

# Complications of cardiovascular disease

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Krishna S. Complications of cardiovascular disease. *Curr Res Cardiol* 2021;8(3):4.

## DESCRIPTION

**C**ardiovascular disease is a type of disease that affects the blood vessels or heart. Risk of this diseases can be increased by high blood pressure, smoking, high cholesterol, lack of exercise, obesity, physical inactivity, tobacco use, alcohol in high intake and unhealthy diet. Raised blood pressure, elevated blood glucose, high levels of blood lipids, overweight and obesity are some of the effects of behavioral risk factors which can be shown in an individual. Symptoms of these cardiac patients can be such as chest pain, pain and weakness or numbness of legs and/or arms, shortness of breath or breathlessness, very fast or slow heartbeat/palpitations, lightheaded or faint, dizziness, fatigue, and swollen limbs. Electrocardiogram, exercise stress test, x-rays, echocardiogram, blood tests, coronary angiography, radionuclide tests, and Magnetic Resonance Imaging (MRI) are some of the different tests which are commonly used as diagnostic tests for heart-related problems.

Heart disease is known to be an umbrella term, which describes regarding many conditions that affect a person's cardiac health. Whenever a cardiac patient learns that they have heart disease, it's important for those patients to make lifestyle changes to slow down the progression of disease. If these diseases are left untreated they cause many potentially fatal complications. Heart disease complications develop when the heart is getting less blood than it needs. These complications include such as angina, atrial fibrillation, cardiac arrest, heart attack, heart failure, pulmonary edema, and stroke.

## Angina

Angina is not same as heart attack; rather it is known to be a warning sign. Angina is chest pain caused by heart disease. The most common type of angina is called as stable angina. Stable angina occurs when the heart works harder than usual. This type of angina can be triggered by stress or physical activity. Angina feels like a squeezing type of pressure in chest.

## Cardiac arrest

Cardiac arrest is also not same as a heart attack. Here in this case heart actually stops beating during cardiac arrest and patient would not have a

sense on their pulse, therefore which indicates that there is no blood flow to brain and other organs. This type of heart disease causes a person to pass out within seconds.

## Heart attack

It occurs when a coronary artery becomes blocked where blood cannot reach part of the heart muscle. Symptoms may include such as bad chest pain, cold sweats, and also trouble in breathing. It can occur slowly or else sometimes gets worse over many hours.

## Heart failure

It can lead to a gradual weakening of heart. As the heart weakens, it becomes harder for the heart to pump blood out to the body. Therefore it causes blood to back up into lungs and also there will be fluid building in some parts of body. Heart failure is known to be as leading cause of death of people who are older than 60. It is known to be the main reason who for the patients to be admitted at hospitals.

## Pulmonary edema

The main cause for pulmonary edema is heart failure; it causes fluid to fill up in lungs. Symptoms include such as extreme shortness of breath, chest pain, coughing that produces a small amount of blood and also blue nails and lips.

## Stroke

Ischemic stroke or cerebral embolism is a type of stroke which is caused by heart disease. It forms blood clot in heart, which thereby breaks and travels in brain therefore causing disruption of blood supply in brain and known to be as medical emergency. Signs includes such as sudden weakness at only one side of body, difficulty in speaking and drooping face.

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