

Problem-Solution Fit

CAD is the most common kind of heart disease among both men and women, white men between the ages of 35 and 44 are about 6 times more likely to die of CAD than white women in that same age group

Affected persons should reduce smoking tobacco step by step.

Try to overcome hypertension.

Have a self confidence by themselves

The strongest hearts have most scars so avoid overthinking and follow the solution proposed and live in a better life

These physiologic effects can lead to calcium buildup in the arteries ,and heart disease.

Evidence shows that mental health disorders such as anxiety can develop heart failure ,and heart attack

Coronary arteries supply oxygen-rich blood to heart. Plaque buildup in these arteries limits how much blood can reach the heart

The existing behaviours following coronary artery disease can also be supported

Plaque is made up of cholesterol deposits. Plaque build up causes the inside of the arteries to narrow over time

A new study in Circulation found that the sheer number of social determinants impacting an individual can increase their risk of dying from heart disease

Shortness of Breath

Rapid Heartbeat

Dizziness

Nausea

Angina

Reduce your alcohol consumption

Keep your blood pressure control

Take any prescribed medicine