

## Management and Epidemiology of Cardiovascular Diseases

Elijah Salvatore\*

Department of Cardiology, Heart Centre, Copenhagen University, Copenhagen, Denmark

### EDITORIAL

A group of illnesses known as Cardiovascular Disease (CVD) affect the heart or blood arteries. Coronary Artery Diseases (CAD), such as angina and myocardial infarction, are included in CVD (commonly known as a heart attack). Aortic aneurysms, carditis, stroke, heart failure, hypertensive heart disease, rheumatic heart disease, cardiomyopathy, irregular heart rhythms, congenital heart disease, valvular heart disease, peripheral artery disease, thromboembolic disease, and venous thrombosis are some more CVDs.

Atherosclerosis is a factor in peripheral arterial disease, coronary artery disease, and stroke. This may be brought on by, among other things, high blood pressure, smoking, diabetes, obesity, high blood cholesterol, poor diet, excessive alcohol use, and restless sleep. Elevated blood pressure

In order to reduce risk factors, one must practice healthy diet, exercise, abstain from tobacco use, and consume alcohol in moderation. Treatment of risk factors such diabetes, high blood lipids, and high blood pressure is also advantageous. Antibiotic therapy for strep throat patients can reduce their risk of developing rheumatic heart disease. It is unknown whether taking aspirin while otherwise healthy has any advantages.

### Management

Cardiovascular disease is curable, and the initial course of therapy focuses mostly on dietary and lifestyle changes. Influenza vaccination may reduce the risk of cardiovascular events and death in persons with heart disease since influenza may increase the likelihood of heart attacks and strokes.

Due to the combined high mortality rate of MI and stroke, proper CVD therapy must concentrate on these cases, bearing in mind the cost-effectiveness of any intervention, Aspirin,

atenolol, streptokinase, and tissue plasminogen activator treatments for MI have been contrasted for Quality-Adjusted Life-Year (QALY) in low-and middle-income areas. Aspirin and atenolol each cost less,

Additionally, there are surgical and procedural procedures that can either save or extend a person's life. A person with heart valve issues may undergo surgery to replace the valve. A pacemaker can be implanted to assist decrease arrhythmias, and there are several treatment options for a heart attack. A coronary angioplasty and a coronary artery bypass surgery are two of these. When blood pressure objectives were dropped to 135/85 mmHg from 140 to 160/90 to 100 mmHg, there is likely no incremental benefit in terms of mortality and major adverse events.

### Epidemiology

Cardiovascular illnesses constitute the main cause of death worldwide. Cardiovascular illnesses were responsible for most of the deaths worldwide. Since these nations accounted for more number of all cardiovascular disease-related deaths worldwide, cardiovascular disease-related deaths are more common in low-and middle-income countries. To increase public awareness of this problem, groups like the Indian Heart Association collaborate with the World Heart Federation.

### CONCLUSION

Cardiovascular disease has been studied since at least the 18<sup>th</sup> century, and there is proof that it existed in prehistoric times. The origins, prevention, and/or treatment of all forms of cardiovascular disease are still the focus of biomedical research, with hundreds of new articles being published every week. Recent research areas include the connection between inflammation and atherosclerosis, the potential for novel therapeutic strategies, and the genetics of coronary heart disease.

**Correspondence to:** Elijah Salvatore, Department of Cardiology, Heart Centre, Copenhagen University, Copenhagen, Denmark; E-mail: annat@gmail.com

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