

Cardiovascular Disease: An Overview

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OPINION

Cardiovascular Disease (CAD), or heart disease, begins when blood vessels become too small or cholesterol builds up in the walls. Blood vessels are the blood vessels that supply oxygen and blood to the heart. CAD usually develops when cholesterol builds up in the walls of the arteries, forming plaques. These plaques weaken blood vessels; reduce blood flow to the heart, or cause inflammation and stiffness of the artery walls. A clot can sometimes block blood flow, causing serious health problems. Blood vessels form a network of blood vessels in the face of the heart that feeds oxygen. If these blood vessels are too small, the heart may not receive enough oxygen to filter the oxygen, especially during labor. CAD can sometimes lead to a heart attack. According to the Centres for Disease Control and Prevention, it is the most common form of heart disease. CAD develops as a result of injury or damage to the inner layer of the coronary artery. This damage results in the placement of fat planks on the injury site. These amounts include cholesterol and other inflammatory products from the cells. This gene is called atherosclerosis. If the crust fragments break or split, the platelets will accumulate in an effort to repair the arteries. This set can block arteries and slow down or stop the flow of blood, which can lead to heart attacks. Below is a 3D model of CAD, fully functional. Explore the model using your mouse pad or touch screen to learn more about CAD. CAD can lead to angina. This is a form of chest pain that is linked to heart disease. CAD can also lead to shortness of breath. When the heart and other organs are not getting enough oxygen, any type of strenuous activity can be very stressful, which can lead to shortness of breath. If the plate is broken, it can cause shortness of breath when resting. A heart attack occurs when the heart muscle does not have enough blood or oxygen, as when a blood clot comes out of plaque in one of the blood vessels. The formation of blood is called coronary thrombosis. This clot, if large enough, can completely stop the flow of blood to the heart in that artery. The first symptom is usually chest pain that extends to the neck, jaw, ears, arms, and wrists, and possibly to the shoulders, back, or abdomen. Symptoms can be very atypical in women. Changing position, resting, or lying down is unlikely to bring relief. The pain is permanent but can go on and on. It may take a few minutes to a few hours. A heart attack is a medical emergency that can lead to death or permanent heart injury. If a person shows signs of heart disease, it is important to call an ambulance immediately. There is

no CAD solution. However, there are ways to control it. Treatment often involves making positive changes in your life, such as quitting smoking, eating a healthy diet, and getting regular exercise. Doctors can also prescribe medication to prevent the progression of CAD. However, some people may need to undergo treatment procedures. Current Guidelines: A reliable source recommends that people with a history of heart attack, stroke, angina, or other heart events take aspirin. This is because aspirin prevents blood clots from forming. For those who have never had a heart attack, the use of aspirin is a major issue. However, in general, doctors often recommend aspirin if there is a high plaque load and a low risk of bleeding. Doctors now also recommend focusing on lifestyle strategies, such as getting a healthy diet and getting a moderate exercise. These methods can reduce the risk of atherosclerosis. Surgical procedures can open or restore blocked arteries when they are severely depleted, or when human symptoms do not respond to medication. Another option is coronary bypass surgery: The surgeon will use a blood vessel from another part of the body to form a seal that passes through a blocked artery. The attachment can come from the leg, for example, or the inner vein of the chest wall. Another method is angioplasty and stent placement. The surgeon will insert a catheter into the narrowed part of the artery and transfer the relaxed balloon through the catheter to the affected area. When they inflate the balloon, it presses the oily inserts against the walls of the artery. They can leave a standing pipe, or gap, in the vein to help keep it open. In rare cases, a person may need a heart transplant. However, this is only if the heart is severely damaged and treatment does not work. CAD begins when blood vessels improve the concentration of cholesterol in their walls. The condition causes blockages in the arteries that supply oxygen to the heart; blood vessels also tighten and inflammation increases. CAD can be difficult to treat and can lead to a heart attack or stroke. However, people can take steps to reduce the risk of CAD by exercising regularly, getting a healthy diet, and avoiding or quitting smoking. People should seek medical help immediately if they have chest and respiratory pain, as this may indicate a heart attack. CHD is the most serious cardiovascular disease, as it is the leading cause of death for any heart disease in the United States. Having undiagnosed or untreated high blood pressure or high cholesterol can lead to a heart attack without causing previous symptoms. Make sure you see a doctor regularly and seek regular blood tests.

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