Heart Diseases

**Introduction:**

Currently there are four common heart diseases: Coronary, heart valve, Arrhythmia, and heart failure. Heart disease in America is common about 1 a 4 people have some type of heart disease. Also, every year more than half a million people die due to a heart disease. People suffer from these four heart diseases every day. Depending on the person the outcome of the diseases varies. Coronary heart disease is the most common one, the buildup of plaque around the wall of the heart limiting blood flow. Coronary heart disease is also known as coronary artery disease due to blockage of the arteries. Heart valve disease also prevent blood flow due to one of the four heart valves either completely not working or being out of unison with the other valves. Arrhythmia is the most common heart disease that does not cause “worry” but should still be taken very seriously. If someone has arrhythmia is means their heart beats are irregular. The heart can be beating slow are fast or even skip a beat. Lastly and the highest to cause more death is heart failure disease. Heart failure disease cause a heart the ability to properly work. The heart is unable to keep pumping the flow of blood and oxygen. There are many different was we can lower the high number of heart disease in America. Although, heart disease will not be completely stopped due to some being genetically passed down.

**Body:**

 Coronary heart disease is carried more by women than man. About 47% of woman are diagnosed with coronary heart disease. Only about 42% are man that are diagnosed with coronary heart disease. Having coronary heart disease means that the heart is having trouble letting blood an oxygen flow through the body. There are different ways someone can get coronary heart disease. In the article “Prediction of Coronary Heart Disease Using Risk Factor Categories” states “Coronary heart disease continues to be the leading cause of morbidity and mortality among adults in Europe and North America” (Wilson et al 5). These are the areas the disease is the highest and more people are at risk. In the coronary prediction article, they also state “Risk factors have included high blood pressure, cigarette smoking, high cholesterol, obesity and diabetes” (Wilson et al 5). People with high blood pressure and cholesterol levels are at a higher risk than some of the other given risk factors, of getting coronary heart disease. In order to stop being at risk of getting coronary heart disease, many people can simply eat right, dedicate 30 minutes to some type of physical activity, and stop smoking. The side effect of being diagnosed can lead to chest pain, lightheadedness, and even a heart attack. Coronary heart disease is one where people can live with it for a while without having symptom and know that they have it. Knowing that people with blood pressure, cholesterol, and diabetes are at higher risk, should constantly get checked by there primary care doctor making sure they are living heart disease free. Although, coronary heart disease is ranged for more of the middle-aged person any can still get it.

 Heart valve is one of the most common heart surgeries procedures. Our hearts have four valve that are supposed to open and close in syce to help with the flow of blood through our bodies. In the article “Heart Valve Development” states “The 4-chambered vertebrate heart has aortic and pulmonic semilunar (SL) valves at the arterial pole as well as mitral and tricuspid valves separating the atria and ventricles” (Combs and Yutzey, 2009). If one of the valves are out of unison, it can be dangerous, blood can begin to flow into the heart instead of throughout the body. Like most diseases everyone can be at risk, so everyone is at risk with having heart valve complications. The disease is targeted in older people about 55 years and above. There older someone get the less their body still functions normally, older people’s heart flaps become stiff causing a lag in opening and closing of the heart valves. Many people live without knowing they have a heart valve problem, until they hit the older stage of their life. There are approximately 12 million people in America, more than five million people have been diagnosed with heart valve disease. People are at risk of getting heart valve disease if they have had previous heart diseases or they have had rheumatic fever. Rheumatic fever is disorder that cause joint to swell and cause pain. Most people can have the rheumatic fever for a year or two or even go through complete life with it. People should be checked out by a cardiologist specialist if they have ever had rheumatic fever, since they’re at a higher risk for heart valve disease. The side effects of heart valve disease are fatigue, shortness of breath, dizziness and fainting. There is no cure for rheumatic fever, but surgery is an option for heart valve disease.

 Arrhythmia heart disease is the cause of an irregular heartbeat. Our heartbeats come from electric pulses and if the beats are to slow or to fast, putting someone at risk for arrythmia heart disease. Arrhythmia heart disease is one of the more harmless heart diseases. Arrhythmia heart disease is more common in infants and elders. They have a higher right of having irregular heartbeats. Everyone is still at risk of being diagnosed with arrhythmia heart disease. Some of the risk factors can be having previous heart problems, electrolytes are off balance, and even just having a normal “healthy” heart. There are different types of arrhythmia such as sinus arrhythmia. In the article “Sinus Arrythmia in Acute Myocardial Infarction” states “The main difference between patients with sinus arrhythmia and without sinus arrhythmia related to heart rates on admission to hospital, the patients with the former having slower heart rates at that time” (Wolf et al 2). The disease can be harmless because there are different types and stages of the it. Some of the symptoms of arrhythmia is slowed heart rate, shortness of breath, chest pain and lightheadedness.

 Heart failure is the most dangerous out of the four most common heart diseases. Heart failure is when the heart overall function began to decline. Blood is not properly being pumped by the heart. The heart is unable to properly pump the blood needed. People who are older tent to have heart failure, because their heart start to not function correctly. Heart failure can still happen to anyone no matter age and gender. There are cases when having heart failure only last about a year, and there are other cases where it last for the rest of that person’s life. There are surgeries and medication to treat heart failure, but they can cause different side-effects. In the article “Cardiac Resynchronization in chronic heart failure” states “In approximately 30 percent of patients with chronic heart failure, the disease process not only depresses cardiac contractility but also affects the conduction pathways by causing a delay in the onset of right or left ventricular systole” (Abraham et al 2002). Having procedures might not guarantee healing.

**Conclusion:**

In the united states there are four most common heart diseases, heart valve, arrhythmia, coronary heart disease, and heart failure. Each disease has their own risk factors, age range, and gender group. Something as simple as eating healthy and including a daily 30-minute activity can lower a person risk of getting these diseases. Some of the heart diseases are can be cured with surgery, but some does no have a cure and can only be helped with certain medications. Coronary heart disease is caused due to a heart having trouble with the flow of blood and oxygen through the body. Women are at risk more than man with coronary heart disease. Heart valve disease is improper function of one of the four heart valves. Heart valve disease can be cured with surgery. Arrythmia heart disease is the cause of irregular heartbeats. A person can have too fast of a heartbeat or too slow of a heartbeat, throwing the function if the heart off. Heart failure is a state where the heart is not fully functioning, blood if not being properly pumped to the body. Heart disease are very common in America, if any symptoms are felt should be immediately checked by a primary doctor.

*Work Cited*

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