

Cardiac Care and Heart Health

Heart Disease Overview

Cardiovascular disease remains the leading cause of death worldwide. It encompasses various conditions affecting the heart and blood vessels, including coronary artery disease, heart failure, arrhythmias, and valvular heart disease.

Common Cardiac Conditions

Coronary Artery Disease: Narrowing of coronary arteries due to plaque buildup, leading to reduced blood flow to the heart muscle. Heart Failure: Condition where the heart cannot pump blood effectively to meet the body's needs. Arrhythmias: Abnormal heart rhythms that can be too fast, too slow, or irregular. Myocardial Infarction: Heart attack caused by blocked blood flow to part of the heart muscle.

Symptoms and Warning Signs

Chest pain or discomfort, shortness of breath, fatigue, swelling in legs or abdomen, palpitations, dizziness, and fainting are common cardiac symptoms. Seek immediate medical attention for severe chest pain, especially if accompanied by nausea, sweating, or pain radiating to arms or jaw.

Prevention and Treatment

Lifestyle modifications include regular exercise, heart-healthy diet, maintaining healthy weight, not smoking, limiting alcohol, and managing stress. Medical treatments may include medications like statins, ACE inhibitors, beta-blockers, and antiplatelet agents. Advanced treatments include angioplasty, stent placement, bypass surgery, and implantable devices.

Emergency Response

Learn CPR and recognize signs of heart attack and stroke. Call emergency services immediately if someone experiences severe chest pain, difficulty breathing, or loss of consciousness. Early intervention can save lives and prevent permanent damage.