Cardiovascular disease

What is considered a cardiovascular disease?

Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

What are six types of cardiovascular disease?

Cardiovascular disease includes conditions that affect the structures or function of your heart, such as:

- Coronary artery disease (narrowing of the arteries)

- Heart attack.

- Abnormal heart rhythms, or arrhythmias.

- Heart failure.

- Heart valve disease.

- Congenital heart disease.

- Heart muscle disease (cardiomyopathy)

What are the main causes of cardiovascular disease?

Risk factors associated with cardiovascular disease include:

- high blood pressure (hypertension)

- radiation therapy.

- smoking.

- lack of sleep.

- high blood cholesterol (hyperlipidemia)

- diabetes.

- diets that are high in fat combined with carbohydrates.

- physical inactivity.

What happens when you have cardiovascular disease?

Coronary heart disease is the most common form of heart disease. Usually referred to as simply "heart disease," it is a disorder of the blood vessels of the heart that can lead to a heart attack. A

heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.
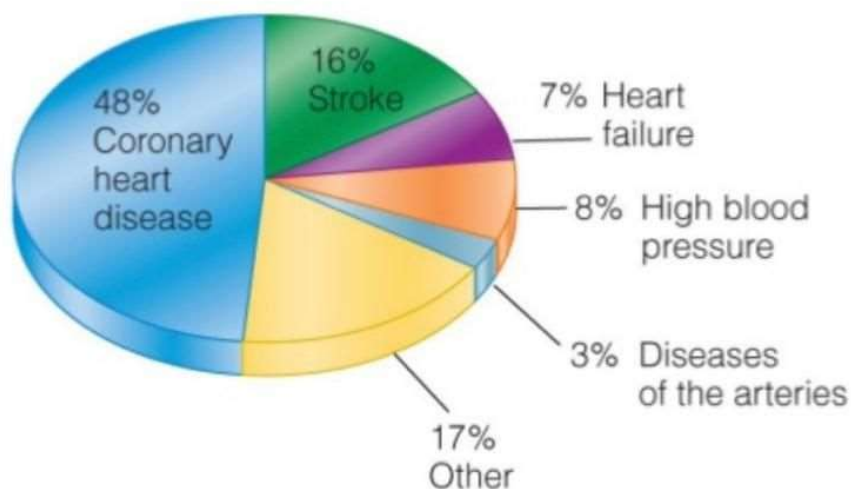
How do you treat cardiovascular disease?

Treatment

- Relieve symptoms.
- Reduce risk factors in an effort to slow, stop, or reverse the buildup of plaque.
- Lower the risk of blood clots forming. (Blood clots can cause a heart attack.)
- Widen or bypass plaque-clogged coronary (heart) arteries.
- Prevent CHD complications.

prevalence of cardiovascular disease

Heart Disease in the United States. About 610,000 people die of heart disease in the United States every year–that's 1 in every 4 deaths. Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.

Deaths from Cardiovascular Diseases in the United States

48% Coronary heart disease

16% Stroke

7% Heart failure

8% High blood pressure

3% Diseases of the arteries

17% Other

Sources: D. Mozaffarian and coauthors, Heart disease and stroke statistics—2015 update: A report from the American Heart Association, Circulation 131 (2015): e29–e322.
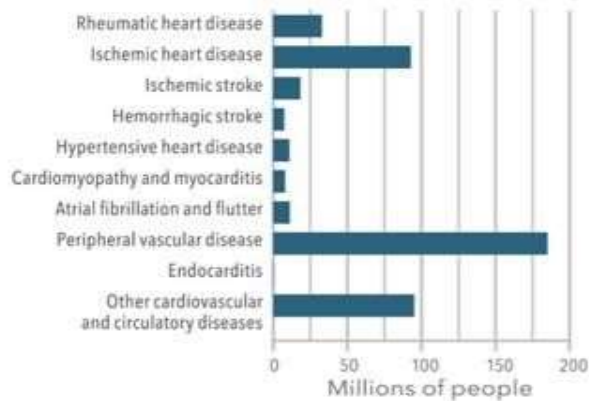
Cardiovascular Disease Worldwide, 1990-2013

