

Risk Factors for Coronary Artery Diseases

Abstract

Heart disease is leading cause of death for both men and women. Coronary artery disease (CAD) is the most common type of heart disease in the public health. According to the Centers for Disease Control and Prevention (CDC) Trusted Source more people die from coronary artery diseases each year in the United States. The most common cause of CAD is plaque build-up in the coronary arteries.

Keywords: Cardiac Diseases; Coronal Valves; Coronary Artery

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Citation: Pasumarthi S (2021) Risk Factors for Coronary Artery Diseases. Interv Cardiol J Vol.7 No.2:117

Received: February 5, 2021; **Accepted:** February 19, 2021; **Published:** February 26, 2021

Many factors can increase your risk of developing CAD. Control some of these factors. The risk factors identification combined with identification with advanced medical technology has contributed to significant decrease in the coronary artery disease mortality rate over the past forty years in the Western countries. It's very important to reduce the risk factors which people are not control because people may be able to monitor their side effects. Ethnicity, Family History. The risk factors of the coronary artery diseases some of risk factors can able to control by the people Smoking, Abnormal Cholesterol Levels, High Blood Pressure, Physical Inactivity, Obese conditions, Diabetes Mellitus, Alcohol.

The smoking of cigarettes can cause the heart related diseases. The person who smoked even a 100 cigarettes in one live can cause heart problems. After five years the smoking risk causes severe heart attacks.

Increase of cholesterol levels can cause the heart problems. Due to the increase of the cholesterol content in the body the blood flow to the heart gradually decreases it leads to cardiac problems. The high blood pressure is also called hypertension. The blood pressure can vary with the activity of the body and age. Increase of high blood pressure causes the heart attack and stroke Maintenance of good health may give fewer chances to get the cardiac problems. Exercise burns the calories and gives strength to heart muscles and make the arteries more flexible.

Obese people are having the high cholesterol levels, high blood pressure and diabetes. These all are risk factors for the cardiac coronary artery diseases. Diabetes mellitus is of two types, heart related problems are leading cause of death among people with diabetes especially in case of adult onset.

Generally the cardiac problem is affects who are taking the alcohol intake. Generally the disease affects the non-drinkers having less chance to affect the heart related problems such as stroke, high blood pressure, irregular heartbeats and cardiomyopathy.

Cardiac rehabilitation is a most important thing for the affected people to get rid from the heart attack, heart failure and other heart problem that required surgery or medical care. In these people, cardiac rehabilitation can help to improve the quality of life and can help prevent another cardiac event. Cardiac rehab is a supervised program that includes the physical activities, guide about the health tips like maintains of good health, taking medicines by time which are suggested by doctors, the ways to quite the smoking habits and the to improve the mental health.