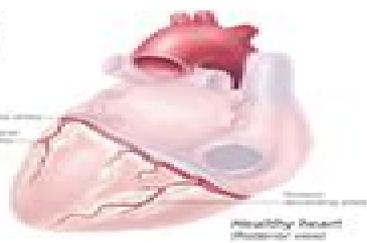
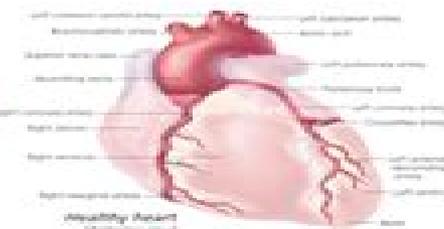
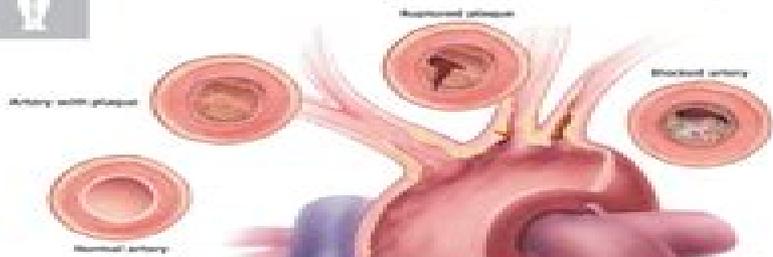




Understanding Heart Disease



Blood supply and the heart
The heart is a muscle that also depends on a continuous flow of oxygen and nutrients. The blood supply to the heart muscle is provided by the coronary arteries. These arteries branch off from the aorta and travel to the heart wall.

How heart disease develops

Over time, the walls of the coronary arteries can become thickened with a deposit called plaque. The plaque, made of cholesterol, fat, and other substances, narrows the arteries. This reduces the amount of blood that can flow through them. The resulting reduction in blood flow is called coronary artery disease. It can lead to heart attacks and other heart problems.

What is angina?

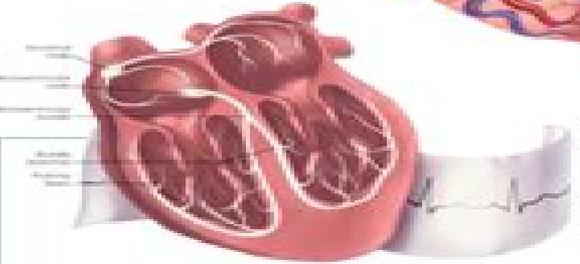
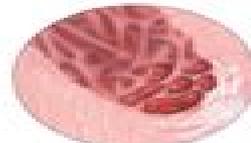
When the coronary arteries are narrowed, the heart muscle may not get enough oxygen. This causes chest pain called angina. Angina is a warning sign of coronary artery disease. It is usually caused by a temporary reduction in blood flow to the heart muscle. The pain is usually felt in the chest, but it can also spread to the arm, shoulder, neck, jaw, or back. Angina is usually relieved by rest or medication.

What is a heart attack?

A heart attack occurs when the blood flow to a part of the heart is blocked. This causes damage to the heart muscle. A heart attack is a medical emergency. It can be fatal if not treated quickly. Symptoms include chest pain, shortness of breath, and sweating. Call 911 if you think you are having a heart attack.

Angina warning symptoms
Chest pain or pressure that is not easily relieved and commonly follows physical activity or stress.
● Increasing tightness, burning or aching sensation.
● Often relieved under or to the left of the sternum.
● Similar sensation to indigestion or gas.
● Typically lasts no longer than 15 minutes.
● Relating to shoulder, arm, jaw, neck or other areas.

