



Flu



chest pain



overweight



heartbeat

HEART, BRAIN AND LUNGS

According to the World Health Organization (WHO), 3 out of the top 10 diseases that causes the most deaths in the world are:

1. Heart diseases. The symptoms **could** be abnormal, and They **can** be caused by high blood pressure and/or, smoking, and being
2. Stroke. Strokes are caused when an artery is blocked or leaking. This stops the entrance of oxygen to our brain cells which **must** receive oxygen all the time. During a stroke people **might** feel confusion, and have difficulty with walking and vision.
3. Lower respiratory infections. They occur in our and, and **may** be caused by viruses or bacteria. The most common are the or influenza, pneumonia, bronchitis, etc. A person with one of these diseases might not breathe normally, feel a pain in the chest, or have a cough.

In all cases, people should follow good health habits and do physical activity to reduce risks.



lungs

cholesterol

heart failure

airways