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Coronary Heart Disease

By MalaMaal.com

Coronary Heart Disease

Clinical studies, laboratory investigations and a number of surveys show certain personal characteristics and life-styles pointing to increased danger of heart attack (coronary heart disease). These danger signs are called "risk factors". The well established risk factors are high blood pressure, high blood cholesterol, cigarette smoking and diabetes mellitus. Other factors that may increase or affect the risk for heart attack are obesity, a sedentary life-style, an aggressive response to stress, and certain drugs.

In the past two decades, millions of Americans have learned about these risk factors and have tried to modify them favorable by seeking medical attention and by changing life-style. Many adults have stopped smoking. The medical control of high blood pressure has greatly improved. The average cholesterol level of the population has decreased continually over the last two decades, probably due to changes in dietary habits and increased exercise.

This attempt to modify risk factors almost certainly has contributed to the declining death rate from heart disease in the United States. During the 1960's, U.S. death rates from heart disease were still rising, but today the incidence from diseases of the cardiovascular system (including coronary heart disease) has fallen dramatically. Overall, heart-related problems have declined about 25 percent in the last decade. Some of this decrease undoubtedly is due to better medical care of heart attack victims, but it is likely that a sizable percentage is related to modification of risk factors.

The entire population has become more aware of the seriousness of heart disease and coronary heart problems. CPR training is offered in schools, places of business, and church and community functions, and everyone seems to recognize that prevention of coronary heart disease is a partnership between the public and the medical community.

These are a number of factors implicated in coronary heart disease. Some of these may raise coronary risk by accentuating the major risk factors already discussed. Others may act in ways not understood. Still others may be linked mistakenly to coronary risk.

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Obesity predisposes individuals to coronary heart disease. Some of the reasons for this are known, but others are not. The major causes of obesity in Americans are excessive intake of calories and inadequate exercise. When caloric intake is excessive, some of the excess frequently is saturated fat, which further raises the blood cholesterol. Thus, obesity contributes to higher coronary risk in a variety of ways.

Most of the major risk factors are silent. They must be sought actively, and much of the responsibility for their detection lies with each of us as individuals. Regular checkups are particularly necessary if there is a family history of heart disease, high blood pressure, high cholesterol levels or diabetes. This Article is Courtesy of

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8 Questions You Should Ask Your Doctor About Your Heart

By Ng Peng Hock

Heart is the most important organ of a human's body. When heart stops, everything will come to the end. Some people call the heart "the powerhouse" of the body – the engine that drives blood to all the

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organs in your body. When the arteries become narrower or blocked due to various reasons – ageing, poor diet, unhealthy lifestyle, coronary heart disease occurs.

The following 8 questions are commonly posed by people to cardiologists on how to maintain a healthy heart. Typical answers to these questions were taken from one of the many cardiologists and are compiled below for your reference:

1. How can I know whether I have a healthy heart?

Apart from conditions such as hole in the heart, heart muscle disease, and heart rhythm abnormality, coronary heart disease will take years to develop and may be silent for a long time before its conditions surface. In the early phase, there are practically no symptoms or signs. But if you experience chest pain and/or breathlessness with exertion or at rest, perhaps it is time for you to seek help from doctors for tests to confirm the presence of coronary heart disease.

2. What should I do to ensure that my heart is healthy?

High cholesterol, high blood pressure, and smoking are the three important causes of damage to artery wall. You should make sure you are away from the three risk factors. Meanwhile, you should be more proactive and see your doctor and do blood tests, electrocardiogram and treadmill stress tests on a regular interval.

3. Are there any particular types of food I should eat?

Take steamed, grilled or boiled fish and lean meat, and plenty of fruits and vegetables. Try to avoid trans fats that are found in pies, cookies and fries.

4. Do I need supplements?

Recent studies showed that high dose of vitamins B6, B12, and folic acid could not reduce the risk of heart attacks or heart related deaths.

5. What are the risks for heart disease?

Besides high cholesterol, high blood pressure, and smoking, diabetes, obesity, and physical inactivity are important risks, too.

6. If I am already predisposed to heart diseases, do I need to watch my cholesterol?

Certainly, especially LDL, or what is known as the bad cholesterol, must be lowered to below 100, and for some people, to as low as 70.

7. When does my heart start going downhill?

Plaque build-up starts from childhood, and it is important that fried foods, candies, fries, and soft

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(sweetened) drinks are discouraged among children.

8. How do I avoid triggers for sudden heart failure?

You should not stop your statin, blood pressure, or diabetic medicines if you are already on them. Sudden, strenuous, and unaccustomed exertion should be avoided.

Remember, well taking care of your heart is important and it is your duty. Having all the advices from the doctors and professionals is not good enough unless you do it immediately.

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Heart Disease Prevention – 8 Simple Ways You Can Do Immediately, Goto:

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