**MAJOR DISEASES UNDER CARDIOLOGY: TEAM PAIRING**

Cardiology covers a broad range of diseases that affect the heart and blood vessels. Below is a comprehensive list of key diseases, conditions managed within this specialty, and team members assigned to each category:

**TEAM 1: Coronary and Vascular Diseases**

* **Coronary Artery Disease (CAD)**/ Coronary heart disease (CHD): Blockage or narrowing of the coronary arteries, leading to angina and heart attacks[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[3](https://www.webmd.com/heart-disease/diseases-cardiovascular)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/).
* **Acute coronary syndrome (ACS):** Includes myocardial infarction (heart attack) and unstable angina[6](https://consensus.app/questions/list-of-heart-diseases/).
* **Peripheral Artery Disease (PAD)** : Narrowing of blood vessels supplying the limbs[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/)[7](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).  
  A circulatory condition where narrowed arteries reduce blood flow to the limbs, often causing leg pain.
* **Cerebrovascular disease:** Disorders of blood vessels supplying the brain, including stroke and transient ischemic attack (TIA)[3](https://www.webmd.com/heart-disease/diseases-cardiovascular)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[7](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).
* **Aortic Aneurysm/Dissection**: Bulging or weakening of the aorta[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)  
  An aneurysm is a bulge in the wall of the aorta, and a dissection is a tear in the aorta's inner layer, both of which can be life-threatening.
* **Deep Vein Thrombosis (DVT)**  
  Formation of a blood clot in a deep vein, usually in the legs, which can lead to serious complications if the clot travels to the lungs.
* **Pulmonary Embolism (PE)**  
  A blockage in one of the pulmonary arteries in the lungs, commonly caused by blood clots that travel from the legs or other parts of the body.[7](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).
* **Atherosclerosis**  
  The buildup of fats, cholesterol, and other substances in and on artery walls, leading to restricted blood flow.
* **Myocardial Infarction (STEMI/NSTEMI)**
* **Silent Myocardial Ischemia**

**References**:

* American Heart Association (AHA) Guidelines, 2023 ([AHA Journal](https://www.ahajournals.org/))
* *Nigerian Context*: CAD prevalence rising due to urbanization (Ojji et al., *Nigerian Cardiac Society*, 2022)
* ESC Vascular Disease Guidelines, 2020

**TEAM 2: Heart Muscle and Pumping Disorders**

* Heart failure (congestive heart failure, CHF): The heart cannot pump blood effectively[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/)[8](https://www.medicalnewstoday.com/articles/237191).
* **Heart Failure with Reduced Ejection Fraction (HFrEF)**
* **Heart Failure with Preserved Ejection Fraction (HFpEF)**
* **Acute Decompensated HF**
* Cardiomyopathies:
  + Dilated cardiomyopathy: Enlarged, weakened heart muscle[6](https://consensus.app/questions/list-of-heart-diseases/)[8](https://www.medicalnewstoday.com/articles/237191).
  + Hypertrophic cardiomyopathy: Thickened heart muscle, often genetic[6](https://consensus.app/questions/list-of-heart-diseases/)[8](https://www.medicalnewstoday.com/articles/237191).
  + Restrictive cardiomyopathy: Stiffness of the heart muscle[5](https://en.wikipedia.org/wiki/Cardiovascular_disease).
  + **Takotsubo Cardiomyopathy**
  + **Chagas Cardiomyopathy**: Emerging in rural areas (BMJ Global Health, 2023).

**References**:

* Circulation: Heart Failure Journal, 2022
* European Society of Cardiology (ESC) Guidelines, 2021 ([ESC Website](https://www.escardio.org/))
* *Nigerian Context*: HF often secondary to hypertension (Adebayo et al., *African Circulation Journal*, 2021)

**TEAM 2: Arrhythmias (Heart Rhythm Disorders)**

* Atrial fibrillation (AFib): Irregular and often rapid heartbeat[6](https://consensus.app/questions/list-of-heart-diseases/).
* Ventricular tachycardia**/Fibrillation**: Fast, abnormal rhythm from the lower chambers[6](https://consensus.app/questions/list-of-heart-diseases/).
* Other arrhythmias: Includes bradycardia, supraventricular tachycardia, and more[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/).
* **Sick Sinus Syndrome**
* **Long QT Syndrome**

