

CARDIOVASCULAR

Cardiovascular refers to anything related to the heart and blood vessels. The cardiovascular system is crucial for circulating blood throughout the body, delivering oxygen and nutrients, and removing waste products. Maintaining cardiovascular health is essential for overall well-being and preventing cardiovascular diseases.

Key Components of the Cardiovascular System

Heart

- **Function:** Pumps blood throughout the body.
- **Structure:** Consists of four chambers (two atria and two ventricles) and is divided into the right and left sides to handle oxygenated and deoxygenated blood.

Blood Vessels

- **Arteries:** Carry oxygen-rich blood away from the heart to the body.
- **Veins:** Return oxygen-poor blood back to the heart.
- **Capillaries:** Tiny vessels where the exchange of oxygen, nutrients, and waste occurs between the blood and tissues.

Blood

- **Components:** Includes red blood cells, white blood cells, platelets, and plasma.
- **Function:** Transports oxygen, nutrients, hormones, and waste products.

Cardiovascular Health

Risk Factors for Cardiovascular Disease

- **Non-Modifiable Factors**
 - **Genetics:** Family history of cardiovascular disease can increase risk.
 - **Age:** Risk increases with age.
 - **Gender:** Men are generally at higher risk earlier in life, while women's risk increases after menopause.



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▪ Modifiable Factors

- **High Blood Pressure:** Can damage blood vessels and increase the risk of heart disease.
- **High Cholesterol:** Contributes to plaque buildup in arteries, leading to atherosclerosis.
- **Smoking:** Damages blood vessels and increases the risk of heart disease.
- **Poor Diet:** Diets high in saturated fats, trans fats, and cholesterol can negatively impact cardiovascular health.
- **Physical Inactivity:** Lack of exercise can contribute to weight gain and cardiovascular issues.
- **Excessive Alcohol Consumption:** Can lead to high blood pressure and heart disease.

Maintaining Cardiovascular Health

▪ Healthy Diet

- **Focus:** Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Limit:** Reduce intake of saturated fats, trans fats, cholesterol, and sodium.

▪ Regular Exercise

- **Recommendation:** Engage in at least 150 minutes of moderate-intensity aerobic exercise per week or 75 minutes of vigorous-intensity exercise.
- **Benefits:** Improves heart function, lowers blood pressure, and helps maintain a healthy weight.

▪ Weight Management

- **Importance:** Maintaining a healthy weight reduces strain on the heart and lowers the risk of cardiovascular diseases.

▪ Smoking Cessation

- **Benefit:** Quitting smoking improves cardiovascular health and reduces the risk of heart disease.

▪ Limit Alcohol

- **Recommendation:** Consume alcohol in moderation or not at all.

▪ Regular Check-Ups

- **Action:** Monitor blood pressure, cholesterol levels, and overall heart health through regular medical check-ups.



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Common Cardiovascular Diseases

1. **Coronary Artery Disease (CAD)**
2. **Heart Attack (Myocardial Infarction)**
3. **Stroke**
4. **Heart Failure**
5. **Arrhythmias**

Preventive Measures

1. **Healthy Lifestyle Choices**
2. **Regular Monitoring**
3. **Medical Advice**



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