



# Prevention and health guidelines for **safe driving**

Cardiovascular and endocrine conditions

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## Cardiovascular

Cardiovascular diseases, apart from being a general health risk, cause sleep disturbances and OSAS in particular, and as such they are also a danger to safe driving.

### When should you suspect you have a cardiovascular condition?

Answer these questions.



Is your arterial blood pressure higher than 140/90 mmHG or less than 90/50 mmHg?	Yes, often	Sometimes	No
Do you sometimes feel your heart speeding up ("palpitations"), beats too slowly, or "skips a beat"?	Yes, often	Sometimes	No
Do you sometimes faint or feel that you are going to faint?	Yes, often	Sometimes	No
Do you get out of breath even when you make just a small effort?	Yes, often	Sometimes	No
Do you feel the need to sleep with extra pillows?	Yes, often	Sometimes	No
Do you have swelling in the legs or the ankles?	Yes, often	Sometimes	No

If many of your answers come under a **red or amber traffic light** you should have a cardiovascular check-up.

## Endocrine conditions

Among the endocrine diseases, diabetes - above all if requiring insulin therapy - can affect a patient's physical and psychological state. In fact, when blood sugar levels increase or decrease (hypoglycaemia/hyperglycaemia) the body's systems are put under stress, with repercussions particularly for the brain which can bring about the following conditions:

- drowsiness;
- sweating;
- tachicardia;
- trembling;
- blurred vision;
- slower reflexes and tiredness.

Blood sugar test

