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Medically reviewed by Dr. Payal Kohli, M.D., FACC — Written by Adam Felman on July 26, 2019TypesSymptomsLifestyle tipsTreatmentRisk factorsCausesPreventionStatisticsThe cardiovascular, or circulatory, system supplies the body with blood. It consists of the heart, arteries, veins, and capillaries.CVD is now the most common cause of death worldwide. However, there are many ways to reduce the risk of developing these conditions. There are also many treatment options available if do they occur.The treatment, symptoms, and prevention of the conditions that are part of CVD often overlap.In this article, we look at the different types of CVD, their symptoms and causes, and how to prevent and treat them.Share on PinterestVero/StocksyCVD comprises many different types of condition. Some of these might develop at the same time or lead to other conditions or diseases within the group.Diseases and conditions that affect the heart include:angina, a type of chest pain that occurs due to decreased blood flow into the heartarrhythmia, or an irregular heartbeat or heart rhythmcongenital heart disease, in which a problem with heart function or structure is present from birthcoronary artery disease, which affects the arteries that feed the heart muscleheart attack, or a sudden blockage to the heart's blood flow and oxygen supplyheart failure, wherein the heart cannot contract or relax normallydilated cardiomyopathy, a type of heart failure, in which the heart gets larger and cannot pump blood efficientlyhypertrophic cardiomyopathy, in which the heart muscle walls thicken and problems with relaxation of the muscle, blood flow, and electrical instability developmitral regurgitation, in which blood leaks back through the mitral valve of the heart during contractionsmitral valve prolapse, in which part of the mitral valve bulges into the left atrium of the heart while it contracts, causing mitral regurgitationpulmonary stenosis, in which a narrowing of the pulmonary artery reduces blood flow from the right ventricle (pumping chamber to the lungs) to the pulmonary artery (blood vessel that carries deoxygenated blood to the lungs)aortic stenosis, a narrowing of the heart valve that can cause blockage to blood flow leaving the heartatrial fibrillation, an irregular rhythm that can increase the risk of strokebacterial heart disease, a complication of strep throat that causes inflammation in the heart and which can affect the function of heart valvesradiation heart disease, wherein radiation to the chest can lead to damage to the heart valves and blood vesselsVascular diseases affect the arteries, veins, or capillaries throughout the body and around the heart.They include:peripheral artery disease, which causes arteries to become narrow and reduces blood flow to the limbsaneurysm, a bulge or enlargement in an artery that can rupture and bleedatherosclerosis, in which plaque forms along the walls of blood vessels, narrowing them and restricting the flow of oxygen rich bloodrenal artery disease, which affects the flow of blood to and from the kidneys and can lead to high blood pressureRaynaud's disease, which causes arteries to spasm and temporarily restrict blood flowperipheral venous disease, or general damage in the veins that transport blood from the feet and arms back to the heart, which causes leg swelling and varicose veinsischemic stroke, in which a blood clot moves to the brain and causes damagevenous blood clots, which can break loose and become dangerous if they travel to the pulmonary arteryblood clotting disorders, in which blood clots form too quickly or not quickly enough and lead to excessive bleeding or clottingBuerger's disease, which leads to blood clots and inflammation, often in the legs, and which may result in gangreneIt is possible to manage some health conditions within CVD by making lifestyle changes, but some conditions may be life threatening and require emergency surgery.Symptoms will vary depending on the specific condition. Some conditions, such as type 2 diabetes or hypertension, may initially cause no symptoms at all.However, typical symptoms of an underlying cardiovascular issue include:pain or pressure in the chest, which may indicate anginapain or discomfort in the arms, left shoulder, elbows, jaw, or backshortness of breathnausea and fatiguelightheadedness or dizzinesscold sweatsAlthough these are the most common ones, CVD can cause symptoms anywhere in the body.People can take the following steps to prevent some of the conditions within CVD:Manage body weight: The National Institute of Diabetes and Digestive and Kidney Disorders advise that if a person loses 5–10% of their body weight, they may reduce their