Cardiovascular Deaths on The Rise in The US

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 Cardiovascular diseases are those which are involved in the blood vessels, the heart or both. It is the cardiovascular system that supplies blood to the entire body. The cardiovascular system is a complete chain that contains heart, arteries, capillaries, and the veins ("What is Cardiovascular Disease?" n.d.). There are various types of cardiovascular diseases and treatments, symptoms and also the prevention of the diseases overlap with each other. According to a recent survey by the American Heart Association, it is proved that almost all the adults in the US have cardiovascular diseases. Despite the decline in cardiovascular diseases in 2016, it caused more deaths alone in the US. So there is no doubt that it is the leading cause of death in the US followed by cancer and other respiratory diseases. According to reports, every 1 in 4 deaths is occurring because of cardiovascular diseases. So here the only way to prevent it, is by staying well-informed with the new statistics on the prevalence of this disease.

 The healthcare providers, government organizations and also the patients can get benefit from the available information that is related to the risk factors and also the precautionary measures related to this diseases (“Cardiovascular deaths on the rise in the US,” n.d.). The American Heart Association in collaboration with the National Institute of Health has put together a report in which they comprehensively described all the risk factors and also the preventions of this disease. According to this report, almost half of the adult population of the US are living with this condition. Basically, cardiovascular disease is a general term which includes all the other health conditions like heart disease, stroke, heart attack, heart failure and also heart valve problems. Although previously high blood pressure was considered to be 140/90 now the definition of high blood pressure has changed and it is now 130/80 mm Hg. Many physicians and health experts are referring to high blood pressure as the leading cause of cardiovascular disease. Research has shown that if blood pressure is controlled among the individuals then it will be easy to control this disease overall. Normally men who are smokers have these conditions most commonly and excluding them anyone can get rid of this condition by controlling their blood pressure. Although the number of smokers have significantly declined in recent years and also more US residents are now involved in exercise therefore there are chances that this has decreased but having said that sleep deprivation and obesity are still growing risk factors because obesity is still in the rise and also there are people who don’t get enough sleep .

 High blood pressure is quite important while dealing with cardiovascular disease. Blood pressure affects the supply of blood to the heart and as a result the chances of getting heart attack increases in the individuals. It is noteworthy that previously the levels that were thought to be normal are now creating problems and to reduce the risks of cardiovascular diseases first this problem needs to be treated. Another risk factor of cardiovascular disease in the US and around the world is the use of tobacco, it caused some 7.1 million deaths in 2016 (“Heart Disease and Stroke Statistics—2019 Update: A Report From the American Heart Association | Circulation,” n.d.). Although the use of tobacco is now declining and more adolescents are using e-cigarettes and this is also a growing concern that e-cigarettes are also causing addiction to nicotine among the youth and nicotine can increase the blood pressure and also they are responsible to narrow the arteries (“Cigarette Smoking Increases Heart Failure Risk in African-Americans,” n.d.). Obesity also plays a significant role in cardiovascular diseases which is nowhere near to decline and this is due to the consumption of fast food and also increase screen time. So to deal with obesity, balanced diet should be consumed and also exercise should be part of the routine.

 Cardiovascular diseases are one of the most serious concerns for the public policy makers and also the healthcare providers. This one condition in majorly responsible for most of the deaths in the US therefore in the recent past the government took some serious steps to prevent it. There is not one or two risk factos of this conditions but there are various risk factors like obesity, sleep deprivation, inactivity and high blood pressure are some of them and in order to deal with cardiovascular disease first these risk factors should be addressed properly by the healthcare providers.

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