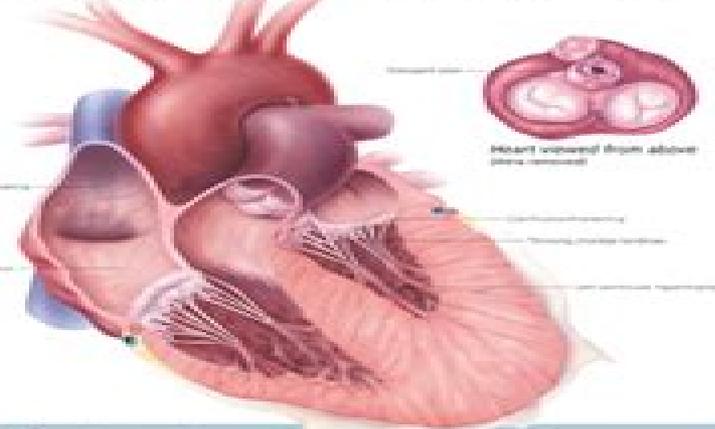
Heart attack warning symptoms
Pain, tightness, or sensation of fullness or pressure in the chest that cannot be easily relieved by rest or nitroglycerin or that lasts longer than 15 minutes.
● Chest pain radiating to the jaw, shoulder or arm.
● Shortness of breath.
● Nausea and vomiting.
● Pale, clammy skin.
● Weakness and light-headedness.



Rhythmic disturbances
The heart has a natural rhythm. This rhythm is controlled by the heart's electrical system. If this system is disturbed, it can cause rhythmic disturbances. These can be dangerous. Symptoms include a fast, slow, or irregular heartbeat. Some rhythmic disturbances can be treated with medication or surgery.

What is congestive heart failure?

Congestive heart failure is a condition in which the heart is unable to pump enough blood to meet the body's needs. This causes fluid to build up in the lungs and other parts of the body. Symptoms include shortness of breath, swelling, and fatigue. Treatment includes medication and lifestyle changes.



Arrhythmic warning symptoms
Signs of a rhythmic disturbance may include palpitations, often described as fluttering or a fast, irregular heart rate. Other signs include dizziness or lightheadedness, fainting, or a feeling of fullness or pressure in the chest. Call your doctor if you experience any of these symptoms.

Causes of coronary artery disease

The most common cause of coronary artery disease is atherosclerosis. This is a condition in which plaque builds up in the arteries. Other causes include high blood pressure, high cholesterol, diabetes, and smoking. Lifestyle changes can help reduce the risk of coronary artery disease.

Healthy lifestyle changes

Following a healthy lifestyle can help reduce the risk of heart disease. This includes eating a healthy diet, exercising regularly, not smoking, and limiting alcohol consumption. Regular medical checkups are also important for early detection and treatment of heart disease.

CHF warning symptoms
The most common signs of congestive heart failure include:
● Shortness of breath during regular activity (especially at night).
● Swelling of the feet, ankles, or legs (edema).
● Rapid weight gain.
● Nausea and loss of appetite.
● Increased heart rate.
● Difficulty breathing while resting or sleeping.
● Fluid buildup in the lungs, which can cause coughing.
● Increased thinking and confusion.
● General fatigue.

Understanding Heart Disease

J Spring



Understanding Heart Disease:

Understanding Heart Disease Arthur Selzer M.D.,2023-11-15 Diseases of the heart are the leading cause of death in the Western world Health professionals and the general public alike eagerly watch advances in the prevention diagnosis and treatment of heart disease Yet the more spectacular aspects of medical progress in the field are often reported prematurely and their potential benefits exaggerated Written in clear accessible language this book presents an authoritative and balanced picture of how heart diseases are recognized and managed From his many years of experience Dr Selzer believes a well informed patient can cooperate more successfully with a physician and his book includes information vital to anyone confronting heart problems and cardiac emergencies This title is part of UC Press s Voices Revived program which commemorates University of California Press s mission to seek out and cultivate the brightest minds and give them voice reach and impact Drawing on a backlist dating to 1893 Voices Revived makes high quality peer reviewed scholarship accessible once again using print on demand technology This title was originally published in 1992 *Understanding and Dealing with Heart Disease* Keith Souter,2014-04-07 The effects of coronary heart disease include angina heart failure abnormal heart rhythms and most importantly heart attacks This book gives the basic information needed to understand coronary artery disease and most essentially how to deal with it **Heart Disease For Dummies** James M. Rippe,2011-04-27 The startling truth is one American dies of heart disease every 33 seconds almost one million deaths each year and almost one in four Americans has one or more types of heart disease However it s also true that it is possible to prevent treat and even reverse heart disease and this plain English guide shows you how Heart Disease For Dummies is for anyone who has been diagnosed with a form of cardiovascular disease knows someone who has or who wants to learn more about staying heart healthy and preventing the disease Leading cardiologist Dr James Rippe delivers the scoop on the many different forms of heart disease including angina heart attacks arrhythmias strokes heart failure and other cardiac conditions as well as the latest research diagnostic techniques treatment procedures and medications You ll discover how to Recognize the risk factors and warning signs of a heart attack Determine if you h ave heart disease Distinguish between angina heart attack and stroke Maximize your cardiac function Find a good doctor and handle a managed care plan Reverse heart disease through diet lifestyle changes and medications Like the millions of others living with heart disease you want to take an active part in managing your health and feeling better fast This easy to follow guide explains how heart disease affects the body and shows you the steps you can take along with your doctor to improve your quality of life With the expert advice simple diagrams and valuable tips in this book you ll Keep your blood pressure cholesterol and weight under control Understand the common drug and medical treatments available for treating heart disease Draw on the mind body connection to reduce stress Interpret the risk factors you can control physical inactivity hypertension tobacco use and the ones you can t heredity age gender Form a true partnership with your doctor Explore cardiac rehabilitation programs Decide if alternative therapies are

