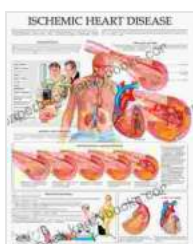


Ischemic Heart Disease Chart Quick Reference Guide: A Comprehensive Resource for Healthcare Professionals

Ischemic heart disease (IHD) is a major public health problem, affecting millions of people worldwide. It is the leading cause of death in the United States, and it is a major cause of disability and lost productivity.



Ischemic heart disease e-chart: Quick reference guide

★★★★☆ 4 out of 5

Language	: English
File size	: 6245 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
Lending	: Enabled



IHD is a condition in which the blood supply to the heart is reduced. This can be caused by a number of factors, including atherosclerosis, which is the buildup of plaque in the arteries; coronary artery spasm; and blood clots.

The symptoms of IHD can vary depending on the severity of the condition. Some people may experience only mild symptoms, such as chest pain or discomfort, while others may have more severe symptoms, such as shortness of breath, fatigue, and lightheadedness.

IHD is diagnosed with a variety of tests, including electrocardiography (EKG), echocardiography, and cardiac catheterization. Treatment for IHD depends on the severity of the condition and may include lifestyle changes, medications, and surgery.

The Ischemic Heart Disease Chart Quick Reference Guide is a valuable resource for healthcare professionals who need quick access to information on IHD. This guide provides a comprehensive overview of the disease, including its causes, symptoms, diagnosis, and treatment.

Causes of Ischemic Heart Disease

The most common cause of IHD is atherosclerosis, which is the buildup of plaque in the arteries. Plaque is made up of cholesterol, fat, calcium, and other substances. As plaque builds up in the arteries, it can narrow the arteries and reduce the blood flow to the heart.

Other risk factors for IHD include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Obesity
- Physical inactivity
- Family history of heart disease

Symptoms of Ischemic Heart Disease

The symptoms of IHD can vary depending on the severity of the condition. Some people may experience only mild symptoms, such as chest pain or discomfort, while others may have more severe symptoms, such as shortness of breath, fatigue, and lightheadedness.

The most common symptom of IHD is chest pain, which is often described as a pressure, squeezing, or burning sensation in the chest. Chest pain can also be accompanied by other symptoms, such as:

- Shortness of breath
- Fatigue
- Lightheadedness
- Nausea
- Vomiting
- Sweating

If you experience any of these symptoms, it is important to see your doctor right away. IHD is a serious condition that can lead to heart attack and death.

Diagnosis of Ischemic Heart Disease

IHD is diagnosed with a variety of tests, including electrocardiography (EKG), echocardiography, and cardiac catheterization.

An EKG is a test that records the electrical activity of the heart. An EKG can help to identify abnormal heart rhythms, which can be a sign of IHD.

An echocardiogram is a test that uses ultrasound to create images of the heart. An echocardiogram can help to identify structural abnormalities of the heart, such as enlarged heart chambers or thickened heart walls, which can be a sign of IHD.

Cardiac catheterization is a test that involves threading a thin tube into the arteries that supply blood to the heart. Cardiac catheterization can be used to measure the pressure in the arteries and to identify blockages or narrowing of the arteries.

Treatment of Ischemic Heart Disease

Treatment for IHD depends on the severity of the condition and may include lifestyle changes, medications, and surgery.

Lifestyle changes that can help to reduce the risk of IHD include:

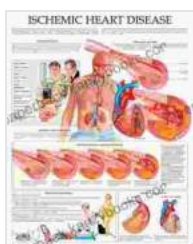
- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Quitting smoking
- Managing stress

Medications that can be used to treat IHD include:

- Aspirin
- Statins
- Beta-blockers

- Calcium channel blockers
- Nitrates

Surgery may be necessary to treat IHD if lifestyle changes and medications are not effective. Surgery options include coronary artery bypass surgery (CABG) and percutaneous coronary intervention (



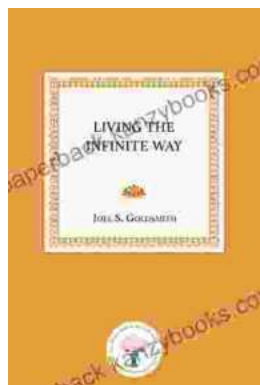
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