Causes of Heart Disease

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Heart disease refers to disorders that affect the heart. These disorders include pulmonary stenosis, heart failure, dilated cardiomyopathy, coronary artery disease, congenital heart disease, arrhythmia, which are problems related to the heart rhythm and angina, which is caused by insufficient oxygen in areas of the heart muscle. Research has shown that heart disease is the leading cause of deaths in the United States among men and women. The disease is also the leading cause of death among most ethnic groups in the United States such as the Hispanics, African Americans, and whites. However, the disease comes second to cancer among other ethnic groups such as the Native Americans and Asian Americans (Varbo et al., 2013). Therefore, it is imperative that people understand the causes of heart disease and learn how to avoid it as well as care for those affected. Further learning the cause of heart disease may help the affected understand the condition better hence enabling them to take adequate care of themselves. The heart disease has numerous causes that include poor diet, a person’s lifestyle and the mental outlook of an individual.

Unhealthy lifestyle choices play a very significant part in increasing the risk of a person developing the heart disease. Several lifestyle choices that a person adopts knowingly or unknowingly contribute to heart disease. For instance, a living a sedentary lifestyle and failure to get enough physical exercise put a personal the risk of developing a heart disease. Lack of exercises combined with a sedentary lifestyle causes cholesterol to accumulate around the heart muscles, which in turn causes heart disease (Varbo et al., 2013). Exercising ensure that the heart pumps more blood hence improving circulation and preventing the heart from working so hard which could cause heart disease. Additionally, failure to manage other conditions efficiently such as high blood pressure and diabetes can cause heart disease. This occurs when a person fails to manage the high glucose levels leading to the formation of plaque within the blood vessel, which prevents blood flow to the heart hence causing a heart attack.

A person who has a history of heart disease in the family can avoid the disease by observing some basic aspects of their lives such as exercising regularly. Further, if a person has diabetes and is at the risk of developing the disease, they should ensure they manage the blood glucose levels to avoid developing heart disease (Egger & Dixon, 2014). Diabetes medication should be taken properly according to medication, and blood pressure and blood glucose checked regularly to reduce the risk of developing heart disease. By contrast, high blood pressure may result to clotting of blood in the arteries, which may cause hardening, or premature aging of the arteries, which then cause a stroke or heart attack. Maintaining a low blood pressure by reducing salt intake and relaxing for few minutes daily can go a long way in ensuring that a person does not contact the heart disease.

Some other lifestyle choices such as excessive drinking and smoking also cause heart disease. Smoking raises the chances of developing blood clots, which then cause a heart attack (Egger & Dixon, 2014). In addition, the smoke from cigarettes interferes with oxygen supply in the lungs and the heart. Consequently, the heart is forced to work harder and gets less oxygen supply. Conversely, excessive alcohol consumption increases the likelihood of a person developing abnormal heart rhythms, weight problems; stroke, heart muscle disease and high blood pressure which all cause heart disease (Egger & Dixon, 2014). However, despite the fact that these habits increase the likelihood of an individual contracting a heart disease, developing heart disease is not only based on these decisions. For instance, in the recent past stress has been found to be a principal cause of heart disease in the contemporary society. The manner in which a person handles stress largely determine whether a person develops a heart disease. Continuous stay in an environment that is high stressing without proper stress management techniques leads to heart disease. Obesity or being overweight is also a fundamental cause of heart disease. Being overweight increases the risk of having high cholesterol levels, developing diabetes as well as high blood pressure (Varbo et al., 2013). These three conditions resulting from being overweight are all risk factor for heart disease and predispose a person to heart disease. The lifestyle choices are associated with atherosclerosis, which is a relatively common cause of heart disease. For people who have been affected by heart disease personally or through a loved one, it is imperative that they observe their lifestyle choices such as reducing alcohol intake, quit smoking and adopt proper stress management techniques to ensure they do not fall victims of heart disease.

References

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