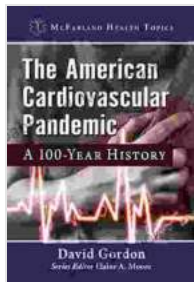


The American Cardiovascular Pandemic: A Silent Killer



The American Cardiovascular Pandemic: A 100-Year History (McFarland Health Topics)

★★★★★ 5 out of 5

Language : English
File size : 3775 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 338 pages



Cardiovascular disease (CVD) is the leading cause of death in the United States, claiming the lives of over 600,000 people each year. This epidemic is a major public health concern, and it is essential that we understand the causes of CVD and take steps to prevent and treat it.

Causes of CVD

There are many risk factors for CVD, including:

* High blood pressure * High cholesterol * Obesity * Diabetes * Smoking * Physical inactivity * Poor diet

These risk factors can damage the heart and blood vessels, leading to the development of CVD.

Symptoms of CVD

The symptoms of CVD can vary depending on the type of disease. Some common symptoms include:

- * Chest pain
- * Shortness of breath
- * Fatigue
- * Lightheadedness
- * Dizziness
- * Fainting

If you experience any of these symptoms, it is important to see your doctor right away.

Treatment of CVD

There are a variety of treatments for CVD, depending on the type of disease. Some common treatments include:

- * Medications to lower blood pressure and cholesterol
- * Surgery to repair or replace damaged heart valves or arteries
- * Lifestyle changes, such as losing weight, eating a healthy diet, and exercising regularly

Prevention of CVD

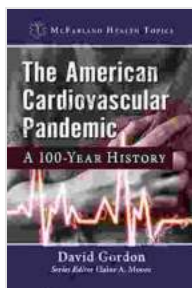
The best way to prevent CVD is to make healthy lifestyle choices. These choices include:

- * Eating a healthy diet
- * Getting regular exercise
- * Maintaining a healthy weight
- * Not smoking
- * Managing stress

Making these healthy choices can help you reduce your risk of developing CVD and live a longer, healthier life.

CVD is a serious health problem, but it can be prevented and treated. By understanding the causes and symptoms of CVD, and by making healthy

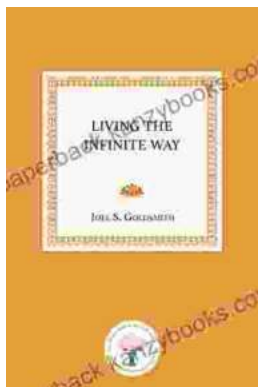
lifestyle choices, you can reduce your risk of developing this disease.



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