

Good example of cardiovascular diseases essay

[Health & Medicine](#)



**ASSIGN
BUSTER**

Abbreviated as CVD

Is a phrase that is broadly used to refer to a number of diseases that affects the heart:

And other human blood vessels such as the arteries and veins.

TYPES OF CARDIOVASCULAR DISEASES

There are basically four major types of cardiovascular diseases. They are:

Aortic disease

Coronary heart disease

Stroke

Peripheral arterial disease

These diseases are major health problems killing many people worldwide annually.

STROKE

It is a severe health condition that happens wherever there is cut off in supply of blood to some parts of the brain.

It is a medical problem that can occur to anybody any time

Human brain just like other organs in the human body requires a steady supply of oxygen as well as other vital nutrients for it to function properly.

Constrained or blocked supply of blood to the brain results in death of vital brain cells

This leads to loss of functions of the parts that the cells in the brain normally control e. g. loss of memory, ability to speak and also control of various muscles in the body.

TYPES OF STROKE

Ischemic stroke - Occurs when blood clot and block blood vessels in the human brain

Hemorrhagic stroke -. Occurs when a blood vessel ruptures and bleeds into the brain

factors that increase the risk of stroke

Are basically lifestyle and medical, they include:

Obesity and diabetes

Binge alcohol drinking and excessive use of cocaine

high levels of cholesterol in the body

Heart failure.

High blood pressure and family history of stroke

TREATING AND MANAGING STROKE AMONG THE AFRICAN AMERICANS

They are disproportionately affected by stroke as compared to other U. S. citizens.

This can be partly due to their cultural and religious beliefs

They have inflexible dietary habits that increases their risk to stroke

They don't easily change their behaviors

Economic issues also affect them

They have religious affiliations which they strictly adhere to

African Americans and stroke

Majority of them are Christians.

While some are Muslims

They believe that their health is a personal thing,

They also believe that it is the will of God that prevails in an event they become ill

Also believe that death cannot be avoided as it's at God's will

This believes plus the mistrust by African Americans on health institutions makes them not to seek medical care from clinicians when they are affected by stroke

This therefore greatly affects treatment and management of stroke among African Americans

This trend is however changing because currently, African Americans are becoming progressively more mindful of their health

Stroke management among the African Americans is a challenge

economically because it strains the society's meager resources, this is because managing stroke is costly.

References

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