

SERIOUS HEART DISEASES AND THEIR EARLY DETECTION

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Abstract: *this article is written about cardiovascular diseases, their early detection, diagnosis, treatment, etc.*

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Heart disease includes many diseases that affect your heart, but coronary artery disease (CAD) is the most common and familiar one. CAD can create a waxy buildup in your heart's arteries that can cause a heart attack. Healthy habits, medicines and procedures can prevent or treat CAD and other heart diseases.

Overview

Different kinds of heart disease affect various parts of your heart.

Heart disease has many types and can affect various parts of your heart.

What is heart disease?

Heart disease is a variety of issues that can affect your heart. When people think about heart disease, they often think of the most common type — coronary artery disease (CAD) and the heart attacks it can cause. But you can have trouble with different parts of your heart, like your heart muscle, valves or electrical system.

When your heart isn't working well, it has trouble sending enough blood, oxygen and nutrients to your body. In a way, your heart delivers the fuel that keeps your body's systems running. If there's a problem with delivering that fuel, it affects everything your body's systems do.

Lifestyle changes and medications can keep your heart healthy and lower your chances of getting heart disease.

What are the types of heart disease?

Heart disease types include:

- Narrowing of your heart's blood vessels because of fatty deposits (coronary artery disease).
- Abnormal heart rhythms (arrhythmias).
- Heart valve diseases.
- Abnormal heart muscle (cardiomyopathy).
- Heart squeezing and relaxation difficulties (heart failure).
- Heart issues you have at birth (congenital heart disease).



- Issues with the fluid-filled sac surrounding your heart (pericardium).

How common is heart disease?

Heart disease is the top cause of death in the United States. In 2021, heart disease caused 1 in 5 deaths. That’s nearly 700,000 people. Coronary artery disease, the most common type of heart disease, caused about 375,000 of those deaths.

Heart disease affects people from most ethnic backgrounds, regardless of sex.

How is heart disease treated?

Depending on your heart issue, you may need to make changes to your daily life, take medication or have surgery.

Heart disease treatments may include:

- Changing your lifestyle: This could consist of cutting saturated fats from your meals, stopping the use of tobacco products or starting a walking program.

- Taking medicine: You can lower blood pressure and cholesterol with medicine. Also, certain medications can help with heart failure or abnormal heart rhythms. You need to consistently take these medications the way your healthcare provider tells you to.

- Having surgeries or procedures: You may need open-heart surgery, minimally invasive surgery or an ablation. Other procedures include catheterization procedures, stent placement or cardioversion.

- Taking part in a cardiac rehab program: This supervised exercise program can strengthen your heart after a heart attack. With nutritional counseling and monitored exercise, it provides extra support for changing your lifestyle.

Complications/side effects of the treatment

Most prescription medications have some side effects. Medicines you take to lower your blood pressure can make you dizzy or tired or give you a headache. The most common medications that help you manage your cholesterol levels can give you sore muscles, nausea or headaches.

Surgeries or procedures have some risks, like bleeding, stroke, abnormal heartbeats, infection or other issues.

How long does it take to recover from treatment?

Depending on the surgery or procedure you have, your recovery can take a few days to many weeks. You may only need a few days to recover from minor procedures. But you may need two to four weeks to recover from minimally invasive surgery and six to 12 weeks to recover from open-heart surgery.

Your heart has a crucial job, so it’s important to pay attention to warning signs of a heart issue. Many heart diseases develop over time. Identifying heart disease early gives you the best chance of managing it well. Talk with a healthcare provider about the best ways to prevent heart disease or keep it from getting worse. Even if you have risk factors you can’t change, there are other things you have the power to change.



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