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## Risk factors for development of cardiovascular disease

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Cardiovascular disease atherosclerosis is interdisciplinary problem in which treatment included are: Cardiologist, paediatric cardiologist, neurologist, diabetologist, endocrinologist, cardiac and vascular surgeons, neurosurgeon, radiologist, specialist of nuclear medicine, epidemiologist, nutricionist, pathologist, biochemist, physicin and paediatricin family doctors. Atherosclerosis is now one of the leading causes of death in developed countries. Begins in childhood, long time without developing symptoms increases with age and about 50 years of age begins to seriously threaten. The most important risk factors for the development of atherosclerotic disease are: Hyperlipidemia, hypertension, smoking, diabetes, high fibrinogen, a male sex at younger and middle age, and menopause in women taking oral contraceptives or hormone replacement therapy only with presence of other risk factors, excessive weight, increased level of homocysteine, physical inactivity, heredity and immune response in some diseases. Approximately 60-85% of obese children become obese adults, leading to earlier and more frequent occurrence of chronic non-communicable diseases: hypertension, early atherosclerosis, diabetes mellitus type 2 and other. Cardiovascular disease stays as the predominant cause of mortality and morbidity in develop countries. Primary prevention should begin as early as possible, even in childhood, creating a healthy diet, no smoking, regular physical activity, which will be able to prevent or at least slow the development of atherosclerosis. Preventive strategy of cardiovascular disease comprises the follow up of subjects in the major population by which we identify factors which could effect on cardiovascular risk, as well as the type of strategy in promotion of cardiovascular health in years to come.

### Biography

Senka Mesihović-Dinarević was born in 1958-Sarajevo.Faculty of Medicine Sarajevo 1982. 1982-2016 worked at the Paediatric Clinic-Clinical University Centre Sarajevo.Msc 1985,paediatrician age 30, subspeciality in paediatric cardiology: Sarajevo, Belgrade, London. PhD 1991, Professor of Paediatrics 2006. 1994. member of AEPC, 1995. BPCA.1995-2011, lecturer: London MRCP. 2003-2016 Director of Pediatric Clinic.2000 FESC, 2008 of Academy of Sciences and Arts of Bosnia and Herzegovina, 2009. chairman of the Committee of Cardiovascular pathology. Honorary Doctorate of Letters, Cambridge England 2014. 2016. Member of the European Academy of Science and Arts; over 477 papers, cited 218 times in the ICI Web of Science.

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