

Questions and Answer

Why are men more likely to have heart disease compared to women?

It seems that men have unhealthy diets and they are more likely to be smokers. Family history also is an important factor and typically men ignore symptoms that lead serious diseases.

What are the common traits for women developing heart disease?

The common trait was smoking and family history. There was a sign that women who had high blood sugar levels did lead to developing heart disease.

Could a person's lifestyle lead to developing heart disease?

Being inactive, family history, smoking and having an unhealthy diet will lead to developing heart disease. Doing any active in excess will lead developing diseases.

Could heart disease be a result of unhealthy eating habits?

Yes, in the dataset when people have high cholesterol levels, high blood sugar levels, and high heart rates. It means that they have unhealthily eating habits.

Does having a high blood sugar levels lead to heart disease?

High blood sugar levels alone can not lead to heart disease. When it is one of a combination, it can be a factor that lead to heart disease.

Does having a higher heart rate be a result of heart disease?

Having a high heart rate can not be a sign of having heart disease. High heart rates could a factor for another disease, but in the dataset, there was some relations.

What causes men with heart disease to have higher heart rates?

There are many factors such as family history, unhealthy eating habits, drug use and smoking. This dataset did not have a clear relation for what was causing the person to have high heart rates.

Does having chest pains be a sign of heart disease?

Chest pains are a sign that it could be a stroke or other symptoms that are related to heart disease. This dataset did not make any clear relations, but I believe it is a sign of heart disease.

Does having high cholesterol levels be a sign of heart disease?

Yes, having high cholesterol levels is a sign of heart disease and other diseases. This is one of the factors that can also help in identifying a clear problem with a person's body.

What can people do to prevent developing heart disease?

That is a great question, first thing is to do things in moderation since it will not lead to overdoing things. It has been said before but, it is true. Do not smoke, try to limit eat unhealthy foods such as processed foods. Every person should be active and exercise a few times a week, since this will help in lowering high cholesterol levels, high blood sugar levels and other symptoms.