

OTHER TYPES OF CARDIOVASCULAR DISEASES

- **Heart failure** (commonly referred to as congestive heart failure) where the heart is not pumping blood as well as it should
- **Arrhythmia** occurs when there is an abnormal rhythm to the heart. The heart can either beat too slow, too fast, or irregularly
- **Heart valve problems**
 - **Stenosis** - occurs when the heart valves do not open enough to allow adequate blood flow
 - **Regurgitation** - occurs when heart valves allow blood to leak because they do not close properly
 - **Mitral valve prolapse** - occurs when the valve bulges or prolapses back into the upper chamber of the heart

PREVENTION

- **Fact**

There are 5 major risk factors to cardiovascular disease:

 - High blood pressure, abnormal values for blood lipids, smoking, obesity, and lack of regular physical activity
- **Physical Activity**

Regular exercise has a favorable effect on many of the risk factors to cardiovascular disease
- **Benefits**
 - Exercise promotes a reduction in weight
 - Helps reduce blood pressure levels
 - Reduces bad cholesterol levels and increases good cholesterol levels
 - Brings an increase in insulin sensitivity

Continued, moderate exercise is key to decreasing the risk of cardiovascular disease

Reference:

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Treatment

The most common form of treatment for cardiovascular disease is medication. In some cases, patients may need to undergo surgery or live with a pacemaker.



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