# Medical Awareness Guide: Understanding Heart Disease Diagnosis

## Introduction

Heart disease is a leading cause of health issues worldwide. Early diagnosis plays a crucial role in prevention and treatment. While many diagnostic values require medical instruments, some symptoms can be self-assessed. This guide provides an overview of key heart health indicators and how they can be evaluated.

## Key Heart Health Indicators & Self-Assessment Methods

### 1. Age & Sex
- Fundamental factors in assessing heart disease risk.
- Men above 45 and women above 55 are at higher risk.

### 2. Chest Pain Type (Angina Classification)
- 0: Typical Angina - Chest pain due to reduced blood flow.
- 1: Atypical Angina - Chest pain not directly related to the heart.
- 2: Non-Anginal Pain - Discomfort not linked to the heart.
- 3: Asymptomatic - No chest pain, but other risk factors may be present.

### 3. Resting Blood Pressure (BP) & Serum Cholesterol
- Requires a BP monitor and a blood test.
- Possible Symptoms of High BP: Headaches, dizziness, shortness of breath.
- Possible Symptoms of High Cholesterol: Fatigue, chest pain, high-fat diet lifestyle.

### 4. Fasting Blood Sugar (>120 mg/dl)
- Requires a glucometer for exact measurement.
- Symptoms of High Blood Sugar: Frequent urination, excessive thirst, fatigue, blurred vision.
- Symptoms of Low Blood Sugar: Shakiness, sweating, dizziness, hunger.

### 5. Resting Electrocardiographic (ECG) Results (Values: 0,1,2)
- Requires an ECG machine.
- Warning Signs of Abnormal ECG: Irregular heartbeat, palpitations, dizziness, shortness of breath.

### 6. Maximum Heart Rate (MHR) Achieved
- Estimated using the formula: MHR = 220 - Your Age
- To test during exercise, measure pulse for 15 seconds and multiply by 4.

### 7. Exercise-Induced Angina

- Symptoms: Chest pain or discomfort during physical activity.
- Self-Check: Observe for pain when climbing stairs or exercising.

### 8. Oldpeak (ST Depression Induced by Exercise)

- Requires ECG measurement.
- Symptoms: Unusual fatigue or chest discomfort after mild exercise.

### 9. Slope of Peak Exercise ST Segment

- Determined through ECG; no manual estimation.

### 10. Number of Major Vessels (0-3) Colored by Fluoroscopy

- Requires medical imaging; no manual detection.

### 11. Thalassemia (Thal: 0 = Normal, 1 = Fixed Defect, 2 = Reversible Defect)

- Requires blood tests or nuclear stress tests for diagnosis.

### Conclusion

While some heart disease indicators require medical tests, self-assessment of symptoms can provide early warning signs. Regular check-ups, a healthy lifestyle, and immediate medical attention for any unusual symptoms can significantly reduce heart disease risk.

Stay heart-healthy!