



An Overview of Cardiovascular Disease and its Risk Factors

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DESCRIPTION

Cardio-Vascular Disease (CVD) is a group of diseases that affect the heart or blood vessels. Coronary Artery Diseases (CAD), such as angina and myocardial infarction, are examples of Cardio-Vascular Disease (CVD) it is commonly known as a heart attack. Blood clot, heart failure, pulmonary hypertension heart disease, rheumatic heart disease, congestive heart failure, abnormal heart rhythms, congenital heart disease, valvular heart disease, neuropathies, aortic aneurysms, peripheral artery disease deep vein thrombosis, and venous thromboembolism are the other cardiovascular diseases.

The underlying mechanism varies according to the disease. Dietary risk factors are considered to be responsible for 53% of cardiovascular deaths. Atherosclerosis is present in coronary artery disease, cerebrovascular disease, and peripheral artery disease. High blood pressure, smoking, diabetes, lack of exercise, obesity, high blood cholesterol, poor diet, excessive consumption of alcohol and lack of sleep, can always contribute to cardiovascular disease. High blood pressure is estimated to be responsible for 13% of cardiovascular deaths, with tobacco factoring for 9%, diabetes factoring for 6%, lack of exercise factoring for 6%, and obesity factoring for 5%. Undiagnosed disease can lead to rheumatic heart diseases. It is estimated that up to 90% of cardiovascular diseases can be prevented. Cardiovascular prevention usually involves reducing risk factors such as proper nutrition, exercise, avoiding tobacco smoke, and reducing alcohol consumption. It is also effective to treat risk factors such as high blood pressure, cardiovascular health, and diabetes.

Causes of cardiovascular disease

The causes of cardiovascular disease vary depending on the type. For example, heart disease (plaque buildup in the arteries) causes coronary artery disease and peripheral arterial disease. Arrhythmias can be caused by coronary artery disease, scar tissue of the heart muscle, genetic defects, or medications. Valve diseases can be caused by ageing process, infections, or inflammatory diseases.

Conditions of cardiovascular diseases

There are various types of cardiovascular diseases, which include:

Arrhythmia: A problem with the electrical conduction system of the heart, which can result in abnormal heart rhythms or heart rates.

Valve disease: In the valvular heart disease condition valvular stenosis, the tissues forming the valve leaflets become stiffer, narrowing the valve opening and reducing the amount of blood that can flow through it.

Coronary artery disease: Complications in the heart's blood vessels are an example of an illness

Heart failure: A difficulty with the cardiovascular and relaxing functions, resulting in capillary permeability and a shortness of breath.

Peripheral artery disease: A difficulty with the blood vessels in the arms, upper limbs, or abdominal muscles, such as narrowing or blockages.

Aortic disease: Left ventricular hypertrophy or aneurysm of the large blood vessel that controls blood from the heart to the brain and other parts of the body.

Congenital heart disease: Birth defects that affect the development and functioning of the heart caused by malformations of the heart structure from birth.

Pericardial disease: It is a thin fibroelastic sac composed of two layers that separate the heart from the surrounding mediastinal structures. The outer layer of the pericardium is referred to as the fibrous pericardium and usually measures less than 2 mm in thickness.

Cerebrovascular disease: A problem with the blood vessels that carry oxygen and nutrients to the brain, such as narrowing or blockages.

Deep Vein Thrombosis (DVT): Blood clot in the veins, which are the vessels that restore blood from the brain or body to the heart.

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