Heart

by brianwangila brianwangila

Submission date: 12-May-2023 05:50PM (UTC-0400)
Submission ID: 2091704911
File name: Heart_disease_condition.docx (11.52K)
Word count: 852
Character count: 5100

Heart Disease

4
Student Name

Institution Affiliation

Instructor

Course

Date

Introduction and Description

"Heart disease" encompasses several cardiovascular ailments and other conditions of the heart. It affects all ages and genders and is the leading contributor to global death rates. "Heart disease" can refer to numerous medical conditions, including coronary artery disease, heart failure, arrhythmias, and valve anomalies (Sanchis-Gomar, et al., 2016). Coronary artery disease is a frequent cardiac ailment while plaque accumulation causes atherosclerosis, which narrows or blocks heart-supplying arteries and can be fatal (Gisterå & Hansson, 2017). This condition may cause chest pain, shortness of breath, and heart attacks. Heart failure occurs when the organ that pumps blood cannot fulfill bodily demands. The symptoms include lower-limb edema, fatigue, and breathing difficulties. Heart failure can induce breathlessness and valve malfunction. This malfunction causes either backflow into the heart or insufficient blood flow via the valves. Fortunately, lifestyle adjustments can minimize cardiovascular disease risk. According to Ponikowski et al. (2016), these improvements include eating a nutritious diet, exercising regularly, controlling weight, and stopping smoking.

Physical examination

The discernment of cardiac maladies necessitates a thorough physical examination. The physician shall assess the patient's essential physiological parameters, encompassing arterial tension, cardiac rhythm, and respiratory frequency (Virani et al., 2020). A stethoscope will be used to auscultate the patient's heart for abnormal sounds like murmurs, which may suggest cardiac valve problems. The doctor will also check the patient's thoracic region for pulmonary fluid collection, a sign of heart insufficiency. Lower-extremity edema may indicate heart insufficiency. After the physical exam, an electrocardiogram (ECG) or echocardiography may confirm a heart condition. A stress test can assess the heart system's response to physical exercise and detect latent

factors of cardiovascular disease. Patients must exercise on a treadmill or stationary bike to assess their heart rate and blood pressure.

History

Heart disease has always plagued people's health. Ancient Egyptians recorded heart illness circa 1500 BC. The ancient Egyptian, Edwin Smith Papyrus, described a cardiovascular disease-related medical condition (Saba et al., 2006) and a Greek physician, Hippocrates, was among the first to realize that eating healthily and exercising frequently prevents cardiovascular disease. Medieval heart disease was linked to "cold" or "melancholic" temperaments. Heart attacks and failure were not reported until the 19th century. In the early 1900s, the ECG helped cardiac diagnosis and treatment (Alboni et al., 2001). Research and prevention must continue to target 3 heart disease, the world's top cause of death.

Diet

Heart disease is majorly caused by a bad diet and hence can be treated by nutrition since illnesses that are caused by bad food are treated by healthy foods (Ponikowski et al., 2016). Saturated and trans fats, cholesterol, and salt are related to cardiovascular illnesses. Fruits, green veggies, nutritious grains, and lean protein can reduce the likelihood of a cardiovascular condition (Willett, 2012). Recent scholarly articles depict that a Mediterranean-style diet, which enforces plant-based foods, healthy fatty diet like olive oil, and modest lean protein meals, may decrease the risk of cardiovascular illnesses (Willett, 2012). DASH diets lower blood pressure and heart disease risk as it prioritizes fruits, vegetables, healthy grains, and low-fat dairy. Heart disease patients may need to monitor and regulate their nutritional intake, especially salt.

Laboratory tests

Numerous laboratory tests can help diagnose and treat cardiovascular disease. Lipid panels are common medical tests. This test evaluates blood cholesterol and triglycerides. Higher quantities of these chemicals are linked to cardiovascular disease. The cardiac biomarker test analyzes heart-released proteins in coronary attacks. The test can help with treatment decisions by determining if a heart attack has occurred. ECGs can also help diagnose aberrant cardiac rhythms or heart electrical activity. Echocardiography uses sound waves to see the heart's architecture and function. This tool aids cardiac diagnosis and evaluation. A stress test and other tests can assess the heart's reaction to exercise and medication that makes it work harder.

References

Alboni, P., Brignole, M., Menozzi, C., Raviele, A., Del Rosso, A., Dinelli, M., ... & Bottoni, N. (2001). Diagnostic value of history in patients with syncope with or without heart disease. Journal of the American College of Cardiology, 37(7), 1921-1928.

Gisterå, A., & Hansson, G. K. (2017). The immunology of atherosclerosis. Nature reviews nephrology, 13(6), 368-380.

Ponikowski, P., Anker, S. D., AlHabib, K. F., Cowie, M. R., Force, T. L., Hu, S., ... & Filippatos, G. (2014). Heart failure: preventing disease and death worldwide. ESC heart failure, 1(1), 4-25.

Saba, M. M., Ventura, H. O., Saleh, M., & Mehra, M. R. (2006). Ancient Egyptian medicine and the concept of heart failure. Journal of cardiac failure, 12(6), 416-421.

Sanchis-Gomar, F., Perez-Quilis, C., Leischik, R., & Lucia, A. (2016). Epidemiology of coronary heart disease and acute coronary syndrome. Annals of translational medicine, 4(13).

Virani, S. S., Alonso, A., Benjamin, E. J., Bittencourt, M. S., Callaway, C. W., Carson, A. P., ... & American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. (2020). Heart disease and stroke statistics—2020 update: a report from the American Heart Association. Circulation, 141(9), e139-e596.

Willett, W. C. (2012). Dietary fats and coronary heart disease. Journal of internal medicine, 272(1), 13-24.

Heart

ORIGINALITY REPORT

6%	4%	0%	2%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	Submitted to Monash University Student Paper	2%
2	archive.org Internet Source	1%
3	pergamos.lib.uoa.gr Internet Source	1%
4	www.coursehero.com Internet Source	1%

Exclude quotes	On	Exclude matches	Off
Exclude bibliography	On		