



Major Risks and Implications of Cardiovascular Disorders

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DESCRIPTION

Cardiovascular Disease (CVD), one of the world's leading causes of death, is a broad category of disease that is generally associated with major and accessory organs of the cardiovascular system. The important role of this system is to send oxygen, nutrients, hormones and other chemicals to the tissues of the body, removing carbon dioxide and waste products from those tissues.

The major organs of the cardiovascular system include the heart and blood vessels. Most anatomical structures associated with the cardiovascular system share a common tissue. The innermost structure of the heart and blood vessels is a monolayer of endothelial cells known as the intima. These cells provide a smooth surface to the bloodstream and secrete factors that can affect blood pressure locally or globally.

The main behavioral risk factors for heart disease and stroke are unhealthy diet, lack of exercise, tobacco use, and harmful alcohol consumption. The effects of individual behavioral risk factors can manifest as elevated blood pressure, elevated blood sugar levels, elevated blood fat levels, and overweight and obesity. These "intermediate risk factors" can be measured in primary care settings and indicate an increased risk of heart attack, stroke, heart failure, and other complications.

It has been shown to reduce the risk of cardiovascular disease by stopping the use of tobacco, reducing dietary salt content, eating more fruits and vegetables, performing regular physical activity, and avoiding harmful alcohol intake. Health policies that create an environment that makes healthy choices available at affordable prices are essential to motivate people to adopt and maintain healthy behavior.

There are also some determinants underlying CVD. These reflect the key forces driving social, economic and cultural change, such as globalization, urbanization and aging

populations. Other determinants of CVD are poverty, stress, and genetic factors.

In addition, medications for high blood pressure, diabetes, and high blood fat levels are needed to reduce cardiovascular risk and prevent heart attacks and strokes in people with these conditions.

Symptoms depend on the particular condition. Some symptoms, such as type 2 diabetes and high blood pressure, may not cause any symptoms at first.

However, typical symptoms of an underlying cardiovascular issue include:

- Pain or pressure in the chest, which may indicate angina
- Pain or discomfort in the arms, left shoulder, elbows, jaw, or back
- Shortness of breath
- Nausea and fatigue
- Light-headedness or dizziness
- Cold sweats

Although these are the most common ones, CVD can cause symptoms anywhere in the body.

Medications prescribed after a heart event can help recovery and prevent another stroke or heart attack.

If we are a caregiver, it is our responsibility to help our loved one take the medicine as prescribed and on time. Find out what medicines our loved ones need to take. Know what these medicines do and what their purpose is.

It is important to follow the doctor's instructions strictly, so ask questions and take notes. Find out more about heart medicine. Most cardiovascular-related deaths are premature and can be easily prevented. Cardiovascular disease is estimated to account for about one-third of premature deaths in men and one-fifth of premature deaths in women.

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Received: 13-Jun-2022, Manuscript No. JTCOA-22-17572; **Editor assigned:** 16-Jun-2022, PreQC No. JTCOA-22-17572 (PQ); **Reviewed:** 30-Jun-2022, QC No. JTCOA-22-17572; **Revised:** 07-Jul-2022, Manuscript No. JTCOA-22-17572 (R); **Published:** 14-Jul-2022, DOI: 10.35248/2572-9462.22.8.194.

Citation: Shafiei V (2022) Major Risks and Implications of Cardiovascular Disorders. J Thrombo Cir. 8:194.

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