

## Which Is The Number 1 Killer: Cardiovascular Or Heart Disease?

Cardiovascular or heart disease is caused by the damaged arteries leading to the heart obstructing the flow of blood that supplies oxygen and other nutrients to the different parts of our body.

Did you know that BOTH diseases is one of the leading causes of death for both men and women ages 35 and above? Unfortunately, this is true. The cause of cardiovascular or heart disease is the unhealthy lifestyle practiced by the sufferers of this condition, like use of tobacco, physical inactivity, and poor dietary habit. But, what really is cardiovascular disease?

Cardiovascular disease consists of faulty conditions of the heart, arteries, and veins which supply oxygen to important areas of our body, like the brain, the heart itself, and other vital organs. Although, the term technically refers to any diseases affecting our cardiovascular system, it is usually used to refer to those related to atherosclerosis, arterial disease. If oxygen and other nutrients do not arrive on the tissues or other organs of our body, we can't function properly- worse case, we can die.

Cardiovascular or simply heart disease usually occurs as a result of arterial damage. Ischemic heart disease is the technical term for the blockage of blood flow to the heart. Generally, this resulted from excess fat or plaque accumulation in the blood vessel wall, which eventually narrowed the veins that supply blood carrying oxygen and other nutrients to the heart. The excess build up of fat is called arteriosclerosis, while the excess build up of plaque is termed as atherosclerosis. Not enough supply of oxygen to the brain can cause stroke.

High blood pressure, or hypertension, usually results from the excess fat or plaque build up due to the extra effort it takes to circulate blood. Although your heart works harder, with blockages it still falls short of the needed blood supply to all areas of your body. Our body's survival system tries to fix the damage done, but not for long.

Damage to the heart tissues because of cardiovascular or heart disease can lead to a deadly heart attack or a stroke. The symptoms and treatments may vary depending on which set of arteries are damaged. In coronary heart disease, the fatty substance accumulation in the blood vessel wall blocks the coronary arteries, the blood vessel supplying the heart. The narrowing of arteries is called arterial stenosis. If the blockage becomes more severe, the blood flow to the heart becomes impossible, especially during physical exertion or emotion, and will result to the squeezing pain in your chest, arms, or legs. These symptoms should not be ignored to prevent from its progression.

You should remember it by heart that Prevention is better than Cure. Proper administration of cholesterol level is important in the prevention of stroke due to cardiovascular or heart disease. Engage yourself in enjoyable physical activities to help proper circulation of blood, eat heart-healthy diet, and regular health screenings, to help you live a life free from cardiovascular or heart disease.

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### About the Author

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