

Warning Signs of Cardiovascular Diseases: A Mini Review



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Abstract

Advanced technology made us to live sedentary lifestyle, due to this kind of lifestyle we all are in high risk to develop heart diseases in our life time. CVDs are the number [1] cause of death globally: more people die annually from cardiovascular diseases (CVDs) than from any other cause. An estimated 17.7 million people died from CVDs in 2015, representing 31% of all global deaths. Of these deaths, an estimated 7.4 million were due to coronary heart disease and 6.7 million were due to stroke. >75% of CVD deaths occur in low-income and middle-income countries. 80% of all CVD deaths are due to heart attacks and strokes. Important warning signs includes: lightheadedness, Nausea, extreme fatigue, fainting, and dizziness, Pressure in the upper back and shortness of breath and Sweating etc.

Keywords: Warning Signs; Disease & Heart

Introduction

Advanced technology made us to live sedentary lifestyle and due to this kind of lifestyle we all are in high risk to develop heart diseases in life time. Less physical activities, increased alcohol consumption and use of tobacco products leads to heart diseases (Figure 1).



Figure 1.

Important Warning Signs Includes

Lightheadedness, Nausea, extreme fatigue, fainting, dizziness, Pressure in the upper back [1]. Other symptoms of a heart attack can include: Extreme anxiety, Fainting or loss of consciousness, Lightheadedness or dizziness, Nausea or vomiting, Palpitations, Shortness of breath and Sweating, which may be very heavy [2].

Important Statistical Information of CVDs

- “CVDs are the number one cause of death in the world: more people die annually from CVDs.
- 17.7 million People died from CVDs in 2015, representing 31% of all global deaths. Of these deaths, an estimated 7.4 million were due to coronary heart disease and 6.7 million were due to stroke.
- CVD deaths take place in low and middle income countries.
- People with cardiovascular disease or who are at high cardiovascular risk need early detection and management using counselling and medicines, as appropriate [3].
- >75% of CVD deaths occur in low-income and middle-income countries”
- 80% of all CVD deaths are due to heart attacks and strokes [4].

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