

Cardiovascular Risk Factors in Adults in Developing Countries

Haty R Montenegro*

Faculty of Medicine, National University of Malaysia, Kuala Lumpur, Malaysia

Keywords: Cardiovascular; Obesity, Diabetes; Congenital, Surgery

Now Cardiovascular disease is the most common cause of death in the worldwide. But, there are different ways to reduce the risk of developing Cardiovascular disease. Many advanced treatments are available to reduce the death rates in the worldwide. According to the Centers for Disease Control and Prevention, Cardiovascular disease is the leading cause of death in the United States. Around 1 in 4 deaths Trusted Source in the U.S. happen because of heart disease, and it influences all sexes just as all racial and ethnic.

Cardiovascular disease develops when there is a damage in the heart in one part or all part with the blood vessels leading to or from the heart. In some cases, cardiovascular disease develops because of genetic cause. Some lifestyle factors and environmental conditions can also increase the risk of developing cardiovascular diseases [1,2]. These are hypertension, high cholesterol, smoking, intake of alcohol, overweight and obesity, diabetes, genetics of heart disease, dietary intake.

Coronary heart disease occurs when the progression of oxygen-rich blood to the heart muscle is impeded or reduced. The angina is chest pain another type of cardiovascular disease caused by restricted flow of blood to the heart muscle. The heart attacks, in this condition where the blood flow to the heart muscle is blocked. The heart failure, in this condition where the heart is unable to pump blood around the body properly. Dilated cardiomyopathy, other type of heart failure, in which the heart gets larger and cannot flow blood efficiently [3,4]. Rheumatic heart disease, it is a complication and that causes inflammation in the heart and which can affect the function of heart valves. There are different types of congenital heart defect, including Abnormal heart valves: Valves may not open as expected or may spill blood.

Septal defects, in this condition there is a hole in the wall between either the lower chambers or the upper chambers of the heart. In case of Atresia, one of the heart valves is missing. In dilated cardiomyopathy, the heart chambers become widened, implying that the heart muscle extends and gets more slender. The most well-known reasons for widened cardiomyopathy are earlier cardiovascular failures, arrhythmias [5]. Strokes happen when something eases back or obstructs blood stream to your cerebrum. Your cerebrum can't get the oxygen and supplements it needs, and synapses begin to pass on. At the point when blood can't get to the piece of your mind that controls a specific capacity, your body doesn't work like it ought to.

The treatment options for CVD will depend on their specific type of Cardiovascular disease. However, some common treatment are medication such to reduce low density lipoprotein cholesterol and it improves blood flow and it also regulate heart rhythm. Some surgeries like coronary artery bypass grafting, valve repair and replacement surgery. Doctors counselling and prescriptions should follow carefully for Cardiac rehabilitation including exercise. Some types of Cardiovascular disease are preventable by reducing the consumption of alcohol and tobacco.

References

1. Hsu GC (2020) Using GH-Method: Math-Physical Medicine to Investigate the Risk Probability of Metabolic Disorders Induced Cardiovascular Diseases or Stroke. *Atheroscler Open Access* 5: 128.
2. Adhikari N, Sapakota KP, Adhikari S (2018) Cardiovascular Diseases (CVDs) Risk Attitude and Knowledge Level of Major Risk Factors for Cardiovascular Diseases among 15-19 Years Eleventh and Twelfth-Grade Students of Lekhnath Municipality. *J Community Med Health Educ* 8: 584.
3. Tudorache E, Tudorache V, Oancea C, Timar B, Mladinescu OF, et al. (2017) C-Reactive Protein and Endothelin-1 are Weakly Associated with Cardiovascular Diseases in Stable Chronic Obstructive Pulmonary Disease Patients. The Results of a Cross-Sectional Study. *J Card Pulm Rehabil* 1: 118.
4. Gao Y, Yin H, He Y, Wu J, Wang S, et al. (2017) Prevalence and Outcomes of Familial Hypercholesterolemia Patients in a Chinese Myocardial Infarction Cohort. *Atheroscler Open Access* 2: 114.
5. Vega G, Ruiz T, Ruiz V, Lázaro C, Marin C, et al. (2017) Long-term Results of the Expert Patients Program in Patients with Cardiovascular Disease: A Cohort Study. *J Community Med Health Educ* 7:512.

*Corresponding author: Haty R Montenegro, Faculty of Medicine, National University of Malaysia, Kuala Lumpur, Malaysia, E-mail: hatymont@ukm.edu.my

Received May 07, 2021; Accepted May 21, 2021; Published May 28, 2021

Citation: Montenegro HR (2021) Cardiovascular Risk Factors in Adults in Developing Countries. *J Comm Pub Health Nursing* 7: 285.

Copyright: © 2021 Montenegro HR. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.