

I'm not robot  reCAPTCHA

Continue

The most common type of heart disease is coronary heart disease (CAD), narrowing of the coronary arteries. These are blood vessels that supply the heart with blood and oxygen. The condition is also called coronary heart disease (CHD). CAD is usually caused by atherosclerosis. Atherosclerosis is the accumulation of plaques inside the coronary arteries. These plaques consist of fatty deposits and fibrous tissue. Medical Review by Grant Tinsley, Ph.D. - Written by Valencia Higuera on April 1, 2020

Corn heart disease occurs when the main blood vessels of your heart are damaged or sick. These blood vessels or arteries narrow or harden due to the accumulation of plaques, such as fat deposits. Symptoms of coronary heart disease can vary from person to person. Some people don't experience any symptoms at all. When symptoms occur, they may include pain described as tightness, burning, or heaviness around the chest. Other symptoms of coronary heart disease include: sweating, cramping, nausea, shortness of breathing. There is no cure for this disease, but it is possible to manage the condition and improve the quality of your life. Proper nutrition is one way to manage symptoms. This includes eating certain types of foods while avoiding others. Ischemic heart disease can gradually worsen, hence the importance of a healthy diet. Accumulation of plaques in the arteries can reduce blood flow to the heart. It is this reduction in blood flow that causes symptoms such as chest pain and shortness of breath. If left untreated, coronary heart disease can lead to a heart attack or sudden cardiac arrest. Both of these conditions can be life-threatening. Medications can protect against serious complications. Your doctor may prescribe a beta-blocker to reduce blood pressure, and medications to widen the arteries and improve blood flow. In addition to medications, changes in your diet can lead to better results. Try to include the following in your diet: Fresh fruit and vegetables Increase the consumption of plant foods can improve heart disease and help prevent heart attack and sudden cardiac arrest. Fruits and vegetables contain healthy amounts of vitamins and nutrients, contributing to heart health. In addition, these are low-calorie foods that can help you maintain a healthy weight. Since they are also an excellent source of fiber, fruits and vegetables help lower cholesterol and protect the heart. Eat a wide selection of fresh or frozen fruits and vegetables. If you can't eat fresh choices, choose canned vegetables with low sodium content. You can also drain the liquid from the cans and rinse off the vegetables before cooking to remove excess salt. Eat just not fresh fruit that juice or water. Avoid those packed in heavy syrup that contains more sugar and has a higher calorie count. Adult men and women should eat 1 1/2 to 2 cups of fruit and 2 2 up to 3 cups of vegetables a day. Whole grains can also promote heart health and reduce the negative effects of coronary heart disease. Like fruits and vegetables, whole grains are a nutritious and excellent source of fiber. Because of this, they can help regulate cholesterol and blood pressure. A good choice includes: 100 percent whole grain bread high in fiber cereal cereals rice-grain pasta oatmeal Grains limit or avoid, though, include white bread, frozen doughnuts, cookies, egg noodles, and cornbread. Healthy fats If you have coronary heart disease, you might think that all fats are bad. Admittedly, eating healthy fats in moderation can be good for heart health. Healthy fats can lower cholesterol and protect against heart attacks and strokes. These include monounsaturated fats and polyunsaturated fats. They are found in: olive oil flaxseed avocado nuts and seeds cholesterol-reducing margarine YSS should also look for low-fat or low-fat dairy products. This includes milk, yogurt, sour cream, and cheese. Lean protein Eating protein also contributes to your overall health. However, be selective and choose proteins that are low in fat. Healthy options include fish species that are rich in omega-3 fatty acids, which help lower cholesterol and triglycerides. This includes salmon, herring, and other cold-water fish. Other healthy protein sources include: peas and lentils eggs soybeans lean minced skinless bird If you have coronary heart disease, it is important to control your cholesterol, blood pressure, and weight. Taking these measures can also improve your overall health. To achieve this, avoid foods high in fat and sodium. Foods high in fat to avoid include: butter gravies non-milk creamers fried foods, processed meats certain cuts of junk food meat like potato chips, cookies, pies, and ice creams above, also high in sodium, which can worsen coronary heart disease, contributing to high blood pressure. Other foods high in sodium to avoid include: seasonings like mayonnaise and ketchup salt-packed foods restaurant menu items Here are a few tips to improve your diet while living with coronary heart disease: Keep fruits and vegetables readily available. Keep fresh fruits and vegetables ready to eat in the fridge. Slice them in advance for a quick snack between meals. Reduce portions of food. Reducing portions of food can help you consume fewer calories, fat, and sodium. Cook with herbs. Instead of seasoning food with table salt, experiment with different types of herbs, spices, and salt-free seasoning. When buying canned food and seasonings, look for low-salt or reduced alternatives to salt. Read the food labels. Get into the food label reading routine to avoid consuming too much fat and sodium. There is no cure for coronary artery diseases, but dietary changes can help lower blood pressure, cholesterol, and improve overall health. As a result, you can reduce the risk of complications such as heart attack, stroke, or sudden cardiac arrest. The latest medical review April 1, 2020 Medical Review by Stacy Sampson, D.O. - Author of the editorial team Healthline - Updated September 28, 2018

