

Definition

- Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels.
- Many of these diseases are related to a process called atherosclerosis.
- Atherosclerosis happens when a substance called plaque builds up in the walls of the arteries.
- Heart attack (myocardial infarction), coronary heart disease, and stroke are forms of cardiovascular disease.

Signs and Symptoms

- Shortness of breath
- Chest pain
- Facial numbness
- Weakness
- Rapid heart rate
- Dizziness
- Sweating
- Nausea
- Palpitations
- Chest discomfort
- Fatigue upon exertion

Treatment

- Medications
- Lifestyle changes:
 - Eating a low-fat low-sodium diet
 - Getting at least 30 minutes of moderate exercise on most days of the week
 - Quit smoking
 - Limit alcohol intake
- Medical procedures or surgery:
 - Coronary Angioplasty
 - Coronary Artery Bypass Surgery
 - Use of Pacemakers
 - Heart Transplant

QUESTIONS

- Why is it important to inform the people how dangerous the disease can be?
- What health teachings can you give to people in order to prevent having the disease?
- Give at least 5 signs and symptoms of the disease and briefly explain the meaning of each word.