

Heart Disease and Symptoms

The heart is one of the important organs in the human body that circulates blood to all of the organs. Blood is the main medium in the human body through which the food particles and oxygen are supplied to the organs and cells. On the other, the waste materials of the cells and the Carbon-di-Oxides also pumps out from the organs and cells. As the heart is the main actor behind the pumping of blood to the organs and cells of the human body, it should be healthy. The supply of oxygen with blood to different organs is known and Systemic circulation. On the other hand, using Pulmonary circulation, the heart pumps out the Carbon-di-Oxides from the cells and organs.

Heart disease or cardiovascular disease is one of the most common diseases nowadays in the world. It can be caused for different reasons. Blood is circulated through the artery that has tolerable elasticity and it can be hampered with higher blood pressure. Higher blood pressure has an impact on the heart and causes heart disease. Different reasons are there that influence the blood pressure such as excessive bad cholesterol in the blood and the higher level of glucose. There are considered to be symptoms of heart disease. It has been seen that with the increase in age, the possibility of having higher cholesterol and glucose become higher. The figure that is shown below is depicting the fact that the possibility of heart disease increase with the increase in age.

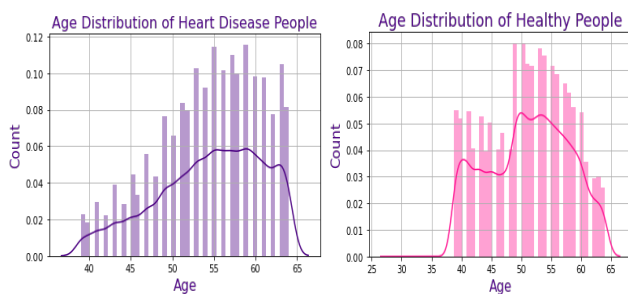


Fig-1: Possibility of heart disease with Age

As discussed earlier, cholesterol is another important fact that influence heart disease. If the amount of cholesterol will, be higher in the blood, the possibility of heart disease will be increased. However, the level of cholesterol in the blood depends upon gender. It has been seen that a

higher number of male patients have been affected with heart disease compared to female patients due to the higher amount of bad cholesterol in the blood.

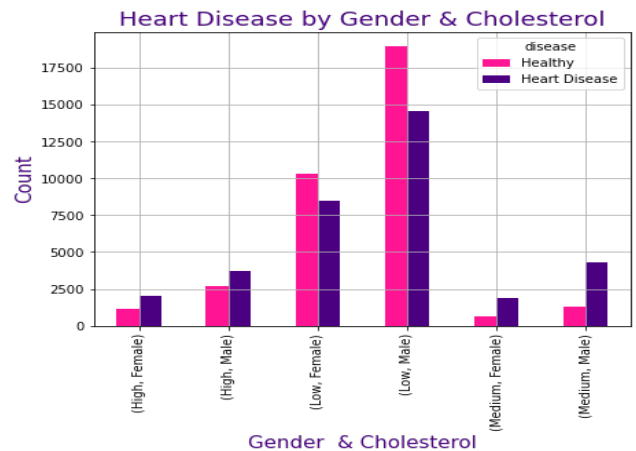


Fig-2: Cholesterol Level in blood by Gender

One of the reasons for higher cholesterol is the consumption of alcohol and nicotine through smoking. It raises the level of fat in the body that are converted to bad cholesterol in the blood. When people smoke, the nicotine oil penetrates through the mouth and are stored under the layer. It is also one of the main causes of cancer and hence, it also influences the possibility of heart disease.

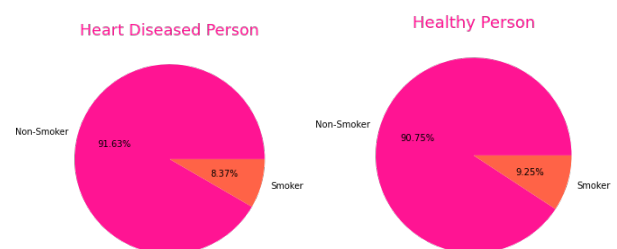


Fig-3: Heart Disease by Smoking

So, it can be identified that, more people have attacked with heart disease for smoking. So, to keep the heart healthy, the unnecessary habits should be avoided. It will minimise the possibility of heart disease.