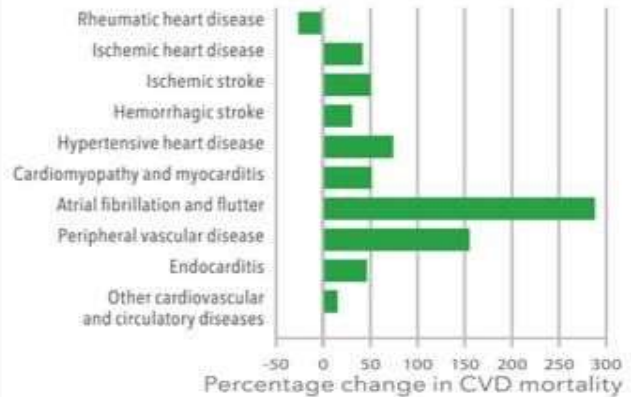## Global Deaths Due to Cardiovascular Disease (CVD), 1990–2013

x-axis: Millions of deaths (0, 5, 10, 15, 20)
Years: 1990, 1995, 2000, 2005, 2010, 2013
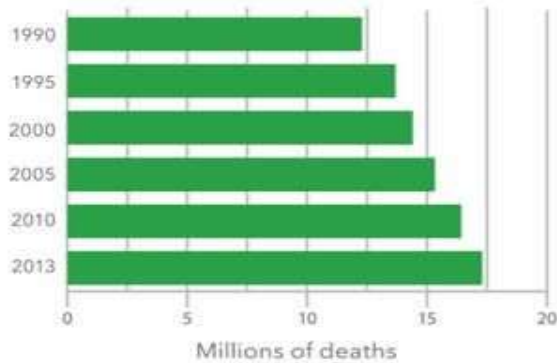
Countries With the Top 10 Fastest Rates of Decline in Age-Standardized CVD Mortality, 1990-2013

Norway, United Kingdom, Denmark, Luxembourg, Portugal, Israel, Bahrain, Qatar, South Korea, Taiwan

Cardiovascular Disease Prevalence, 2013

Categories: Rheumatic heart disease, Ischemic heart disease, Ischemic stroke, Hemorrhagic stroke, Hypertensive heart disease, Cardiomyopathy and myocarditis, Atrial fibrillation and flutter, Peripheral vascular disease, Endocarditis, Other cardiovascular and circulatory diseases

x-axis: Millions of people (0, 50, 100, 150, 200)

Change in Cardiovascular Mortality by Disease, 1990-2013

Categories: Rheumatic heart disease, Ischemic heart disease, Ischemic stroke, Hemorrhagic stroke, Hypertensive heart disease, Cardiomyopathy and myocarditis, Atrial fibrillation and flutter, Peripheral vascular disease, Endocarditis, Other cardiovascular and circulatory diseases

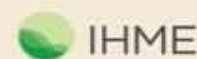x-axis: Percentage change in CVD mortality (-50, 0, 50, 100, 150, 200, 250, 300)

Estimated Change in Cardiovascular Mortality Due to Population Aging, Population Growth, and Age-Specific Death Rates, 1990–2013

Change due to population aging: 55.0
Change due to population growth: 25.1
Change due to change in age-specific death rates: -39.3
Overall change: 40.8

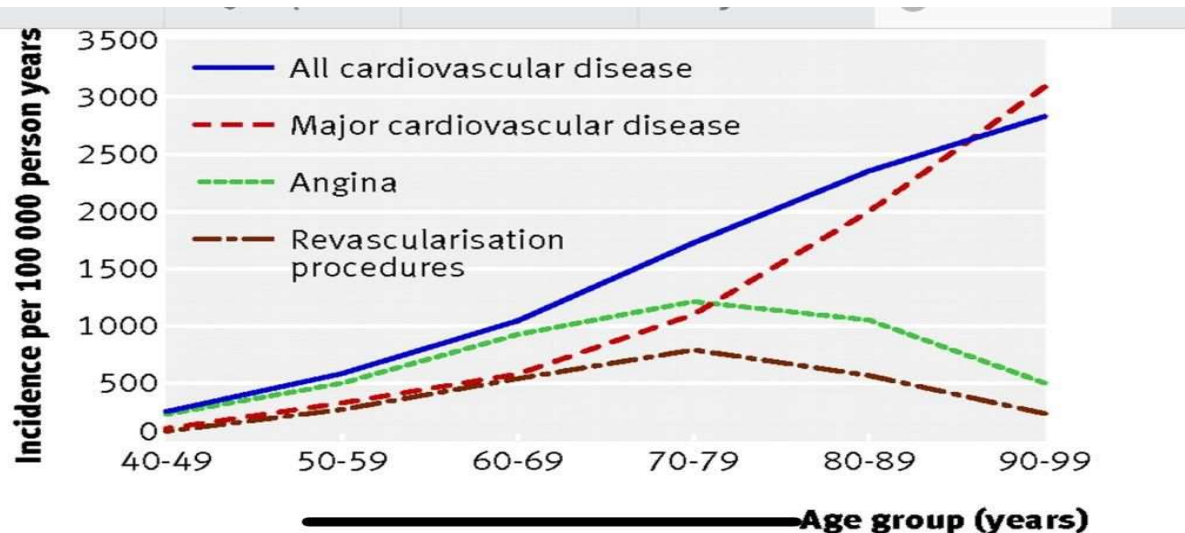x-axis: Percentage change in CVD mortality (0, 20, 40, 60, 80, 100)

