

# Nutrition screening heart diseases in prevention

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Heart disease is a general term, which describes the various health heart conditions such as coronary artery disease, arrhythmia, hypertension, heart attack and stroke caused by unhealthy and unsuitable diet. Nutrition screening can benefit the prevention of heart diseases by identifying the nutritional characteristics related to heart diseases (Bernstein & Luggen, 2011). Studies have indicated that one of the key prevention measures to reduce the alarming rate of mortality due to heart diseases is through good understanding of the right diet for the body. Consequently, nutrition screening in this area will identify individuals with a high level of density lipoprotein (LDL) cholesterol that is responsible for the accumulation of plaque in the arteries increasing the risks for heart attack.

The identification of the heart related nutritional problems would use a criterion based on diet, height and weight, obesity, and diagnosis to determine the blood pressure level. This will benefit the patient by primarily determining their vulnerability to heart diseases (Bernstein & Luggen, 2011). In addition, the patient will learn how to adopt an appropriate diet strategy for sufficient vitamins, nutrients, and calories in the body. Consequently, patients will not only reduce the risk of heart diseases but also improve the body's immune system.