2. Plaque buildup leads to challenges with the cardiovascular system like hypertension and atherosclerosis. Atherosclerosis is an advanced stage of plaque buildup which can lead to heart attacks. It results from building up inside the artery wall which deprives the heart of oxygen and nutrients. Hypertension is just another word for high blood pressure. It basically damages the heart and blood vessels while also causing small tears in the body.

3. The five ways you can prevent these cardiovascular diseases are by limiting intake of cholesterol, limiting your intake of salt, and eating lots of fresh fruits, vegetables and whole grain foods. Also a proper diet.

4. Developing healthy habits now can set you on a path to avoid future heart problems, diseases, etc. When you develop healthy habits now you will live longer, become fit and live well.