risk of developing CVD.Get regular exercise: The American Heart Association (AHA) recommend doing 150 minutes of moderate-to-intense physical activity every week.Follow a heart-healthy diet: Eating foods that contain polyunsaturated fats and omega-3, such as oily fish, alongside fruits and vegetables can support heart health and reduce the risk of CVD. Reducing the intake of processed food, salt, saturated fat, and added sugar has a similar effect.Quit smoking: Smoking is a key risk factor for almost all forms of CVD. Although quitting can be difficult, taking steps to do so can drastically reduce its damaging effects on the heart.Here, learn more about the benefits of exercise.The treatment option that is best for a person will depend on their specific type of CVD.However, some options include:medication, such as to reduce low density lipoprotein cholesterol, improve blood flow, or regulate heart rhythmssurgery, such as coronary artery bypass grafting or valve repair or replacement surgerycardiac rehabilitation, including exercise prescriptions and lifestyle counselingTreatment aims to:relieve symptomsreduce the risk of the condition or disease recurring or getting worseprevent complications, such as hospital admission, heart failure, stroke, heart attack, or deathDepending on the condition, a healthcare provider may also seek to stabilize heart rhythms, reduce blockages, and relax the arteries to enable a better flow of blood.Researchers reported in the journal JAMA that the lifetime risk of CVD is more than 50% for both men and women.Their study paper notes that even among those with few or no cardiovascular risk factors, the risk is still higher than 30%.Risk factors for CVD include:high blood pressure, or hypertensionatherosclerosis or blockages in the arteriesradiation therapysmokingpoor sleep hygienehigh blood cholesterol, or hyperlipidemiadiabetesa high fat, high carbohydrate dietphysical inactivityobesitysleep apneaexcessive alcohol consumptionstressair pollutionchronic obstructive pulmonary disorder or other forms of reduced lung functionPeople with one cardiovascular risk factor often have more. For example, obesity is a risk factor for high blood pressure, high blood cholesterol, and type 2 diabetes. A person may have all four conditions at the same time.Find out ten ways to stop smoking. Read on to learn more.Many types of CVD occur as a complication of atherosclerosis.Damage to the circulatory system can also result from diabetes and other health conditions, such as a virus, an inflammatory process such as myocarditis, or a structural problem present from birth (congenital heart disease).CVD often results from high blood pressure, which produces no symptoms. It is therefore vital that people undergo regular screening for high blood pressure.Many types of CVD are preventable. It is vital to address risk factors by taking the following steps:reducing the use of alcohol and tobaccoeating fresh fruit and vegetablesreducing salt, sugar, and saturated fat intakeavoiding a sedentary lifestyle, particularly for childrenAdopting damaging lifestyle habits, such as eating a high sugar diet and not getting much physical activity, may not lead to CVD while a person is still young, as the effects of the condition are cumulative.However, continued exposure to these risk factors can contribute to the development of CVD later in life.Does aspirin protect a person from CVD?Many people will have taken an aspirin a day as a routine measure to protect against CVD. However, current guidelines no longer recommend this for most people, as it can lead to bleeding. This risk outweighs any benefit it may have.That said, a doctor may suggest aspirin if a person has a high risk of experiencing a cardiovascular event, such as a heart attack or stroke, and a low risk of bleeding. Doctors may also recommend it to those who have already had a heart attack or stroke.Anyone taking a daily dose of aspirin to reduce their risk of CVD should ask their doctor whether or not they should continue.Learn more about aspirin here.According to the World Health Organization (WHO), CVD is the leading cause of death worldwide.In 2016, around 17.9 million people died from CVD, accounting for 31% of all registered premature deaths.Of these, 85% resulted from a heart attack or stroke. These conditions affect equal numbers of men and women.The WHO estimate that by 2030, 23.6 million people will die from CVD conditions annually — mostly due to stroke and heart disease.Although these conditions remain prevalent in global mortality rates, people can start taking steps to prevent them.Read this article in Spanish. Last medically reviewed on July 26, 2019





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