provides the necessary oxygen and nutrients it needs and carries away the waste.

The system carrying blood towards and away from the heart is the circulatory system and is made up of blood vessels. Arteries carry blood away from the heart, and veins carry the blood back to the heart.