How Does it Worsen?

The most common reason why heart disease worsens is because patients do not follow their physician’s recommendations or instructions, and they continue a lifestyle that promotes modifiable risk factors such as chronic stress, smoking, obesity, poor and fatty diets. Other reasons for worsening heart disease that are beyond the patient’s control, the non-modifiable risk factors, include aging, genetic and family heritage factors. If these are a cause, learn about your disease and know the early warning signs and symptoms. Prevention and vigilance are the best means of slowing the progress of the disease.