



Cardiovascular diseases & Heart disease

All heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease. The most common type of heart disease is **coronary heart disease**. In fact, when people talk about “heart disease” they often mean coronary heart disease.

Heart disease refers to any problem affecting the heart, such as coronary artery disease, arrhythmia, and heart failure.

Heart disease refers to any condition affecting the cardiovascular system. There are several different types of heart disease, and they affect the heart and blood vessels in different ways.

A variety of conditions that impact the heart are categorized as heart diseases. These conditions include:

- Cardiovascular disease.
- Heart arrhythmia.
- Congenital heart disease.
- Cardiomyopathy.
- Heart disease caused by heart infections.
- Heart valve disease

Cardiovascular disease:

Blood vessels that are blocked or narrowed as a result of cardiovascular disease can limit blood flow to the heart, brain, and other areas of the body. Cardiovascular disease symptoms include:

- **Coronary artery disease** - a disease affecting the major blood vessels that supply the heart with blood, oxygen, and nutrients.
- **Cerebrovascular disease** - a disease affecting the blood vessels supplying the brain.
- **Peripheral artery disease** - a disease affecting the blood vessels supplying the arms and legs.
- **Rheumatic heart disease** - damage to the heart muscle and heart valves resulting from rheumatic fever, which is caused by an infection from streptococcal bacteria.
- **Congenital heart disease** - heart defects that are observed at birth.
- **Pulmonary embolism** - blood clots that come from leg veins, which can dislodge and move to the heart and lungs.

Coronary artery disease

Coronary artery disease, also known as **coronary heart disease**, is the **most common type** of heart disease.

It develops when the arteries that supply blood to the heart become clogged with plaque. This causes them to harden and narrow. Plaque contains **cholesterol** and other substances.

Risk factors:

The risk factors increase your chances of developing heart disease. These include whether you **smoke**, have **high blood pressure** or **have high cholesterol**. **Diet** and the amount of **exercise** you get can also factor in. Other risk factors, such as **family history**,

sex, ethnicity and **age**, can't be changed. Anyone, including children, can develop heart disease. Some people are even born with it.

Other risk factors developed heart disease like **Diabetes, Obesity, Inactivity** and **Constant stress**.

What Are Common Symptoms of Cardiovascular Diseases?

Often, there are no symptoms or warning signs that indicate that a person is suffering from a cardiovascular disease. The first clue or warning sign of the illness could be a heart attack or stroke.

Symptoms of a Heart Attack Include:

- Pain or discomfort in the center of the chest.
- Pain or discomfort in the arms, the left shoulder, elbows, jaw, or back.
- The patient may experience difficulty in breathing or shortness of breath.
- Nausea .
- Light-headedness or fainting.
- Sweating.
- Women are more likely to experience shortness of breath, nausea, vomiting, and back or jaw pain.

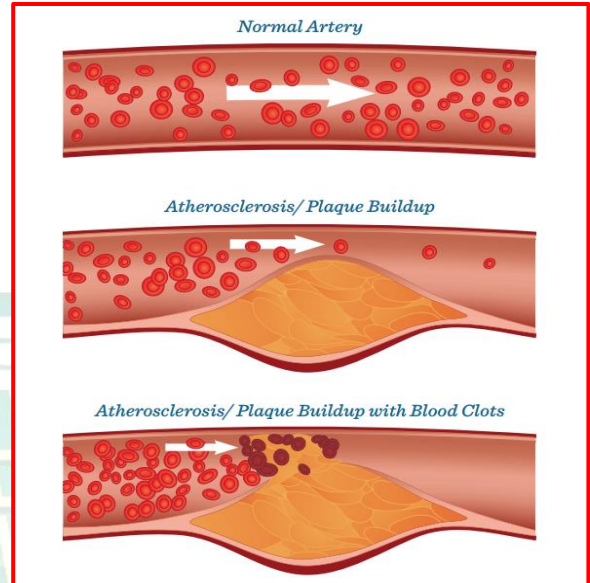
Symptoms of a Stroke Include:

- Sudden weakness of the face, arm, or leg, most often on one side of the body.
- Numbness of the face, arm, or leg, especially on one side of the body.
- Difficulty in speaking or understanding speech.
- Difficulty in seeing with one or both eyes.
- Difficulty in walking, dizziness, loss of balance, or coordination.



- Severe headache with no known cause.
- Fainting or loss of consciousness.

Heart attacks and strokes are serious medical disorders primarily brought on by a **blockage** that stops blood flow to the brain or heart. The **accumulation of fatty deposits** on the inner walls of the blood vessels supplying the brain and heart is the most frequent cause of this obstruction. Blood clots or bleeding from a cerebral blood vessel can also result in strokes.



Prevention:

You can help prevent cardiovascular disease by making some lifestyle changes and leading a healthy life. This includes:

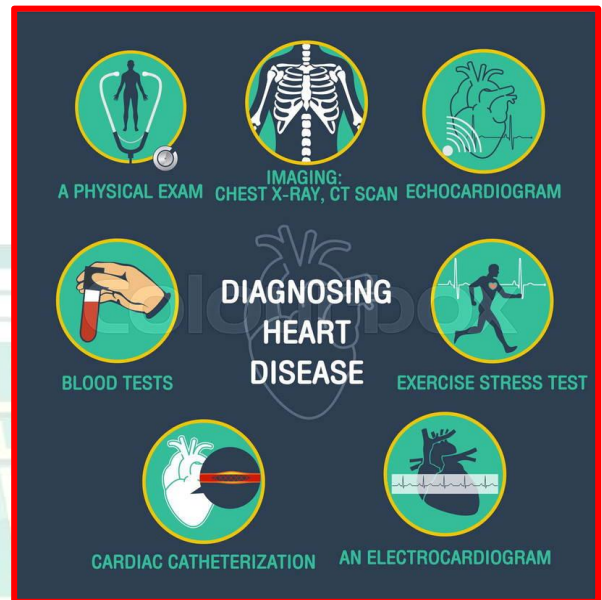
- Avoiding smoking.
- Avoiding alcohol.
- Maintaining a healthy diet that is rich in fruits and vegetables while avoiding foods that are high in salt and fat.
- Exercising regularly.
- Avoiding high blood sugar, high blood pressure, and high fat levels in the blood.

Complications of Heart Disease Include:

- Heart failure.
- Heart attack.
- Stroke.
- Aneurysm.
- Sudden cardiac arrest

Heart Disease Diagnosis:

- Blood tests
- X-ray scans
- Electrocardiogram (ECG).
- Holter monitoring.
- Echocardiography.
- Cardiac magnetic resonance imaging (MRI).
- Cardiac catheterization.
- Cardiac biopsy.
- Cardiac computerized tomography (CT) scan.
- Ultrasound imaging through the esophagus if the results of the echocardiogram are unclear.



Heart Disease Treatment:

- Adopting a healthy lifestyle (by maintaining a healthy diet and exercising regularly).
- Medications.
- Surgical treatment.

