



# Heart disease: 1 in every 4 deaths in U.S.A

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## ABOUT THE STUDY

Heart disease are kind of disease that affects the heart or blood vessels. The prospect of certain heart diseases could even be increased by smoking, high force per unit area, high cholesterol, unhealthy diet, lack of exercise, and obesity. the foremost common upset is arteria disease (narrow or blocked coronary arteries), which could cause pain, heart attacks, or stroke. Other heart diseases include congestive failure, cyclicity problems, congenital cardiopathy (heart disease at birth), and endocarditis (inflamed inner layer of the heart). Within the U.S.A, 1 in every 4 deaths in is that the results of a cardiovascular disease. That's about 610,000 people who die from the condition each year.

Heart disease encompasses an honest range of cardiovascular problems. Several diseases and conditions be the umbrella of cardiopathy. Styles of cardiovascular disease include:

- Arrhythmia, arrhythmia may be a rhythm abnormality
- Atherosclerosis, atherosclerosis may be a hardening of the arteries
- Cardiomyopathy, this condition causes the heart's muscles to harden or grow weak
- Congenital heart defects, congenital heart defects are heart irregularities that are present at birth
- Coronary artery disease (CAD) is caused by the buildup of plaque within the heart's arteries. It's sometimes called ischemic cardiovascular disease
- Heart infections, Heart infections is additionally caused by bacteria, viruses, or parasites

It always affects both eyes, but it's visiting be worse in one than the alternative.

## Symptoms of heart disease

Heart disease symptoms are additionally different from person to person. As an example, men are more likely to possess pain. Women are more likely to possess other signs and symptoms along with chest discomfort, like shortness of breath, nausea and extreme fatigue.

Signs and symptoms can include:

- Chest pain, chest tightness, chest pressure and chest discomfort (angina)
- Fluttering in your chest
- Chest pain or discomfort
- Pale gray or blue color (cyanosis)

- Swelling within the legs
- Swelling within the hands, ankles or feet
- Breathlessness with activity or at rest
- Fatigue
- Changes in your regular recurrence
- Dry or persistent cough

## Causes of heart disease include

- High pressure level. High sign (hypertension) is one altogether the foremost important risk factors for CVD (Cardio Vascular Disease)
- Smoking, Smoking and other tobacco use is additionally a giant risk factor for CVD (Cardio Vascular Disease)
- High cholesterol
- Diabetes
- Inactivity
- Being overweight or obese
- Family history of CVD (Cardio Vascular Disease)
- Ethnic background
- Diabetes
- Medications, supplements, and herbal remedies
- High pressure (hypertension)
- Excessive alcohol or caffeine use
- Substance use disorders
- Stress and anxiety

## Cut back chances of getting heart disease

- Keep cholesterol and triglyceride levels under control, stay at a healthy weight
- Eat healthy diet, get regular exercise
- Limit alcohol, no smoking
- Manage stress
- Get enough sleep