

Cardiovascular Disease: Risk of Developing

Sunitha

Sri Sai Jyothi Pharmacy, Hyderabad, India

Corresponding Author*

Sunitha

Sri Sai Jyothi Pharmacy, Hyderabad, India

E-mail: sunitha_k@gmail.com

Copyright: 2021 Sunitha. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 08 June, 2021; **Accepted** 28 July, 2021; **Published** 31 July, 2021

Abstract

Cardiovascular disease (CVD) is a broad term used to define a broad range of heart and circulatory system related conditions; aortic disease, stroke, coronary heart disease, and heart attack. Major risk factors for CVDs are behavioral and life style related, that raise a person's chance of getting the illness, such as dormant working nature, poor eating habits, smoking, family history and age.

Keywords: Cardiovascular disease, Hypertension; Diabetes; Cholesterol

Introduction

Cardiovascular disease (CVD) is a broad term used to define a broad range of heart and circulatory system related conditions; aortic disease, stroke, coronary heart disease, and heart attack [1].

Major risk factors for CVDs are behavioral and life style related, that raise a person's chance of getting the illness, such as dormant working nature, poor eating habits, smoking, family history and age.

Risk factors for CVDs

Risk factors for CVDs can be categorized into two groups; (1) Modifiable; and (2) Non-modifiable.

Non-modifiable: Risk factors for cardiovascular disease that cannot be altered are known as non-modifiable risk factors. These include, among other things, a person's age, race, and family background (genetics cannot be modified).

Non-modifiable: Risk factors for cardiovascular disease that may be decreased or managed by changing one's behavior are known as modifiable risk factors. People can reduce their risks of acquiring cardiovascular disease by making specific lifestyle modifications. Smoking, nutrition, and exercise are only a few examples.

The presence of one or more risk factors raises a person's chances of getting cardiovascular disease; however, this does not indicate that cardiovascular disease is unavoidable [1]. You may use the Ada app for a free evaluation if you suspect you might have indications of cardiovascular disease.

Family History

Cardiovascular disease has a hereditary component, which means that a family history of the illness is a risk factor. This is usually the case if a person's first-degree relative had CVD at a young age.

A family history of hypertension, high cholesterol, or type-2 diabetes can all raise the risk of having these diseases, which can lead to cardiovascular disease.

Age

CVDs are more likely to strike the elderly. Although the ageing process cannot be stopped, maintaining a generally healthy lifestyle can assist to minimize the risk of having heart and circulation problems.

Sex

Women are more likely than males to acquire cardiovascular disease later in life. The hormonal changes that accompany menopause are considered to be connected to this later age of onset in women.

High Cholesterol

Higher LDL levels often known as "bad cholesterol," have been related to a variety of cardiovascular illnesses. Cholesterol is a fatty molecule that proteins transport throughout the body. If there is too much LDL cholesterol in the blood, fatty substances can build up in the artery walls, causing problems.

Hypertension

Hypertension is another risk in cardiovascular illness, including heart failure, stroke, and heart attack. High blood pressure is typically symptomless, but it can be detected by a doctor with a simple blood test.

Diabetes

Diabetes, a disorder in which the blood glucose levels are abnormally high, is a high risk factor for CVDs. Higher levels of blood sugars can damage arterial walls and increase the risk of atheroma. If fatty deposits form in the coronary arteries, they can cause coronary heart disease and heart attacks.

Smoking

Tobacco use raises the risk of cardiovascular disease by a substantial amount. Smoking destroys and narrows the arteries, increasing the risk of angina pectoris and heart attack. Angina pectoris is a condition that causes pain or discomfort in the middle of the chest due to a lack of blood supply to the heart muscle [2].

Physical inactivity

Inactive life style is another major risk factor for CVDs. Lack of physical activity leads to overweight, hypertension, and risk of other diseases that make a person more prone to cardiovascular disease.

Obesity

Another major risk factor for cardiovascular disease is being overweight. Being overweight is characterized as having a body mass index (BMI) that is outside the normal range. Eating an unhealthy diet and being physically sedentary are both significant causes [3].

Diet

A poor diet is a major risk factor for cardiovascular disease. To reduce the risk, eat a well-balanced diet rich in fruits and vegetables, complex carbs, and protein, while avoiding excess fats, salts, and sweets.

Eating a balanced diet, taking regular exercise and leading a generally healthy lifestyle can both help manage diabetes in those who already have the condition and help prevent the onset of the condition in those that don't. In people with diabetes, careful management of blood sugar levels is also very important in helping to reduce the risk of cardiovascular disease [4].

References

1. British Heart Foundation. "Cardiovascular disease." Retrieved from <https://www.bhf.org.uk/heart-health/conditions/cardiovascular-disease>
2. National Heart, Lung, and Blood Institute. "What Are the Risk Factors for Heart Disease?" Retrieved from <https://www.nhlbi.nih.gov/health/educational/hearttruth/lower-risk/risk-factors.htm>
3. CDC. "Defining Adult Overweight and Obesity." Retrieved from <https://www.cdc.gov/obesity/adult/defining.html>
4. British Heart Foundation. "Diabetes and your heart." Retrieved from <https://www.bhf.org.uk/heart-health/risk-factors/diabetes>