

## DANGERS OF HEART DISEASES

Heart disease is a broad term encompassing several diseases such as cardiovascular, coronary, ischaemic, hypertensive, inflammatory and valvular heart diseases, as well as cardiomyopathy, arrhythmia and heart failure. Read on to learn a little about each of them.

### **Cardiovascular disease**

Cardiovascular disease is any of a number of specific diseases that affect the heart itself or your blood vessels. Cardiovascular diseases can increase your risk for heart attack, heart failure, sudden death, stroke or cardiac rhythm problems.

### **Coronary heart disease**

Coronary heart disease refers to the narrowing of the small blood vessels. The narrowing makes it more difficult for your arteries to supply blood and oxygen to your heart. If your artery is completely blocked, a heart attack will occur.

### **Ischaemic heart disease**

Ischaemic heart disease is a condition that affects the supply of blood reaching your heart. Ischaemic heart disease is usually caused by the narrowing of your arteries. Like coronary heart disease, if your artery becomes blocked a heart attack will occur.

### **Hypertensive heart disease**

Hypertensive heart disease is heart disease caused by high blood pressure. Hypertensive heart disease can lead to other diseases including left ventricular hypertrophy, coronary heart disease, congestive heart failure, hypertensive cardiomyopathy and arrhythmias.

### **Inflammatory heart disease**

Inflammatory heart disease involves inflammation of the heart muscle or the surrounding tissue due to a viral or bacterial infection.

### **Valvular heart disease**

Valvular heart disease affects one or more of the four heart valves: the mitral, aortic, tricuspid or pulmonary. This disease can lead to many other heart problems.

### **Cardiomyopathy**

Cardiomyopathy is a disease that weakens and enlarges your heart muscle. These changes in the heart interfere with the heart's ability to pump blood effectively and deliver it to the rest of your body. Some causes of cardiomyopathy include coronary artery disease and valvular heart disease. Cardiomyopathy can lead to heart failure.

### **Arrhythmia**

Arrhythmia refers to an irregular heartbeat. People with arrhythmia may feel their heart race, slow down, or quiver. Arrhythmias are often harmless variations in your heart's natural rhythm that will pass, but some irregularities can make your heart less effective at pumping blood, which will cause problems later on.

### **Heart failure**

Heart failure, also called congestive heart failure, occurs when the ability of the heart to fill with or pump a sufficient amount of blood throughout the body is impaired. Heart failure is often the result of coronary artery disease or heart attacks.