

Heart Disease

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Intro

Heart disease is an abnormal condition of the heart, and it affects the heart's ability to function normally. There are various forms of heart disease. I found a couple that sound familiar, for example,

- Congenital heart disease
- Coronary artery disease (CAD)
- Heart attack
- Heart failure
- Heart tumor

These are all various forms of heart disease which sound familiar and there are many more.

The most common cause of heart disease is a narrowing of or blockage in the coronary arteries supplying blood to the heart muscle (coronary artery disease). Some heart diseases are present at birth, such as congenital heart disease ("Pub Med Health-Heart Disease" 2). Another cause is hypertension, also known as high blood pressure. Hypertension can increase your chances of heart disease and heart failure. Heart failure is a condition in which the heart can no longer pump enough blood to the rest of the body. Heart failure is a long term chronic disease. Heart Disease is a leading cause of death for both men and women. Sometimes there are no symptom signs, so checking with your doctor regularly to maintain any cholesterol, or high blood pressure can benefit a person in long run, along with prevented methods to keep healthy will benefit a person in the long run instead of dealing multiple illnesses that can lead to death.

Cause

Coronary heart disease (CHD) is a narrowing of the small blood vessels that supply blood and oxygen to the heart, also called coronary artery disease. Coronary artery disease (CAD), results from a process known as hardening of the arteries. Hardening of the arteries is made up of

fatty deposits of cholesterol, also known as plaque. Other cellular waste products build up in the inner linings of the heart's arteries. This causes blockage of arteries and prevents oxygen-rich blood from reaching the heart. Plaque takes part in causing the wall of the artery to weaken. A weakened artery will lead to an aneurysm. Hardening of the arteries is a common disorder, but overtime the block arteries can cause problems to your heart and throughout your body. One example of hardening of the arteries can occur just by aging. Coronary heart disease can also happen at a young age, due to high cholesterol. High cholesterol can be from living an unhealthy lifestyle. Unhealthy lifestyle could be eating high in fat, heavy alcohol, no exercise, and being overweight. If this isn't part of your lifestyle your risk factors of coronary heart disease could be from diabetes, history in your family of this disease, high blood pressure, and smoking. Blockage, build up, or clots will result in damage to the tissues limiting the blood and oxygen flow, which in result will lead to a heart attack. However, over time plaque can continue to build up throughout your arteries, make them stiff, and clots may form in the arteries.

Your body needs cholesterol to do important things, like make hormones and digest fatty foods. Your body makes all of the cholesterol it needs. Cholesterol is also in some foods, like egg yolks, liver, and whole milk. If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow. Over time, this can lead to heart disease and heart attack.

When the blood flow is blocked, to a particular part of your heart for a long period of time, that part of the heart muscle becomes damaged or dies. Your doctor calls this a myocardial infarction. Most heart attacks can be caused by blood clots that block one of the coronary arteries within the heart. The coronary arteries bring blood and oxygen to the heart. If the blood flow is blocked, the heart receives less oxygen, the heart cells die, and it can become minor or deadly.

Symptoms

If you are unsure of knowing about having this disease you can refer to health care provider. A health care provider will perform a physical exam, listen to your heart, and lungs with a stethoscope. Atherosclerosis, also known as plaque can create a whooshing or blowing sound ("bruit") over an artery (PubMed Health p. 4). There are different tests available for coronary heart disease:

- Doppler tests use ultrasound or sound waves
- Magnetic resonance arteriography (MRA) is a special type of MRI scan
- Special CT scans called CT angiography
- Arteriograms or angiography use x-rays to see inside the arteries

A number of imaging tests may be used to see how well blood moves through your arteries.

Remedy

Heart Disease can be prevented, but it cannot be reversed. Changing your lifestyle can prevent heart disease or help slow the process down from becoming worse. Change your lifestyle by eating well, exercising, stop smoking, follow up with your health care provider, monitor your cholesterol and blood pressure. By eating well avoid fatty foods; be committed to your body by eating meals low in fat and cholesterol. Eating vegetables and fruits are low in fat. Fish is also a low fat meal. Steer away from fried foods. Olive oil can be helpful compared to other oils used for cooking. Alcohol can be a contributing factor to heart disease, which depends how you consume alcohol. If you can drink slowly and moderately daily by one glass a day it can be helpful to your body. Over drinking alcohol and consuming it fast daily can be harmful to your heart. Consider these options

for drinking to help maintain a healthier heart. Exercise at least thirty minutes a day to start off. Walking around the park or around your neighborhood is a good start. Smoking can cause heart disease and increase your chance of a stroke. Monitoring your blood pressure with your health care provider, do not put this aside it should be on your priority list. Everyone should keep their blood pressure below 140/90 mmHg (“PubMed Health-hardening of the arteries” p 5). Depending on your age, weight, and other health factors.

You can be at risk for heart disease:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

Talk to your doctor to help overcome heart disease, along with your part in changing or continuing a healthy lifestyle (Heart Health).

