



When Temperatures Drop, Heart Risks Rise

Multiple epidemiological studies have consistently shown that cardiovascular events, including acute myocardial infarction (heart attack), increase during the colder months. This seasonal rise is not coincidental. Cold exposure triggers several physiological changes that affect blood vessels, blood pressure, blood thickness, and overall cardiac workload—placing extra stress on the heart.

How Cold Weather Affects the Heart

- **Blood Vessel Constriction (Vasoconstriction)**
Cold causes blood vessels to narrow, reducing blood flow and making the heart work harder, which can trigger a heart attack.
- **Increased Blood Pressure**
Narrowed blood vessels lead to higher blood pressure, putting extra strain on the heart—especially in people with hypertension.
- **Thicker Blood and Increased Clot Risk**
Cold weather can thicken the blood and increase clot formation, raising the risk of blocked arteries and cardiac events.

Who Is Most at Risk During Winter?

- Adults over 50 years
- Patients with hypertension or diabetes
- Individuals with high cholesterol
- Smokers
- People with a history of heart disease or stroke
- Patients with chronic kidney disease
- Individuals experiencing chronic psychological stress



Common Warning Signs of a Heart Attack

- Chest pain or pressure
(may radiate to the arm, jaw, neck, or back)
- Shortness of breath
- Cold sweats
- Nausea or vomiting
- Dizziness or unexplained fatigue

How to Reduce Heart Attack Risk This Winter

- Stay Warm
- Maintain Physical Activity
- Follow a Heart-Healthy Diet
- Monitor Health Parameters
- Get Vaccinated
- Manage Stress and Sleep

With appropriate lifestyle modifications, medication adherence, vaccination, and timely medical attention, the risk of winter-related cardiovascular events can be significantly reduced. Heart health requires year-round care—but winter demands extra vigilance.