

# Good essay on coronary heart diseases

[Family](#), [Children](#)



Various risk factors that cause CHD can be controlled while others cannot be controlled. Risk factors that can be controlled include blood pressure, smoking, high blood cholesterol and lack of physical fitness. Risk factors that cannot be controlled include age, a history of CHD in the family and gender. Most of the people have at least one CHD risk factor, but research has shown that chances of CHD increase with the number of risk factors, a person has and their severity (Moscucci, 2012). In addition, risk factors like smoking and diabetes increase the chances of a person getting a heart attack. Research indicates that risk factors start from childhood. This situation has been proven true because many children are overweight and do not participate in physical activity.

Hypertension is the most important CHD risk factor because when the pressure is too high it can damage coronary arteries. This situation increases the chances of an individual having a blood clot, and eventually, getting a heart attack (Moscucci, 2012). Normal blood pressure on any individual is supposed to be below 130 over 80mmHg. Smoking is another significant risk factor since tobacco toxins damage the coronary arteries, making a person vulnerable of having CHD. Therefore, people who smoke need to quit this habit to reduce chances of having a heart attack. Lack of exercise makes a person have high amounts of cholesterol, increases levels of stress and makes a person become overweight. Regular exercise keeps the heart of a person healthy and when combined with healthy diet person is likely to have a healthy weight.

CHD is known to kill both men and women around the world. Therefore, it is important to follow a healthy lifestyle in order to prevent or control all these

risk factors (Moscucci, 2012). Parents should encourage their children to follow a healthy lifestyle because CHD factors start from childhood. Parents should lead by example by having a healthy diet and exercising regularly so that their children can emulate them. Research indicates that people, who have low CHD, live ten years longer than people having high CHD. If life changes are not enough in reducing CHD, an individual can seek further help from a doctor. The doctor can come up with a plan that will help in the reduction of CHD and other heart problems.

Conclusively, CHD is a condition that has killed many people because some do not know the strategies of reducing or preventing this condition. It is, therefore, important for parents to talk to a doctor about the health and conditions of their children. In turn, a person can reduce CHD risk factors by regularly exercising and taking the correct diet.

## **Reference**

Moscucci, M. (2012). *Complications of Cardiovascular Procedures: Risk Factors, Management, and Bailout Techniques*. New York: Lippincott Williams & Wilkins.