

# HEART CONGRESS

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## Study on Heart Diseases

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**H**earth disease, also known as cardiovascular disease, includes any number of conditions involving the human heart or blood vessels. It is the leading cause of death around the world. Coronary artery disease, stroke, hypertension, arrhythmia, and angina are all types of heart disease. Scientists estimate that 90 percent of all heart disease is preventable, largely through lifestyle modifications including a healthy diet, regular exercise, the avoidance of tobacco, and limiting alcohol intake.

**Risk Factors of Heart Disease:** The risk factors for developing heart disease are numerous and well-known. Major risk factors for heart disease are Age, Gender, Tobacco usage, One's level of physical inactivity, Obesity, Hypertension, Diabetes, High cholesterol, A family history of heart disease.

**Hypertension:** Hypertension research papers show that hypertension is a chronic medical condition that leads to increased susceptibility to life-threatening diseases. Coronary heart disease and stroke, the number one and number two leading causes of death in the United States, are directly attributable to hypertension. As the incidence of heart disease and stroke begins to increase, finding viable methods for treating and curing the hypertension becomes imperative.

## Biography

Sudha Bansode is an Associate Professor in Zoology at Shankarrao Mohite College, Akhuj, Maharashtra State, India. Recently she has completed her Post Doctoral Studies at University of California, Riverside, USA. She is an active researcher & passionate teacher in India. Still she has published above 35 research papers in International Journals & she is interested in Bone Research. Also she has the honor of Distinguished Editorial Board Member of several International Journals. She is an author of "Textbook Histological Techniques" & "Outlines of Physiology". And now she is working on another own reference book "Rhythms in Freshwater Crustaceans". She is a University recognized research guide for Ph.D. students in India.

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