

Our Programs

The Heart Mark

The Heart Mark is a guideline and incentive for consumers to instantly identify healthy food products on the shelf and when dining out. The aim is not to change the existing menu or ingredients, but rather to identify those items which are already within the dietary guidelines recommended by the Foundation. These options are lower in fat, cholesterol, salt and where applicable, higher in fibre and calcium.

HEARTLETHICS

These are exclusive collection of athletics and sporting events that involve running, walking, swimming, golfing, and other sporting disciplines in the aim of raising awareness and funds for the Foundation.

Go Red For Women

The Go Red For Women movement was founded by the American Heart Association as a strategy that encourages awareness of the issue of women and heart disease, and also an action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart health life.



About Us

The Heart Foundation of Zimbabwe is a non-governmental, non-political and non-profit making welfare organization whose core objective is to meet the healthcare needs of people suffering from various heart diseases in Zimbabwe.

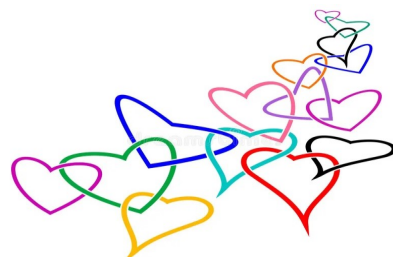
The Foundation is committed to the ongoing fight against the world's foremost health problem - heart disease, and the improvement of cardiovascular care through medical research, professional education, counselling, public awareness, funding and fund-raising for heart surgeries, treatment and management of cardiovascular diseases.

Vision

Our vision is to have the best cardiovascular health in the world by ensuring that people diagnosed with cardiovascular diseases receive the best possible care in Zimbabwe, regardless of their standard of living, race or religion.

Mission

Our mission is to assist people with, and at risk of cardiovascular disease by providing comprehensive care, information and guidance on how to minimize their risk, alleviate suffering, disabilities and death by implementing policies and programs that improve the cardiovascular health in Zimbabwe.



Save A Heart 

The Heart Foundation Of Zimbabwe

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**Heart Diseases
Risk Factors,
Signs and Symptoms,
Prevention and Control**



Risk Factors

Nurturing an unhealthy lifestyle
Obesity and non management of your body mass

Hypotension (low) and Hypertension (high) BP
Eating unhealthy foods or meals
Advancing age
Race—African and Asian ancestry are a higher risk
Tension or stress

Lipids — cholesterol, fatty acids and derivatives
Exercise deficiency
Female— more women die than men
Tobacco use

Blood disorders— like anemia
Exposure to HIV
Heredity—generational trait
Intake of alcohol in excess
Negative conception about heart disease
Diabetes

Risk factors are acts or conditions that expose you to a particular disease, these are just a few most common risks factors for heart disease that include ARVs intake, Chemotherapy and Chronic Kidney Disease . Avoiding modifiable risk factors does not only give you a strong heart but you live healthy and longer.

Signs and Symptoms

Nausea—mostly in women
Out of breath or respiratory distress

Hearthburn
Exercise intolerance
Anxiety
Radiating pain in jaws and toward left arm
Too fast heartbeat

Lightheadedness
Erratic and irregular heartbeat
Flu-like fatigue
Tiredness

Back pain—mainly upper back
Extrême pressure in chest
Hheavy shoulders
Indigestion
Numb and too slow heartbeat
Dry cough

These Signs and symptoms are indicators that tell you of your likeliness in suffering from a cardiovascular disease. They are very important in your life because they alert you of the disease in time so you can quickly act before the impairment of your heart. Visit your nearest medical institution if you experience any of these signs and symptoms.

Prevention and Control

No to unhealthy lifestyle
Organize yourself, no stress must run your day

Have a passion for your heart
Encourage others to adopt a healthy lifestyle
Acquire more information about the disease
Reverse obesity
Talk about the disease to promote awareness

Lessen or stop alcohol consumption
Exercise regularly
Fight and win crave for tobacco use
Treat yourself to some relaxation

Be your own keeper
Eat healthy foods or meals
Hold on to a healthy lifestyle
Inforn a doctor of any signs and symptoms you feel
Need for regular health check ups
Dedicate your heart to your life

Prevention and control of the disease starts with you, your family, community and eventually the whole nation. By adopting and implementing the few mentioned prevention and control initiatives that are both beneficial and cost effective, you encourage yourself and others to lead a heart healthy life. Together we can.