right for you Featuring heart healthy recipes and a list of resources to help smokers quit the habit Heart Disease For Dummies is an indispensable resource for living well with this manageable condition *Heart Disease: Causes and Treatment* Mahmoud Altamimy ,2026-01-22 Cardiac issues are one of the leading causes of death in the modern world startlingly affecting millions of people of every age sex and origin This e book is designed to give a holistic understanding of heart conditions their causes treatment methods and preventions In the coming chapters we will examine in more detail the various factors that contribute to the onset of heart disease Moreover we will discuss the symptoms that one needs to look out for if he or she is suspected to be a sufferer of this disease the techniques used in diagnosing the condition and the treatments now being offered We will also talk about prevention and management strategies focusing on regular medical check ups and a support system for those living with heart disease And lastly the progress in research that could pave the way for new ways of treatment and technologies in heart health By the end of the book readers will better understand heart disease and can apply knowledge for healthier choices and outcomes For any patient caregiver or anyone concerned about heart health this will be an important guide through the maze of heart disease Understanding Heart Disease ,1992

Understanding Pathophysiology Sue E. Huether,Kathryn L. McCance,2000 Thoroughly revised and updated UNDERSTANDING PATHOPHYSIOLOGY provides the basic concepts of pathophysiology and the most current understanding of human disease in an easy to read consistent format It explains clearly why changes in cells and organs occur and how these changes are related to the clinical manifestations of disease Enhancements include highlighted information on health alerts risk factors laboratory tests treatments a beautiful new full color design throughout and a FREE CD Companion inside each text Includes FREE CD ROM and MERLIN website at www.harcourthealth.com MERLIN Huether **Understanding Heart Attacks - E-Book** ,2016-12-30 Clear succinct but most sought after information on various aspects of heart attack Special emphasis on the general patient s concerns queries Covers recent advances related to heart attack **Clinical Features of Heart Disease** Le Roy Crummer,1925 Living with Heart Disease Marie R. Squillace,Kathy Delaney,1998 Thirteen million Americans live with heart disease but the majority of cardiac patients don t get the follow up care they need Emphasizing self help and motivation Living with Heart Disease provides essential strategies that every patient can employ to regain control over his or her own health *The Journal of the Indiana State Medical Association* Indiana State Medical Association,1913 Includes the association s membership roster and its complete program and annual reports **Heart to Heart** Norman Richards,1987 **The Medical Clinics of North America** ,1925 *Consumer Health Information Source Book* Alan Rees,2000-01-27 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines

newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it

Understanding Normal and Clinical Nutrition Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1998 This comprehensive introductory text emphasises underlying chemical processes It addresses topics such as the nutrition care process and diet therapy organised by organ systems disease states Canadian nutrition needs are covered in an appendix

Quarterly Review of the Evangelical Lutheran Church ,1879

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Ladies' Home Companion ,1926

The New Cycle ,1898

The Christian Science Journal ,1915

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