

Heart failure

[Linguistics](#), [English](#)



Heart Attack: An Overview Introduction In the modern world, with the innovation of science and technology, development of various industry and other processes associated with the human life there are also threat of various diseases which are continuously increasing over the period of time. Among all these diseases heart disease is a key one which is at present is one of the main diseases associated with people's life. In the modern world, for example in the USA heart disease is the main reason for concern where in every year almost 1 million people died from heart diseases. Survey also proves the fact that as a disease, heart failure claims more people's life than the diseases like AIDS and Cancer combined and by 2020, heart disease will be the principal grounds of death all over the world. (The Hearth foundation, 2014)

Definition of heart disease:

Heart failure is a medical condition categorized by complete perfusion insufficient to encounter bodys metabolic strains as a result of reduced cardiac pump task. The process of heart failure can be split into systolic or diastolic heart failure. In case of systolic heart failure, there is reduced cardiac contractility and in diastolic heart failure there is reduced cardiac lessening along with abnormal ventricular filling to go with it. (Hobbs & Boyle, 2010)

Heart Failure Symptoms:

The indications of heart failure can differ from person to person. The key signs are breathlessness, great tiredness, and ankle enlargement, which may spread up the legs. All these are the main or the basic symptoms associated with heart failure, apart from above mentioned ones, certain other indicators

are a persistent cough, lack of appetite, profuse and sudden weight loss and tachycardia which is in common term known as rapid heart rate. (NHS, nd)

Reason of Heart Failure:

Circumstances that harm or overload the heart muscle can be the cause of heart failure. Over the time, as the age of any individual increases the heart weakens. It used to lose its ability to fill with and/or propel blood as well as it used to do earlier. As the condition of heart started to weaken, certain proteins and substances are released into the blood. These materials have a lethal consequence on the heart as well as in the blood flow, and this resultant into heart failure. The common cause of heart disease are Coronary heart disease (CHD); High Blood Pressure, presence of diabetes etc. If proper care can be given to ensure the treatment of these entire then one can prevent or reduce the chances of heart attack. CHD is a disorder in which a Plaque used to develop inside the coronary arteries which acts as a source oxygen-rich blood to heart muscle. Those substances used to narrows the arteries and decrease blood flow in the heart muscle. Plaque also induces the formation of blood clots in the arteries. Blood clots can to some extent or completely block blood flow in the heart leading to a heart failure. Apart from the mentioned reasons some other reasons such as Heart muscle disease, heart valve disease, arrhythmias, chemotherapy or radiation used for the treatment of cancer, Thyroid disorders, HIV/Aids, presence of too much of Vitamin E can be the reason behind heart failure (National Heart, Lung & Blood Institute, n. d.)

How heart attack happens; Thompson; (2011)

Above diagram flow clearly represent how heart attack can happens in the

human body. Generally narrowing down or blockage in the artery due to formation of Plaque generally causes the lesser oxygen flow in the heart. The steps involved in heart attack are:

1. Formation of Plaque-----2. Plaque narrows artery and the artery hardens (Atherosclerosis) ----- 3. Sudden surge in blood pressure/present of swelling resulted into fibrous caplash or disagreement----- 4. Formation of Blood clot to repair the tear-----
5. Blockage of blood flow through coronary artery to heart----- 6. Heart Attack. (Thompson, 2011)

Treatment of Heart Attack:

There are several ways one can prevent the occurrence of heart disease. Generally, with the age heart use to start functioning slowly as it also started to get weaker over the years. But sometimes some healthy diets and precautionary methods can prevent the occurrence of heart diseases and heart attack. Some specific ways to prevents heart attack are as follows: Eating healthy and balanced diet; getting active physically; maintaining a healthy weight; avoid smocking; reducing the habit of drinking alcohol, keep a check on blood pressure, diabetes and other diseases which can act as the basic root of heart attack. Proper medication can ensure that one is away from the threat of heart attack and heart disease (NHS Choice, 2012).

Bibliography

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Source of Image:

1. Thompson. H; (2011); How a Heart Attack Happens; WebMD, retrieved on

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