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Cardiovascular disease fact sheet pdf

Heart Failure in Western Australia

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Prevalence of Heart Failure in Western Australia

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Know the Differences

Cardiovascular Disease, Heart Disease, Coronary Heart Disease

Cardiovascular disease, heart disease, coronary heart disease – what's the difference? Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease
The big umbrella

Cardiovascular disease is the term for a group of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), heart failure, stroke, aneurysm, congenital heart defects and peripheral artery disease.

Coronary Heart Disease
A type of heart disease

Coronary heart disease is often called "clogged heart disease", although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 100,000 Australians died
from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances) builds up in the blood supply to your arteries. The more plaque builds up, the more your arteries narrow, and the less blood gets to your heart.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can lead to chest pain (angina). Plaque can also break off and travel through the blood stream, which can lead to a heart attack and are the most common cause of a heart attack.

Heart Disease
A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Many kinds of heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart diseases. The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart:

- All your doctor about your blood pressure, cholesterol, and A1C
- Reduce the sodium and increase the fibre, potassium, and eating greens in your diet.
- Be physically active
- Control your weight
- Don't smoke
- Manage stress

Cardiovascular Risk Factors among Participants of the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

Congratulations! You are part of the largest study of Hispanic/Latino health in the United States. Because of your participation, we are learning more about Hispanic/Latino health.

We want to share some findings that were recently published by SOL investigators in the *Journal of the American Medical Association (JAMA)*.

Please stay in touch!

Results from the HCHS/SOL study show that:

- 77% of women and 61% of men have ONE or MORE of these heart disease risk factors:
 - Obesity
 - High blood cholesterol
 - High blood pressure
 - Diabetes
 - Cigarette smoking

Percent of Participants with Specific CVD Risk Factors

The two highest heart disease risk factors for both men and women were high cholesterol and obesity. The lowest risk factor was diabetes.

About half of men had high cholesterol and about half of women were obese.

Did you know that heart disease is a serious problem among Hispanic/Latinos?

It is one of the leading causes of death among Hispanic/Latinos in the United States.

What is heart disease?

It happens when the blood vessels going to the heart become narrow and clogged. As a result, a heart attack can occur.

Heart disease develops over many years.

What are risk factors?

Risk factors are personal characteristics and habits that make you more likely to get heart disease.

You can do something about some risk factors but some risk factors you cannot change.

To reduce your risk of heart disease, you can:

- **EXERCISE:** Try to get at least 30 minutes of moderate-intensity physical activity five days a week.
- **EAT LESS SATURATED FAT AND SODIUM:** Less chicken instead of beef. Use herbs instead of salt to season your food.
- **MAINTAIN A HEALTHY WEIGHT:** Eat smaller portions, and make smart food choices.
- **MANAGE BLOOD PRESSURE:** Keep track of your weight, waist measurement, blood pressure, blood cholesterol, and blood sugar (if you have diabetes).
- **EAT MORE FRUITS AND VEGETABLES:** They have vitamins, as a source of fiber.
- **QUIT SMOKING:** Keep your home smoke-free. Call 1-800-QUIT-NOW (English and Spanish).

Source: <https://www.hchs-sol.org/publications/heart-disease-risk-factors-among-hispanic-latinos>
http://ajph.org/gov/arc/heartdisease.aspx

Approximately 100-40 per cent of blood pressure variability is accounted for by genetics (Widom, 1995). The remaining 60-60 per cent is determined by lifestyle factors, particularly diet. An extensive review of the evidence published in the journal *Nutrition Reviews* explains how a vegetarian diet high in fibre, vegetables, legumes and nuts lowers the blood pressure by a variety of different mechanisms (Berkow and Bernard, 2005). The authors of this review explain how vegetarians tend to weigh less (see below) and have lower body weight is strongly associated with lower blood pressure. They explain how vegetarians tend to consume less saturated fat and more polyunsaturated fat and suggest this may help moderate blood pressure (thickness or resistance to flow). They also suggest that certain nutrients (potassium, magnesium and other minerals, antioxidants and fibre) present in abundance in a vegetarian diet may lower blood pressure.

Nutrition studies confirm that vegetarian and vegan diets are beneficial for lowering blood pressure and the rate of cardiovascular disease (Appleby et al., 2002; American Dietetic Association, 2003).

This study concludes that a vegetarian diet can be used successfully for weight loss (see the VWW guide *The Vegan Diet*).

