Nutritional Diseases That Affect the Heart



**Nutritional diseases that affect the heart**

**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.**