

Serious Illnesses Resources

Cardiac and Circulatory Illnesses

Your heart pumps about 2,000 gallons of blood every day. It provides life to the body, hence why it is important that you do everything you can to take care of the heart. Learn more about ways to help your caree maintain a healthy heart.

What are cardiovascular diseases?

Cardiovascular diseases are a group of disorders of the heart and blood vessels and they include:

- Cerebrovascular disease – a disease of the blood vessels supplying the brain. Congenital heart disease – malformations of heart structure existing at birth. Coronary heart disease – a disease of the blood vessels supplying the heart muscle. Deep vein thrombosis and pulmonary embolism – blood clots in the leg veins, which can dislodge and move to the heart and lungs.
- Peripheral arterial disease – a disease of blood vessels supplying the arms and legs. Rheumatic heart disease – damage to the heart muscle and heart valves from rheumatic fever, caused by streptococcal bacteria.

The Risk

The most important behavioral risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use, and harmful use of alcohol.

[Additional Help and Resources](#)
For more heart health information visit
Heart.org
The best way to help your caree is to Get
[CPR Certified](#)

The Effects

The effects of behavioral risk factors may show up in individuals as high blood pressure including hypertension, raised blood glucose (Diabetes), raised blood lipids, and overweight and obesity.

The Remedies to a Healthier Journey

Cessation of tobacco use, reduction of salt in the diet, consuming fruits and vegetables, regular physical activity, and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. In addition, drug treatment of diabetes, hypertension, and high blood lipids may be necessary to reduce cardiovascular risk and prevent heart attacks and strokes.

Questions for the Doctor

You really must know where your numbers are, where they should be and how to get them there. If you get a diagnosis more than likely the doctor will print tons of information. Read it. Understand it and whatever you do not understand ask a question about it. Discuss the information with the caree and implement the doctor's orders.