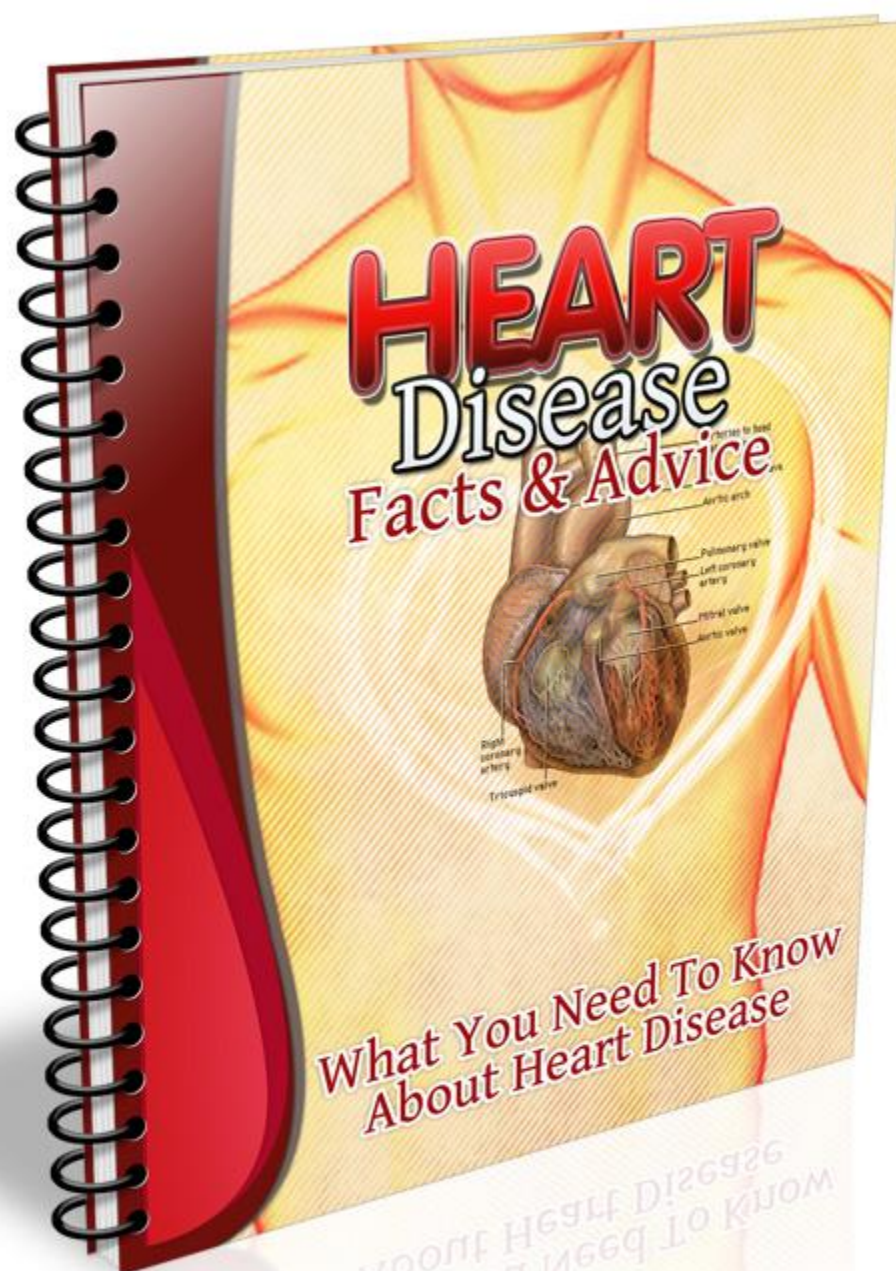




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Critical Facts About Heart Disease

In the United States, one of the leading causes of death is heart disease. A heart disease should not be taken lightly though, since it is considered as the top killer for both men and women in many countries around the world, especially in America. According to its definition, heart disease is a medical condition in which the heart and the blood vessels are affected. This term also refers to a number of diseases that affect the heart and some of which would include arterial fibrillation, heart attack, coronary artery disease, and heart valve disease. Getting diagnosed for it is indeed quite alarming.

Heart disease is prevalent in lots of developed countries and many experts about it attribute it to certain environmental factors. The good news about this type of disease is that, it can be prevented by following certain healthy living practices.

Although heart disease is indeed one of the top causes for untimely deaths in America, a person diagnosed with it should not consider it as a death sentence. There are actually lots of cases when a heart disease can still be treated or reversed, as long as proper steps are taken, and the person involved is disciplined and persistent enough in achieving his goals.

Preventing heart disease can be done in a lot of ways, which will point out to living a healthier life. Thus, it basically means that you may have to make some changes in your own lifestyle today, in order to achieve it. If some of your relatives have been diagnosed for certain types of heart disease, then it is best that you visit your doctor regularly. Regular checkups would really help a lot aside from the fact that doctors are the best persons to know what needs to be done in order to prevent it.

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By visiting your doctor, he would be able to tell your risk level as far as getting affected by heart disease is concerned, through your blood pressure, cholesterol level, fibrinogen level, triglycerides level, and homocysteine level.

