PED Week 11

Author

Institutional Affiliations

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 According to the report published by American Heart Association in 2017 related to the heart disease and stroke statistics. The report stated that the cardiovascular diseases accounted for majority of the deaths in the United States. It said 800,000 deaths or in other words, one out of every three deaths occurs due to cardiovascular diseases. The most prevalent forms of cardiac diseases in the United States in 2017 were the coronary heart disease and then stroke and heart failure. Coronary heart disease is the leading cause of death as an estimation of around 790,000 deaths annually was recorded. While 1 in 20 deaths are considered to be stroke related, however, stroke related deaths have been declined in the United States albeit it has become a long term disability among the majority of population (Jackson, 2017).

 Several lifestyle factors can be changed in order to prevent the increase in the prevalence of heart diseases in the United States. Smoking has been identified as a risk factor for heart diseases, therefore, it is important to quit or encourage people to quit smoking. Diet and nutrition is one of the most important factor to fight against the cardiovascular diseases. The food intake is responsible for controlling other risk factors such as blood pressure, diabetes, obesity and cholesterol. Blood cholesterol or the accumulation of fats in the arteries could be triggered at any time and cause a heart attack or stroke. It is important to reduce the usage of saturated and trans fat and cholesterol. Keeping the blood pressure under the normal range is important thus, the usage of salts should be reduced. It is also of great significant value to maintain a moderate intensity physical activity in order to reduce the blood pressure, cholesterol while sustaining a healthy weight. Studies have also shown the association between stress, diabetes, alcohol abuse and obesity with the cardiovascular diseases hence, these risk factors should be controlled for prevention of heart diseases (AHA, 2015).

**References**

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