Cure

Keeping a healthy lifestyle and heart healthy could be the best remedy to living longer. Your doctor should also be part of your healthy lifestyle. Eating the right foods and changing your food habits is a cure we do every day, because we consume food all day and every day. Spices and herbs can be a great substitute for an alternative to salt. Keep in mind when grocery shopping for whole fruits, vegetables, and grains. These foods are not processed, are natural, and much healthier, because they don't contain saturated fats, and hydrogenated oils. Keep a look out on the food packages for these are bad for the heart. Choosing lean proteins and low in fat dairy products helps your cholesterol. Preventative care is cure to for a new lifestyle, and it can keep you out of the hospital.

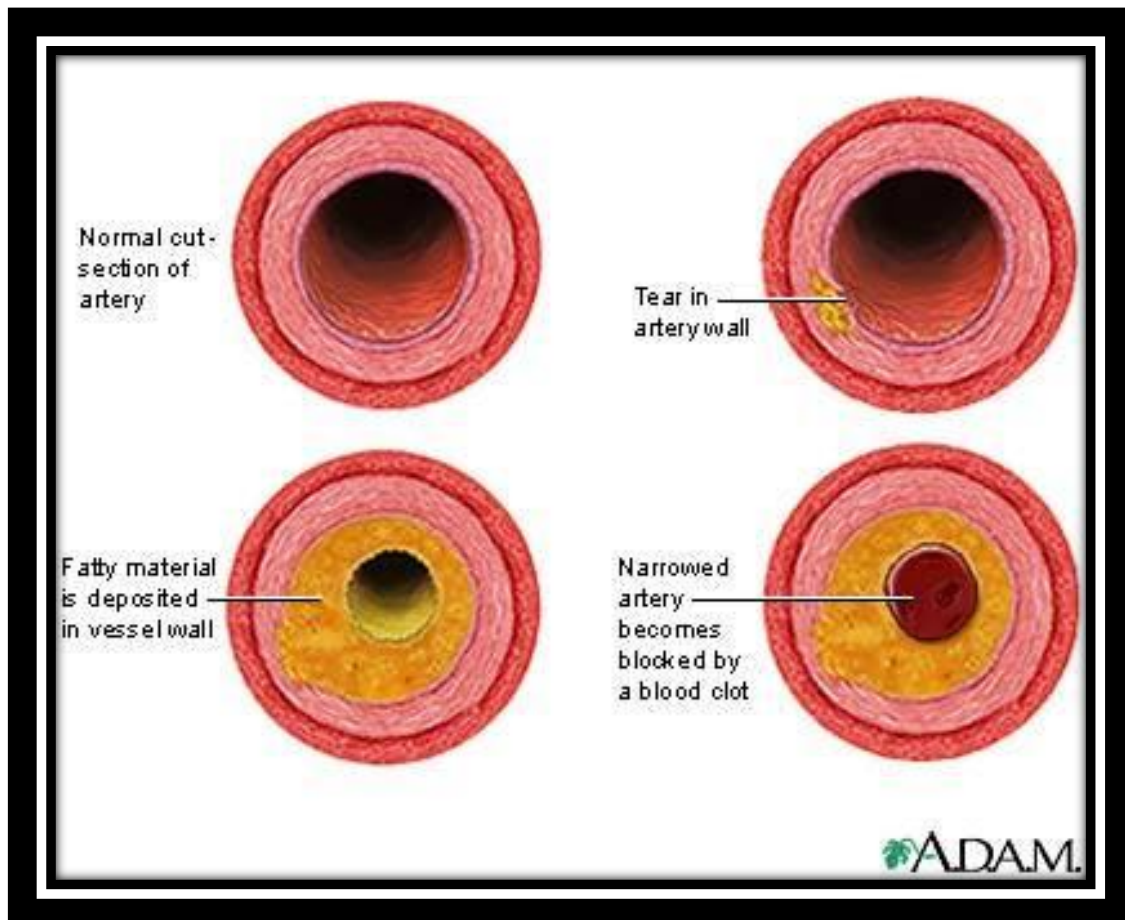
Conclusion

Continue to talk to your doctor to find signs and other symptoms leading to heart failure or heart disease. You can also research on line, read books, and talk to other people within your community who can relate to this disease. Your family history can also be important to your doctor for heart disease. Changing your lifestyle can prevent you also from having surgery to correct these illnesses. Consider all the risk factors to help you change your lifestyle, such as the consumption of smoking and alcohol. Prevention of heart disease pays off for the ones who want a healthier lifestyle (Kaiser Health News). According to the American heart association:

Medicare spending on seniors who were hospitalized with coronary heart disease rose from \$26.3 billion or \$7,883 per discharged patient in 1999 to \$32.7 billion or \$10,201 per discharge in 2006, even though the total number of coronary cases declined by nearly 120,000 over those seven years. That's a 4.2 percent annual increase, or twice the rate of inflation (qtd. in Kaiser Health News).

Hospital bills lead to stress and more illness, consider all the health factors and risks to change your lifestyle to prevent heart disease, it is the leading cause of death for men and women around the world.

HEART DISEASE



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