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| **[CARDIOPULMONARY RISKS AND CONDITIONS]** |
| The article talks about definition, risks and conditions associated with cardiopulmonary diseases |

**CARDIOPULMONARY DISEASE**

Cardiopulmonary disease is the medical term used to describe a range of serious disorders that affect the heart and the lungs

**CARDIOPULMONARY CONDITIONS**

There are several conditions related to cardiopulmonary diseases and they include:

1. **Cardiovascular disease**. These are groups of disorders of the heart and blood vessels and include
2. ***Coronary heart disease***. Is a disease of blood vessels supplying the heart muscle
3. ***Cerebrovascular disease***. Is a disease of blood vessels supplying the brain
4. ***Peripheral arterial diseases***. is a disease of blood vessels supplying the arms and the legs
5. ***Rheumatic heart disease***. Damage to the heart muscle and heart valves from rheumatic fever caused by streptococcal bacteria
6. ***Congenital heart disease***. Birth defects that affects normal development and functioning of the heart caused by malformations of heart structure from birth
7. ***Deep vein thrombosis and pulmonary embolism***. Blood clots in the leg veins which can dislodge and move heart and lungs
8. **Chronic obstructive pulmonary disorder**. is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. It’s mostly caused by long term exposure to irritating gases or particulate matter most often from cigarette smoke
9. **Blood vessels diseases such as coronary artery disease**. This affects the major blood vessels that supply the heart muscle. mostly caused by cholesterol deposits (plaques) in the heart

1. **Irregular heartbeats (arrhythmias).** This results when The heat beats too slowly, too quickly or irregularly
2. **Heart problems you are born with such as congenital heart defects**. Forms as the baby’s heart develops about a month after conception. it changes the flow of blood in the heart.
3. **Diseases of the heart muscles (cardiomyopathy**). The cause depends on type of cardiomyopathy that is restrictive cardiomyopathy is caused by build-up of proteins called amyloid in the heart, hypertrophic cardiomyopathy is usually inherited and dilated myopathy the most common type is usually unknown and can be inherited
4. **Heart valve diseases.** These are caused by conditions such as rheumatic fever, connective tissue disorder, infections(infectious endocarditis) and some people may be born with it that is congenital heart valve disease

So generally cardiovascular diseases (CVDs) and chronic obstructive pulmonary disorders (COPD) are the two primary tobacco related cardiopulmonary diseases

**CARDIOPULMONARY RISKS**

Cardiopulmonary risks refer to risks associated with heart and lungs and these risks include:

1. **Age**. growing older increases risks of damage and narrowed arteries and weakened or thickened heart muscles
2. **Sex**. Men are generally at greater risk of heart diseases. the risk for women increases after menopause
3. **Family history**. a family history of a heart disease increases risk of coronary artery disease especially if a parent developed at an early age (before 55 years for male relative such as young brother or father and 65 years for female relative such as young mother or sister)
4. **Smoking**. substances in tobacco smoke damage the arteries so heart attack are more common in smokers than in non-smokers
5. **Unhealthy diet**. diets high in fats salt sugar cholesterol have been linked to heart diseases
6. **High blood pressure**. uncontrolled high blood pressure causes arteries to become hard and thick interrupting blood flow to the heart and body
7. **High cholesterol**. having high cholesterol increases risk of atherosclerosis which has been linked to heart attacks and strokes
8. **Diabetes.** They increase the risk of heart disease
9. **Obesit**y. excess weight worsens other heart disease risk factors such as diabetes
10. **Lack of exercise**. sedentary lifestyle is associated with many forms of heart diseases
11. **Stress**. unrelieved stress may damage arteries and worsen other risk factors for heart diseases
12. **Poor dental health**. it’s important to brush and floss your teeth and gums often and get regular dental check-ups because unhealthy teeth and gums makes it easier for germs to enter bloodstream and travel to heart causing endocarditis