DIFFERENT TYPES OF CHEST PAIN

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Age raises your risk of developing heart disease, particularly in older adults and persons of colour. Nearly 20% of people who die from heart disease are under the age of 65, despite the fact that the average age for a heart attack is 64.5 for men and 70.3 for women.

You are

65 years of age or older accounts for about 82 percent of coronary heart disease fatalities. Women are more likely than males to pass away from a heart attack within a few weeks of having one as they get older.

Your sexe

Men are more likely than women to experience a heart attack, and they do so earlier in life. After menopause, the death rate from cardiac disease among women rises, but it still lags behind that of males.

your ancestry

Heart disease is more common in children of parents who have it, especially if a father or brother was diagnosed before age 55 and a mother or sister was diagnosed before age 65. The majority of people with a high family history of heart disease

Risk elements that you may be able to influence include:

smoking cigarettes

In the United States, smoking is the leading preventable cause of premature mortality. According to numerous studies, smoking is a significant risk factor for coronary heart disease.

elevated blood pressure

Blood pressure is the amount of force that the heart's blood flow exerts against the artery walls. This pressure can harm the body in many different ways if it increases and remains high for an extended period of time. In essence, high blood pressure causes the heart to work harder, which causes the heart muscle to thicken and stiffen.

Your level of activity

The prevention of heart and blood vessel disease is aided by exercise.

You're size

being overweight and obese, especially if a lot of it is around the waist