

Cardiovascular Disease



WHAT IS CARDIOVASCULAR DISEASE?

- Cardiovascular disease, commonly referred to as Heart Disease
- Describes a range of conditions that affect the heart, mostly related to a process called **atherosclerosis**
- **Artherosclerosis** is a condition that develops when plaque builds up in the walls of the arteries
 - > The buildup narrows the arteries and makes it hard for blood to flow which can cause blood clots stopping blood flow all together
 - > This condition can cause a heart attack or stroke

HEART ATTACK

- Occurs when a blood clot blocks blood from flowing to a part of the heart
- If blood flow is cut completely, that part of the heart muscle begins to die
- Most people do survive their first heart attack but will need to make significant changes to daily lifestyle

STROKE

- **Ischemic stroke** (most common) happens when a blood vessel that leads to the brain is blocked
 - Brain cells die when the blood supply to part of the brain is cut
 - Results in the inability to carry out daily activities such as walking or talking
- **Hemorrhagic stroke** happens when a blood vessel bursts within the brain
 - Uncontrolled hypertension is the most common cause of a hemorrhagic stroke

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The best way to verify Cardiovascular Disease is to talk to your physician about your medical history, and a physical exam.