Homocysteine

Since the early 1990s, there has been much interest in the role of homocysteine in CVD. High homocysteine levels may cause damage to the lining of the blood vessels, increasing the risk of a heart attack. Homocysteine is an amino acid (building block of protein) produced in the body during the breakdown of another amino acid called methionine. It may also be converted back into methionine. This reaction requires sufficient levels of folate, acid and vitamins B6 and B12. If one of these is in short supply, homocysteine levels can rise. Emerging laboratory studies of these vitamins can prevent this. Indeed, consuming an adequate folate, acid and vitamin B12 can significantly reduce the risk of stroke (Buring et al., 2007). Folate, acid and B12 are found in abundance in plant foods and B12 is found in fortified foods. A daily serving of fortified cereal could provide folate, acid, B6 and B12. See *MyPlate* for more information on folate, acid and B12 (Folaker et al., 2006). (See the VWW fact sheet B12 and the Vegan Diet).

Other Risk Factors

There are a number of other factors that contribute to the risk of CVD. Exercise is important as it increases "good" HDL cholesterol levels, which in turn helps keep "bad" LDL cholesterol levels down. Exercise also helps control weight, leading to a lower risk factor as it helps the arteries, causing them to narrow. Exercise is also important in that it helps the heart pump blood more efficiently. A diet high in fruits and vegetables can also help lower blood pressure, as it is rich in potassium, magnesium and fibre, which help the heart pump blood more efficiently.

Defeating CVD with Diet
Good News for Vegans

Heart Disease

Vegans have lower cholesterol levels (by about 0.5 mmol/L), lower blood pressure, weigh less (on average between 10 pounds and 20 pounds less) and have a lower risk of dying from heart disease.

Plant-based Diets and Cardiovascular Disease

Plant-based diets are associated with a lower risk of cardiovascular disease. This is because plant-based diets are rich in fibre, antioxidants, and other nutrients that help protect the heart.

Plant-based diets are also associated with a lower risk of obesity, diabetes, and other conditions that can lead to cardiovascular disease.

Plant-based diets are also associated with a lower risk of stroke, heart failure, and other conditions that can lead to cardiovascular disease.

Plant-based diets are also associated with a lower risk of premature death.