**References**:

* ACC/AHA Rhythm Guidelines, 2022 ([JACC](https://www.jacc.org/))
* *Nigerian Context*: Underdiagnosed due to limited ECG access (Falase et al., *Tropical Cardiology*, 2020)

**TEAM 3: Valvular Heart Diseases**

* Aortic stenosis: Narrowing of the aortic valve[6](https://consensus.app/questions/list-of-heart-diseases/).
* Mitral valve prolapse: Improper closure of the mitral valve[6](https://consensus.app/questions/list-of-heart-diseases/).
* Mitral regurgitation, aortic regurgitation, and other valve disorders[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/).
* Rheumatic heart disease: Valve damage from rheumatic fever[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/)[7](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).
* **Mitral Stenosis/Regurgitation** (Rheumatic origin common in Nigeria)

**References**:

* WHO Rheumatic Heart Disease Factsheet ([WHO](https://www.who.int/))
* *Nigerian Context*: 45% of valve cases are rheumatic (Okeahialam et al., *Nigerian Medical Journal*, 2019)
* **American College of Cardiology (2023)**. Tricuspid Valve Guidelines. [ACC.org](https://www.acc.org/)
* **WHO (2022)**. Rheumatic Heart Disease in Africa. [WHO-AFRO](https://www.afro.who.int/)
* **Adebayo RA et al. (2021)**. Tricuspid Valve Disease in Nigerian RHD Patients. African Health Sciences, 21(2): 789-795.

**TEAM 3: Inflammatory & Infectious Heart Diseases**

* **Infective Endocarditis**: Infection/inflammation of the inner heart lining or valves[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease).
* Myocarditis: Inflammation of the heart muscle, often viral[5](https://en.wikipedia.org/wiki/Cardiovascular_disease).
* **Pericarditis**: Inflammation of the pericardium, the sac around the heart[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[5](https://en.wikipedia.org/wiki/Cardiovascular_disease).

**References**:

* AHA Scientific Statement on Endocarditis, 2021
* *Nigerian Context*: HIV-associated cardiomyopathy (Makubi et al., *Global Heart*, 2018)

**TEAM 4: Congenital Heart Diseases**

* Septal defects (atrial septal defect, ventricular septal defect**(ASD/VSD)**)[6](https://consensus.app/questions/list-of-heart-diseases/).
* Tetralogy of Fallot: A complex congenital heart defect[6](https://consensus.app/questions/list-of-heart-diseases/).
* **Patent Ductus Arteriosus**, pulmonary stenosis, and other structural anomalies[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[6](https://consensus.app/questions/list-of-heart-diseases/)[7](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)).

**References**:

* American College of Cardiology (ACC) Congenital Guidelines, 2021

**TEAM 4: Other Cardiovascular Conditions**

* Hypertensive heart disease: Heart problems caused by high blood pressure[5](https://en.wikipedia.org/wiki/Cardiovascular_disease)[6](https://consensus.app/questions/list-of-heart-diseases/).
* **Hypertensive Crisis (Urgency/Emergency)**
* Pulmonary heart disease (cor pulmonale): Right heart failure due to lung disease[5](https://en.wikipedia.org/wiki/Cardiovascular_disease).
* Heart murmurs: Abnormal heart sounds, often due to valve disease[9](https://www.victorchang.edu.au/heart-disease).
* **Myocardial Infarction (Heart Attack)**: Sudden blockage of blood flow to the heart muscle[1](https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms)[3](https://www.webmd.com/heart-disease/diseases-cardiovascular)[8](https://www.medicalnewstoday.com/articles/237191)[10](https://medlineplus.gov/heartdiseases.html).
* **Rheumatic Heart Disease**: #1 preventable cardiac disease in Nigerian youth (WHO-AFRO).
* **Hypertensive Heart Failure**: Accounts for 60% of HF admissions (Lagos University Teaching Hospital data).

**References**:

* Nigerian Hypertension Society Guidelines, 2023 ([NHS](http://www.nigerianhypertensionsociety.org/))

1. **Ojji DB et al.** (2020). *Hypertension in Nigeria*. *Journal of Clinical Hypertension*.
2. **Nigerian Cardiac Society** (2022). *National CAD Registry Report*.
3. **WHO Nigeria** (2023). *Rheumatic Fever Control Program*.

**TEAM 5: Gather Questions and Answers (Q & A) for all the mentioned diseases above.**