

# HEART CONGRESS

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### **Causes of heart disease**

There are many factors that can increase your risk of getting heart disease. Some of these factors are out of your control, but many of them can be avoided by choosing to live a healthy lifestyle. Some of the risk factors you cannot control are: Gender, Age, Family History, Obesity, High Cholesterol, Smoking, High Blood Pressure, Diabetes, and Other Factors. Heart disease is the leading cause of death. The causes and bar of cardiovascular disease are studied for years, and new info is rising. For the last many decades, saturated fat and steroid alcohol are thought to be major contributors to arterial blood vessel illness, and so individuals are generally suggested to strictly limit these in their diet. However, recent studies are indicating that it should not be knowing strictly limit the intake of dietary saturated fatty acids or replace them with unsaturated fatty acids once taking other health conditions into consideration. Depending on a person's genetic science, diet could or might not be a crucial think about preventing heart condition. Exercise is additionally helpful for everybody in preventing heart condition. When considering human development, including the negative effects of heart disease, humans still have a lot to learn about the human body and the interaction of diet, the environment, and genetics.

### **Biography**

Sudha Bansode is an Associate Professor at Shankarrao Mohite College, India. She had recently completed her Post-doctoral studies at University of California, USA. She had published above 25 research papers in international journals and also honor of Distinguished Editorial Board Member of several international journals. She is an own author of textbook Histological Techniques and Outlines of Physiology. She is currently working on another own reference book Rhythms in Freshwater Crustaceans. She was academic visitor of Bangkok- Thailand, Colombo-Sri Lanka, Daira-Dubai-UAE.

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