

Nutritional Diseases That Affect the Heart



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Diet is an important risk factor in coronary heart disease. Diet-related risk factors include obesity, high blood pressure, uncontrolled diabetes, and a diet high in saturated fats. A low-fat, high-fiber vegetarian diet can significantly reduce the risk of heart disease

What nutrients can cause heart problems?

A high intake of dietary fat strongly influences the risk of cardiovascular disease (CVD). The saturated fatty acids commonly found in dairy and meat products raise cholesterol levels.

What are diseases of the heart?

In this article

Coronary artery disease (CAD),

Arrhythmia,

Congestive heart,

Heart valve disease,

Heart membrane disease,

Cardiomyopathy (diseases of the heart muscle),

Congenital heart disease.

What foods do cardiologists recommend to avoid?

Foods that are bad for your heart

Sugar, salt, fat. Over time, high amounts of salt, sugar, saturated fat, and refined carbohydrates increase the risk of heart attack or stroke. ... bacon. ... red meat. ... soft drink. ... baked goods. ... processed meat. ... white rice, bread and pasta. ... Pizza.

What are the symptoms of heart blockage due to malnutrition!?

If a person has a heart block, they may experience:

Slow or irregular heartbeat, or palpitations;

Shortness of breath.

Dizziness and fainting.

Chest pain or discomfort.

Difficulty exercising, due to the lack of blood that is pumped around the body.

What is the best medicine for the heart?

Modern cardiac pharmacotherapy includes the following “big six” drugs:

Statins – to lower bad cholesterol. ...aspirin – to prevent blood clots. ... clopidogrel – to prevent blood clots. ... warfarin – to prevent blood clots. ... beta-blockers – to treat heart attacks and heart failure and sometimes used to lower blood pressure.