Module Name: Introduction to Physiology
Module code: BMHP5003
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Cardiovascular Diseases (CVD)

Prevalence in UK

about 7.6m people in UK have these diseases

-6.4m people in England have CVD

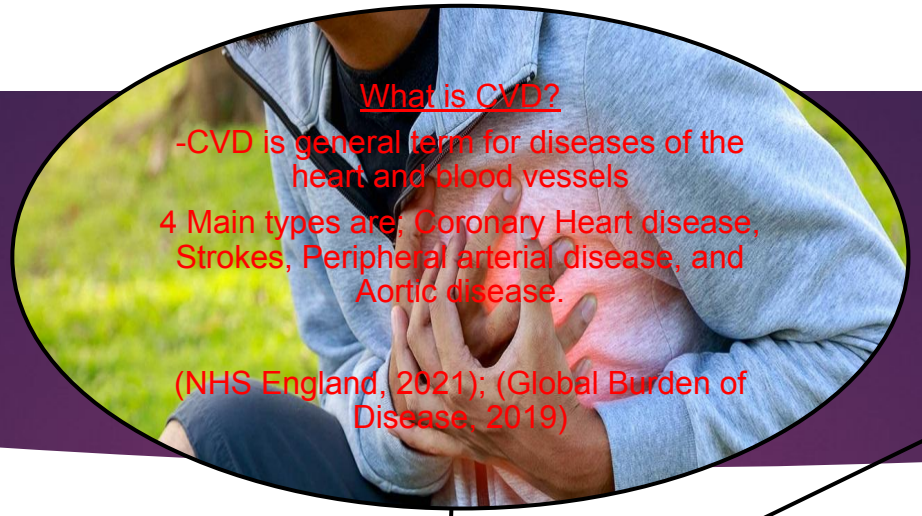
out 137152 people in England dying of CVD

Quarter of all deaths in UK caused by CVD

out 160,000 deaths per year in UK are for CVD

eaths caused by CVD have declined in the UK.

ritish Health Foundation, 2020); (NHS England, 2020); (Stroke Association, 2018)



What is CVD?

-CVD is general term for diseases of the heart and blood vessels

4 Main types are, Coronary Heart disease, Strokes, Peripheral arterial disease, and Aortic disease.

(NHS England, 2021); (Global Burden of Disease, 2019)

Who can get CVD?

-Common in adults above 50 years

-both men and women can get it

-common in men even below 50 years

-CVD is associated with one's lifestyle

on-Modifiable risk factors

-Race & Ethnicity

-Age

-Gender

-Genetic factors

HO, 2020); (National Institute of Health, 2017)

Lifestyle changes to avoid CVD

-Do regular exercises like cardiorespiratory fitness, body composition and muscular fitness.

-Eating a balanced diet of variety of foods like vegetables, fruits and low-fat diary products, drinking plenty of water

-Having healthy eating habits with best eating patterns and eating attitudes.

(Rippe, 2018); (American Heat Association, 2018

Modifiable risk factors

-Smoking

-Diabetes mellitus

-Physical inactivity

-Obesity

-High Cholesterol

-High Blood Pressure

(American Heat Association, 2018); (Diabetes UK, 2020

References

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