



Understanding Your Heart

Course Overview

This program will increase your understanding of coronary heart disease issues. It will provide you with information on the risk factors involved and provide guidance on the lifestyle choices you can make to improve your vascular and heart health.

Duration

Online delivery: 1.5 to 3 hours, depending on prior knowledge and experience.

Main Topics

- + Basic structure and function of the heart
- + Definitions of cardio-vascular diseases
- + Causes of coronary heart disease
- + Risk factors associated with coronary heart disease
- + Basic management of angina, heart attack, stroke and cardiac arrest
- + How your individual risk factors can be reduced



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