Prevention The reduction of risk factors can prevent cardiac diseases. Numbness on the arm or leg; If the atherosclerotic plate affects the blood irrigation of an arm or a leg, patients may feel numb. People sometimes confuse cardiac pain with indigestion, since both are present with pain in the center of the chest. Cardiac diseases often remain undiagnosed due to the absence of typical symptoms and the diversity of symptoms that can imitate other health conditions. Maintaining healthy levels of sugar during pregnancy is important.â, symptoms Blue skin Difficulty breathing Difficulty Difficulty Poor weight gain Fatiga after a mild work Mizzle Frequent Infection Puff Disorder Rhythm Disorder It refers to abnormal heartbeat. Symptoms difficulty breathing. GENSE RISK FACTORS: Some congenite cardiopathies originate in the family. Valvular disease is presented when one of the four valves that direct the flow of blood to the heart and the body is damaged. Tiredness. In some cases, toxic pain and numbness are the first signs of coronary artery disease. Virus: Some viral infections during pregnancy increase the risk of congenite cardiopathies. Age risk factors: Aging increases the risk of heart disease. Family background of heart disease High blood pressure High cholesterol level Diabetes Smoking Obesity Inactivity Fabric Diet Symptoms STRi © s pain (angina): The patient is typically presented with compression, discomfort, obstructive pain or heaviness in the chest. Nausea: A sharp attack is also associated with nausea and vomiting that is another reason to confuse coronary disease with indigestion. Difficulty breathing sweating: during an attack There is usually profuse sweating. If you are getting tired or has pain in the chest after doing some work that was not used to, you should consult your doctor. Fainting, Diabetes: The high level of blood sugar increases the risk of congenite cardiopathies. CongA © nes. .traeh eht ot ylypus doolb eht gnitpurretni yllautneve euqalp mrof dna slesseve doolb yranoroc fo reyal renni eht rednu etalumucca ylwols secnatshus rehto ro loretselohC lohoca timil thgiev ythlaeh niatniatM sserts eganaM yraluger snoitacidem setebaid dna erusserp doolb hglih ekaT teid ythlaeh a taE esicerev raluger teC esu occabot potS ekam ot segnahe elytsefIL. htaed fo esuac nommoc tsom eht si DAC esuaceb sevil fo sdnuatnot evas yam segnahe elytsefIL. tcefed traeh latinegnoc esuac nac ycnangerp fo shnom eerbH tsrif eht gnirud nekat ,snoitacidem niatreC :snoitacidem niatreC .htaed tuda fo sesuac gnidael eht fo eno si AÄÄÄ, esaesID traehAÄÄÄÄ sa nwonk osla .)DVC(esaesID ralucavoidraC. elcsum traeh eht ot elbaliava si negyxo ssel erofereht dna traeh eht ot steg doolb ssel ,sneppah egakcolb a nehW. kcaab ro ,mra ,waj eht ot etaidar yam hcihw sechb lartnec eht ni sruccho yllausu niap .elam sa ksir ta yllaugre era elamel ymotceretsyh a ro esuapnom reitA .esicerev htiw pihsnoitaler esolc a sah anigna .htrib ta tneserp si esaesID traeh latinegnocC esaesID traeh latinegnocC .lesseve doolb eht fo gninedrah ro yjretra eht ni euqalp(sisorelcsorehta yb desuac si hcihw ,nommoc tsom eht si esaesID yretra yranoroc ,sesaesID caidrac lla gnoma esaesID yretrA yranorocC esaesID traeh raluvlaV >erulaf traehH tcefed traeh latinegnocC redrosid mhtyhR)DAC(esaesID yretra yranorocC sesaesID traehH nommoc .sesaesID traeh rehto ni nees smotpmys emas eht fo emos htiw laed stluda ,sesac ereves ssel nI .gnihtaerb elbuort htiw thgin eht ni pu ekaw stneitap semitomoS .eb nac srotcaf rehto ,degnahc eb tonnac ,yrotsih ylimaf dna ,xes ,ega ghughoitLA .stcefed traeh latinegnoc fo ksir eht sesaerinci ycnangerp gnirud gnikomS :gnikomS .kcatta traeh fo ngis ylo eht era trofmocsid dna gnitaews stneitap emos nI .esaesID traeh cimchsi ro)DAC(esaesID yretra yranoroc ot dael nac hcihw ,seiretra fo gninedrah sesuac taht euqalp eht tneverp nac segnahe elytsefIL Atherosclerosis generally remains unfolded until it is large enough to block blood supply. Over time this leads to a heart attack. Sex: Premenopamic women have a lower rate of coronary disease due to their production of bodily strogeneurs. Symptom palpitations Toric pain dizziness Fainting other causes of heart disease include infection, heart disease disease and cardiac arrest. This may include rapid blows, slow blows, irregular blows. Edema: The swelling of the leg or ankle can be presented in heart failure. According to the American Association of Heart, heart failure occurs when cardiac muscle is weakened and can not pump enough blood to meet the needs of the body of blood and oxygen. In severe cases, problems usually appear little after birth. Alcohol consumption During pregnancy: Drinking during pregnancy can cause fetal heart problems. If the toxic pain gets worse with the effort and decreases after resting, it is more likely to be an angina. Symptoms Lack of breath: Being breathless by effort and / or difficulty breathing lying are signs of heart failure. failure.

10/10/2019 · Cardiovascular diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year. CVDs are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. More than four out of five CVD deaths are due to heart attacks and ... 22/09/2021 · Ambient (outdoor) air pollution in both cities and rural areas was estimated to cause 4.2 million premature deaths worldwide per year in 2016; this mortality is due to exposure to fine particulate matter of 2.5 microns or less in diameter (PM2.5), which cause cardiovascular and respiratory disease, and cancers. 07/02/2022 · Heart Disease in the United States. Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. 1; One person dies every 36 seconds in the United States from cardiovascular disease. 1; About 659,000 people in the United States die from heart disease each year—that's 1 in ... 17/08/2020 · The impact on medical care from genome-wide association studies could potentially be substantial. Such research is laying the groundwork for the era of personalized medicine, in which the current one-size-fits-all approach to medical care will give way to more customized strategies. In the future, after improvements are made in the cost and efficiency of ... Cardiovascular disease. People who eat lots of fruits and vegetables seem to have a lower risk of cardiovascular disease. ... This fact sheet by the National Institutes of Health (NIH) Office of Dietary Supplements (ODS) provides information that should not take the place of medical advice.

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