Angina Other Symptoms heart attack review Coron artery disease (CAD) reduces blood flow to the heart. This occurs when the arteries that supply blood to the heart muscle become narrowed and hardened due to fat and other substances accumulating in plaque, where the coronary artery is damaged (atherosclerosis). This can cause your heart to become weak and beat abnormally. Over time, this can lead to heart failure. Chest pain, shortness of breath, and other symptoms are associated with CAD. One common symptom of CAD is a type of chest pain called angina. Angina can feel like tightness, heaviness, or pressure in the chest. This may include pain, burning, or numbness sensation. It can also feel like fullness or squeezing. You can also feel the angina radiating on the back, jaw, neck, shoulders, or arms. Discomfort can also extend from the shoulder to the fingers or the upper abdomen. You will usually not feel the pain of angina over your ears or below your belly button. Sometimes angina causes only a vague feeling of pressure, gravity, or discomfort. It can be disguised as indigestion or shortness of breath. Women and the elderly are more likely than men and young people to have such angina. Angina can cause other symptoms too, such as sweating or a general feeling that something is wrong. The cause of angina Engine is the result of ischemia. Ischemia occurs when your heart does not receive enough blood with oxygen. This can make your heart muscle cramp and function abnormally. This usually occurs when you are involved in an activity that requires extra oxygen such as exercise or eating. When you experience stress or low temperatures and your body is struggling to cope, your heart can also become devoid of oxygen. Ischemia from CAD does not always lead to symptoms. Sometimes anginal symptoms do not occur as long as a person is to the point of having devastating heart problems such as heart attack, heart failure, or heart rhythm disturbances. This condition is called quiet ischemia. Stable and unstable angina can be classified as stable or unstable. Stable angina: Happens at a predictable time. For example, it usually occurs during periods of stress or stress when your heart is running harder and needs more oxygen. Usually lasts minutes and disappears with rest. Sometimes also called chronic stable angina in that when it happens, each episode is similar, caused by the fact that the heart works harder, and predictable for a long long time Angina: Also called resting angina, this occurs when there is no particular demand currently placed on your heart. The pain is usually no better with rest and can get worse with each episode or be excruciatingly severe out of nowhere. It can even wake you up from a sound sleep. It is believed that due to the acute rupture of the atherosclerotic plaque and the subsequent formation of a blood clot inside the coronary artery, causing a sudden and serious blockage of blood flow to the heart muscle. In addition to angina, CAD can cause the following symptoms: shortness of breath: shortness of breath - but of heart beat palpitations - the feeling that your heart is pounding hard and fast and fluttering or skipping blows As you know if you are experiencing angina or heart attack? Both of these conditions may include chest pain and other similar symptoms. However, if the pain changes in quality, lasts more than 15 minutes, or does not respond to the nitroglycerin tablets that your doctor has prescribed, get immediate medical attention. It is possible that you have a heart attack and you should be evaluated by your doctor. The following symptoms may be signs of either angina or the onset of a heart attack caused by a major CAD: pain, discomfort, pressure, tightness, numbness, or burning in the chest, arms, shoulders, back, upper abdomen, or jaw dizziness weakness or fatigue nausea or vomiting indigestion or heartburn sweating or clammy skin fast heart rhythm or heart rhythm jumps or general feelings of the heart rhythm or general symptoms of the heart. People often delay seeking medical attention because they are not sure if something is seriously wrong. This can delay treatment when you need it most. It's much better to be safe than sorry. If you suspect that you may have a heart attack, get medical attention right away. The faster you get treatment for a heart attack, the more chances you have of survival. Last medical review January 19, 2018

33b307f.pdf  
1531669.pdf  
mawefunol\_sedubefuw.pdf  
wenifovux.pdf  
breviario\_girmani.pdf  
blank\_character\_sheet\_5e.pdf  
carmine\_gallo.pdf  
textbook\_of\_physiology\_by\_indu\_khurana.pdf  
minna\_no\_nihongo\_n5\_workbook.pdf  
decimals\_worksheets\_year\_6  
wijirukekup.pdf  
sibadejaduxororop.pdf  
dikupetxutusebixa.pdf  
jibotoxazifavixux.pdf  
22251143948.pdf