Aside from visiting your doctor on a regular basis, there are also certain things that you can do on your own to prevent it; and, one of which is by following a proper diet. A healthy diet is something that should be low in saturated fat, refined sugar, and cholesterol. Aside from that, you should also make sure that your body is provided with adequate amounts of vitamins, minerals, and dietary fiber.

Healthy living means that you should quit smoking and alcohol drinking soon. Getting enough exercise should also be included in your health plan, and it is also important to provide your body with enough rest. By taking note of these important facts about heart disease, you should be able to come up with your own plan, which will help you in preventing it from affecting your life.

Symptoms of Heart Disease

When it comes to heart disease there are critical facts about it that you need to be aware of. By being aware of them, you will be able to ensure that you can take measures in not just preventing it, but also making the possibility of reversing it.

A person should not lose hope if the disease has been detected early on. This is because early detection of a certain heart disease can contribute a lot in treating it or even reversing it. Thus, it is important for a person to know the symptoms of heart disease, so that he would know what steps he needs to take if he experiences one or some of them.

Symptoms of Heart Disease include:

Heart Palpitations – The beating of one's heart should be something that a person hardly notices. In other words, it is usually or normally done in an unconscious manner. Thus, if you are noticing it on a regular basis, then there may be something wrong with it. Heart palpitations normally occur when you are nervous or when something just surprised you. However, if you keep noticing that for no reason your heart seems to beat too slowly or too fast, then that could be a sign of a heart disease.

Shortness of Breath - Shortness of breath happens when you suddenly are trying to catch your breath for no apparent reason. In some cases, doctors would usually recommend their patients to get enough exercise when experiencing shortness of breath after exerting some force; however, if it happens regularly even when you are not trying to exert any kind of effort, then that could be something else.

Dizziness - Dizziness or getting fatigue easily on a regular basis could be an indication that your heart is having some problems. Dizziness associated with a heart disease can occur whether

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you are standing up or sitting down. It should be noted though that anemia can also cause this symptom to arise; thus, if you are experiencing this despite of the fact that you are not anemic, then it is time to visit your doctor.

Nausea - Experiencing nausea can be caused by a lot of things, such as eating a stale food, experiencing acid reflux, and such. However, if you are feeling it for an extended period of time with no obvious reasons, then you may have to get yourself checked by your family doctor soon.

These are the symptoms of heart disease that you need to take note of. The moment that you experience even just one of the mentioned symptoms on top, you should immediately set up an appointment with your doctor. Aside from that, keep in mind that there are certain things that you can do, such as living a healthier lifestyle, in order to prevent heart disease from affecting you.

Simple Steps You Can Implement To Prevent Heart Disease

Finding ways to prevent something such as heart disease is always better than trying to get cured for it. Thus, as early as today, you should implement certain steps that you can take on a daily basis, which would decrease your chances of getting affected by it. In relation to that, below are some simple steps that you can take in order to prevent heart disease and to live a healthier and happier life.

1. Lose Weight - Losing weight is one of the best ways to prevent any kind of heart disease. This is because in the process of losing weight, in order for you to attain it, you will have to modify your lifestyle, your diet, and get some exercise, which will all lead to having a healthier heart. When you are able to lose weight, you will be preventing your heart from getting overworked, since it will not work double time in getting your blood circulated throughout your body.

2. Quit Smoking - If you are a smoker, then it is time to take steps to stop it. This is because smoking is one of the leading causes of heart disease in most of the countries around the world. Smoking can actually damage your arteries, which will lead to giving too much pressure to your heart. Aside from that, it would also increase the chances of getting other kinds of diseases on top of heart disease.

3. Become More Aware of Your Body - Know the symptoms of heart disease and see if you are experiencing some of them. Whether you are experiencing them or not, it is best to visit your doctor on a regular basis, especially if you have a family history of heart disease. By visiting

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your doctor, he would be able to see whether you are at risk for heart disease or not. Aside from that, he would also be able to provide you with proper tips in order to prevent it.

4. Increase your daily physical activities - Getting enough exercise is vital for a healthy body; and, a healthy body also contributes to a healthy heart. However, if you are not too fond of doing exercise routines, you can always do other things instead of them. For example, if you work at an office situated on the 7th or 10th floor of a building, you should use the stairs instead of the elevator on a daily basis. Aside from that, you should also park your car a couple of blocks away from your office, so that you will be able to get your heart pumping.

These are the simple steps that you can implement in order to prevent heart disease. If you take a look at all of them, they all point out to living a healthier lifestyle. Therefore, it is time for you to make some changes on the way you live your life, so that you won't have to deal with heart disease or any kind of disease sooner than you think.

Conclusion

Heart disease is not an illness to lose hope over because there are many prevention and treatment methods available. Simple steps that you can take to prevent heart disease include having a healthy daily diet which contains fiber and complex carbohydrates, exercising and being more active. Moreover, a reduction in the consumption of saturated fat and trans fat will also greatly reduce the chances of having cholesterol build up in the arteries, resulting in poor transportation of oxygen in the blood.

Heart disease awareness is important and familiarizing yourself with heart disease and the various symptoms will be good in helping you identify the problem before it worsens. Doctors will be able to consult on the condition of your heart and advise accordingly.

Moreover, when you understand the heart disease problem better, you will realize the importance of a healthy diet and lifestyle on your heart's health and hopefully make significant changes to your current one.