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Chart: Incidence per 100 000 person years vs Age group (years)
Legend:
- All cardiovascular disease
- Major cardiovascular disease
- Angina
- Revascularisation procedures

Y-axis: Incidence per 100 000 person years (0, 500, 1000, 1500, 2000, 2500, 3000, 3500)
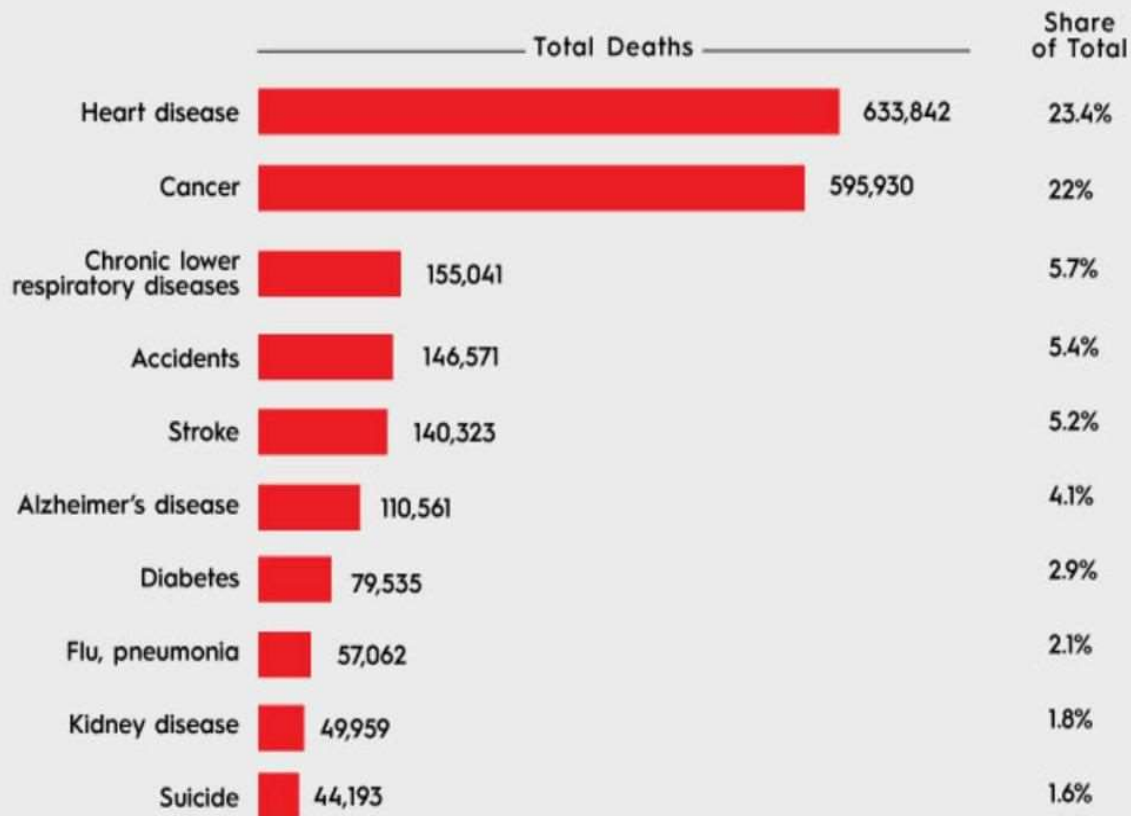X-axis: Age group (years) — 40-49, 50-59, 60-69, 70-79, 80-89, 90-99

Leading Causes of Death

By AMERICAN HEART ASSOCIATION NEWS

Heart disease continues to kill more Americans than any other cause, followed by stroke at No. 5, according to 2015 federal data.

	Total Deaths	Share of Total
Heart disease	633,842	23.4%
Cancer	595,930	22%
Chronic lower respiratory diseases	155,041	5.7%
Accidents	146,571	5.4%
Stroke	140,323	5.2%
Alzheimer's disease	110,561	4.1%
Diabetes	79,535	2.9%
Flu, pneumonia	57,062	2.1%
Kidney disease	49,959	1.8%
Suicide	44,193	1.6%

Source: Centers for Disease Control and Prevention

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