

Heart-attack: Causes and Preventions

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Editorial

Every year, around 12 million people die from a heart attack or stroke throughout the world. Both the rich and the poor are affected by these illnesses. The majority of people believe these are illnesses that affect middle-aged males. The fact is that heart attacks and strokes strike both men and women. After menopause, women are significantly more vulnerable. Although the human heart is only the size of a fist, it is the body's strongest muscle. The heart pumps blood to all areas of the body with each beat, bringing oxygen and nutrients. At rest, a person's heartbeats around 70 times each minute. When we are active or experience intense emotions, our heart rate rises.

Coronary arteries are blood channels that supply oxygen and nourishment to the heart. When the heart's blood supply is cut off, the lack of oxygen and nutrients can cause long-term harm to this important organ. A heart attack occurs when the blockage occurs suddenly. If the blockage is just partial and blood supply to the heart is reduced, chest discomfort known as angina might result. Although it may not create long-term damage to the heart muscle, it is an indication that a person is at risk of having a severe heart attack.

Cause

A blockage that stops blood from flowing to the heart or the brain is the major cause of heart attacks and strokes. A build-up of fatty deposits on the inner walls of the blood arteries that supply the heart or the brain is the most prevalent cause. The blood vessels become smaller and less flexible as a result of this. Atherosclerosis, or artery stiffening, is another name for it. Blood

clots are more prone to clog the blood arteries as a result. When this happens, the blood arteries that provide blood to the heart and brain get blocked, causing damage to the heart and brain. A cerebral blood artery can break and haemorrhage, causing brain tissue damage. Intracerebral haemorrhage is the medical term for this. High blood pressure is a significant contributor to this.

Preventions

Almost two-thirds of people who have a heart attack die before reaching medical help. Despite having access to contemporary, advanced therapy, 60% of stroke victims die or become handicapped. As a result, it's critical to recognise the warning signals and respond quickly. But it's much better to avoid having a heart attack or stroke in the first place. Most heart attacks and strokes may be avoided, thus prevention is always preferable to therapy. According to research, a lot of factors increase our chances of having a heart attack or stroke. These are referred to as risk factors.

Some risk factors are connected to the lifestyle choices we make. The three most important lifestyle variables are:

- Tobacco usage
- A poor diet and
- Insufficient physical activity

Tobacco usage is increasing in several countries across the world. In many nations, people are growing overweight as a result of less physical activity and increased consumption of high-fat, high-sugar foods. Obesity is causing an increasing number of young adults and children to get diabetes. We owe it to our children to alter our habits.

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