GENERAL HEALTH

Beating Heart Disease: Causes, Symptoms, and Prevention You Must Know

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Heart problems are increasing rapidly. And it's affecting millions around the globe. Cardiovascular ailments such as heart attacks, irregular heart beat, coronary artery disease are becoming very common these days. By identifying the reason behind development of cardiovascular diseases. We can learn to prevent and manage heart problems.

In this article we are going to discuss about the types of cardiovascular problems and the symptoms, causes and prevention.

CVDs are classified as:

1. Coronary artery disease

Its a heart ailment which involves inadequate supply of blood to the heart. Over here, heart muscle doesn't receive the amount of blood required to perform different functions. This is because of the formation of plaque or block in the coronary artery.

2. Heart failure

High blood pressure or conditions similar like cad can result in heart failure. Additionally, it becomes difficult for the heart to pump adequate amount of blood. Which may be required by the body. Some of the early signs of heart failure includes feeling exhausted, difficulty in breathing, swollen limbs etc.

3. Arrhythmias

It refers to irregular heart beat. It is mostly associated with the improper function of electrical signals of heart. This can in turn increase the chances of heart failure, stroke etc.

4. Myocardial infarction

The heart muscle gets damaged due to insufficient blood supply which inturn result in heart failure. The most common symptom includes severe chest pain, shortness of breath, nausea, heart burn etc.

Signs and symptoms of heart problems:

Shortness of breath: It is one of the most common symptoms. People suffering from heart problems may suffer from breathlessness due to low oxygen levels in blood.

1.Severe chest pain

2.Pain which may extend to shoulder, jaw etc.

3.Increased heart rate or irregular heart beat

4.Unexplained fatigue

5.Swelling of limbs

6.Sweating

If he /she becomes aware of symptoms, diagnosis and treatment then they can take timely action and can save life.

Unhealthy habits and risk factors that can land you in trouble?

1.Poor diet

Diet which includes junk and unhealthy food can increase chances of obesity. And can cause heart issues.

2. Smoking

Smokers are at a higher risk of cardiovascular diseases. Due to the fact that smoking damages blood vessels and cause formation of plaques.

3.Obesity

Lack of physical activity and obesity can make you prone to heart problems. This is also associated with consumption of processed food.

4.Hypertension

High blood pressure increases cardiac work load and make it harder to pump blood. In addition to this, it can also damage the arteries.

5.Diabetes

Abnormally high blood sugar levels can damage and affect the functioning of blood vessels. People who are suffering from diabetes are at a higher risk of developing heart problems at younger age.

6.Alcohol addiction

Excessive consumption of alcohol can increase blood pressure and cholesterol. Thus, making the person more susceptible to cardiac problems.

7.Genetics

If a person has history of heart problems in his/her family. Then the y may have a strong possibility of suffering from cardiac ailments. When compared to the ones who don't have any such history.

8.Stressful lifestyle

It can influence a person's normal sleeping habits. Besides this, it can also cause inflammation, increase blood pressure and can result in heart failure.

Management of cardiovascular diseases

1.Healthy and balanced diet

Consume green leafy vegetables and fruits. Limit use of red meat instead opt for white meat. Include extra virgin olive oil, nuts and seeds for healthy fats and better heart health.

2.Exercise regularly

Daily physical activity of atleast 30mins can help in maintaining weight and improve heart health. In addition to this, it can also assist in management and treatment of hypertension.

3.Quit smoking:

Chain smokers often have to deal with heart diseases. Because smoking leads to building of plaque and clogging of the arteries. Through medical support and assistance one can quit smoking.

4.Manage stress

Stress can damage your heart. Listening to music,taking deep breaths or even talking to loved ones or friends can assist in dealing with stress. Regular checkups and

5.Healthcare screening

Regular checkups and monitoring blood sugar levels,blood pressure and cholesterol can help in early diagnosis of diseases. Moreover, patients with family history of cvds should also opt for medical checkups on a regular basis.

Even though heart diseases are life threatening, several lifestyle modifications, timely diagnosis and treatment can help in management of cvds. So it's important to understand the reason behind deteriorating heart health, symptoms and risk factors associated with it.

Before it's too late one should start taking care of his/her health and lead a happy and healthy life.

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Competing interests

The authors declare that they have no competing interests.

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