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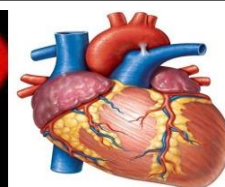
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Cardiovascular Disease



Cardiovascular disease is a broad term describing illness that affect the Heart or blood arteries, (Atherosclerosis), according to the NHS. It is frequently linked to Fatty deposits in the arteries, and an elevated risk of blood clots.

Main three risk factors are Hypertension, Atrial fibrillation, and dyslipidaemia.

Cardiovascular disease is a major and growing concern in the UK, accounting for roughly one -third of all fatalities and causing significant morbidity. (Stewart, 2016).

The cardiovascular system consists of three parts, the heart, blood arteries and blood. Plasma, red cells, white cells, and platelets are four primary components of blood. They serve a variety of activities, including carrying oxygen and nutrients to the lungs and tissues. Pulmonary and the systemic are the generators. NHS.

Case Study.

Patient A is 48 years old, smokes 10-19 cigarettes a day, drinks alcohol between 3-6 units a day. She had a blood pressure of 180/ 95. She had never suffered a heart attack, stroke, or paralysis on one side before. The father at the age of 68 suffered a heart attack. Her sister had a problem with high cholesterol. Patient A, who weighs 86 kilograms and stands 165 centimetres tall, does not engage in any type of exercise. She eats fish and chips and adores chips and fries.

Patient A may be at risk of having heart attack or stroke. The lifestyle and habits of poor food, lack of exercise, 3- 6 units of alcohol per day, along with hereditary health concerns, excess weight, excess blood pressure 180/95 instead of 120/80.

Symptoms: Difficulty catching your breath, dizziness, or fainting, heart palpitation, leg and arm discomfort, nausea and vomiting are all svmptoms of cardiovascular disease.

Causes and Risk Factors

Heart functions , such as abnormal heart rhythms, are affected by cardiovascular illness. Aorta disease , Marfan syndrome, congenital heart disease, and coronary artery disease, which narrow and affect the arteries According to Web Med, heart attack, heart failure, heart muscle illness, blood vessel disease, rheumatic, stroke, and pericardial disease ,, Pneumonia and deep vein thrombosis are all examples of cardiovascular disease. Poverty/ inequalities (Timmis, 2019). Genetic causes, (Abou 2021)..

High blood pressure, high lipoprotein, diabetes and being overweight, high cholesterol, lack of exercise, are all risk factors for heart disease. Financial burden. (Timmis, 2019).

Prevention

The best treatment is prevention. Regular exercise, quitting smoking, and consuming alcohol in moderation all contribute to a healthier lifestyle and lower your risk of heart attack. (Lopez, 2019).

Reduce saturated fat intake Eat five portions of fruit per day, eat a high-fibre diet and eat two portions of fish per week, according to Nice. (Stewart, 2016). CVD is avoidable in 75% of cases according to WHO.



Keep Safe Stay Healthy

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