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A Note on Cardiovascular Disease

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Introduction

Cardiovascular diseases (CVDs) are the leading cause of death worldwide, claiming the lives of an estimated 17.9 million people per year. Coronary heart disease, cerebrovascular illness, rheumatic heart disease, and other heart and blood vessel problems are all classified as CVDs. Heart attacks and strokes account for more than four out of every five CVD deaths, with one-third of these deaths occurring before the age of 70.Cardiovascular disease (CVD) refers to a group of illnesses affecting the heart and blood arteries. Coronary artery diseases (CAD), such as angina and myocardial infarction, are examples of CVD (commonly known as a heart attack). Stroke, heart failure, hypertension, rheumatic heart disease, cardiomyopathy, irregular heart rhythms, congenital heart disease, valvular heart disease, carditis, aortic aneurysms, peripheral artery disease, thromboembolic disease, and venous thrombosis are some of the other CVDs.

Description

The underlying mechanisms differ depending on the illness. CVD mortality is thought to be caused by dietary risk factors in 53 percent of cases. Coronary artery disease, stroke, and peripheral artery disease are all examples of atherosclerosis. High blood pressure, smoking, diabetes, obesity, high blood cholesterol, poor diet, excessive alcohol consumption, and poor sleep, to name a few factors, can all play a role. High blood pressure is considered to be responsible for approximately 13% of CVD deaths, with tobacco accounting for 9%, diabetes for 6%, lack of exercise for 6%, and obesity accounting for 5%. Rheumatic heart disease can develop if strep throat is not treated. Sudden weakness of the face, arm, or leg, usually on one side of the body, is the most typical indication of a stroke. [1-3]

Other signs and symptoms include:

• Numbness of the face, arm, or leg, particularly on one side of the body

• Confusion, difficulty speaking or understanding speech

• Difficulty seeing with one or both eyes

• Difficulty walking, dizziness, and/or loss of balance or coordination

• Severe headache with no known cause; and/or

• Fainting or unconsciousness.

Cardiovascular disease is the main cause of death in the United States. It's vital to understand your heart in order to help prevent heart disease. If you have it, knowing about it and taking care of yourself can help you live a more active and fulfilling life.

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Types of cardiovascular disease

There are numerous types of CVD. The following are four of the most common types:

1. **Coronary heart disease (CHD):** When the flow of oxygen-rich blood to the heart muscle is stopped or decreased, coronary heart disease develops.
2. **Transient ischemic attack (TIA):** A stroke occurs when a portion of the brain's blood supply is cut off, resulting in brain damage and possibly death.

The blood supply to the brain is temporarily disturbed in a transient ischemic attack (also known as a TIA or "mini-stroke").

3. **Peripheral arterial disease:** Peripheral arterial disease is caused by a blockage in the arteries that supply blood to the limbs, most commonly the legs.
4. **Aortic disease:** Aortic illnesses refer to a set of ailments that affect the aorta. The aorta is the body's major blood conduit, carrying blood from the heart to the rest of the body. [4,5]

Conclusion

Abnormal heart rhythms, or arrhythmias; aorta disease and Marfan syndrome are examples of cardiovascular disorders that affect the structure or function of your heart. Congenital heart disease (CHD) is a type of congenital cardiac defect Heart attack; Heart failure; cardiomyopathy (heart muscle illness); Coronary artery disease (narrowing of the arteries); heart valve disease pulmonary embolism and deep vein thrombosis Coronary artery disease (narrowing of the arteries); Coronary artery disease (narrowing of the arteries); Coronary artery disease (narrowing of the arteries); Coronary artery disease (narrowing of the arteries); Coronary artery disease (narrowing of the arteries); Coronary artery disease (narrowing of the arteries); Coronary artery disease (n Coronary artery disease (narrowing of the arteries in the heart) is a condition in which the arteries in the heart Stroke; Vascular disease; Rheumatic heart disease Pericardial illness is a condition that affects the heart. vascular disease of the periphery; Stroke; Vascular disease; Rheumatic heart disease (blood vessel disease).

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