**Introduction**

Cardiopulmonary refers to a number of diseases that affects the heart (cardio) and lungs (pulmonary). Cardiopulmonary diseases are of two types, which include cardiovascular disease and chronic obstructive pulmonary disease. These diseases can be treated or corrected through surgery (Mayo Clinic, 2018). However, cardiac surgery is associated with complications including, bleeding, stroke and other complications. It is estimated that 339 million people suffer asthma and 65 million are diagnosed with severe chronic obstructive pulmonary disease and new cases are increasing (Carrigan, et al., 2023).

Cardiovascular heart disease involves coronary artery disease, blood vessels diseases which lead to stroke or even heart attack. The coronary artery disease is unfortunately the leading cause of death in the world. This disease is caused by accumulation of atherosclerotic material which makes the rumen of the artery narrow. The atherosclerotic material is a soft material that is fatty and forms inner surface of the artery. The coronary artery disease causes intense pain in the chest, sweat, nausea and vomiting (Trigka & Dritsas, 2023).

The chronic obstructive pulmonary disease leads to chronic inflammatory heart disease which results to inflammatory disease of the lungs that results obstruction of air flow through lungs. The symptoms being coughing, trouble breathing and wheezing (Mayo Clinic, 2018).

Pulmonary tuberculosis is a major threat and remains a global problem. It is caused by mycobacterium tuberculosis affecting the normal functioning of the lungs. The symptoms are cough and blood clots in the phlegm. These inflammatory responses are primary characteristics of patients with pulmonary tuberculosis in the Intensive Care Unit (Tiwari & Martineau, 2023).

Asthma is a chronic inflammatory airway disease. More than 360 million people are diagnosed with the disease. Asthma is characterized with shortness in breath, chest pain, wheezing and coughing. Among the asthma patients 10-15% develops permanent loss of lung function. There is also occupational asthma that is caused by airborne exposure in working environment (Aegerter & Lambrecht, 2023).

Pulmonary hypertension is also a global burden which affects 1% of the world’s population. It includes five groups. Group 1 is a progressive vasculopathy of pulmonary circulation, group 2 is associated with left heart disease, group 3 is associated with lung diseases, group 4 is characterized by fibrotic obstructions within pulmonary arterial tree and group 5 comprises a heterogeneous mix of disorders (Culivian, Gaine, & Sitbon, 2023).

Cardiopulmonary disease occurrence has continued to occur due to some risks factors which are habits, behaviors or circumstances that increase a person’s risk to get the disease. This includes, family history this increases chances of one acquiring the disease but living a healthy lifestyle helps to reduce risk. Age, the older you become the more you are at risk of getting cardiopulmonary disease. Sex, women tend to develop the disease at older age more than men. Cholesterol, high level of fatty substance builds up at the walls of artery leading to complications. High blood pressure is linked with cardiopulmonary disease including heart failure, stroke and heart attack. High blood pressure is linked with being obese and lack of physical activity. Smoking also increases chances of getting the disease for it narrows and damages the arteries and affect functioning of lungs (Ada's Medical Knowledge Team, 2022).

In conclusion, the cardiopulmonary diseases are a significant burden on health systems globally and thus there should be interventions and mitigations to reduce the growing burden that are placed on health services.

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