



Current Scenario of Cardiovascular Diseases (CVDs): A Systematic Review

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Abstract

The World Health Organization (WHO) estimates that CVDs are responsible for approximately 18 million deaths annually, accounting for approximately 31% of all global deaths. This staggering figure underscores the pervasive nature of these diseases, affecting individuals from diverse demographics and socioeconomic backgrounds. Cardiovascular diseases (CVDs) remain the leading cause of death worldwide with the very high burden in low and middle income countries of the globe. The core reason for the mortality is inadequately controlled the modifiable risk factors. Countries will need to adopt and implement the effective health care delivery system. Cardiovascular diseases(CVDs) are the significant cause of frequent deaths in recent days across the globe and also rapidly cases raising in India, irrespective of age group, caste, creed, economic status, life style etc. globally cardiovascular diseases accounts for 31% mortality rate. The results of Global Burden of Disease study state age-standardized CVD death rate of 272 per 100000 populations in INDIA which is much higher than that of global average of 235. In England CVDs accounts for nearly 34% of all deaths, whilst the figure is approximately 40% in the European Union. "The rate of CVD worldwide is expected to increase as the prevalence of risk factors for CVD rises in previously low-risk countries. Currently 80% of CVD mortality occurs in developing nations and CVD is expected to be the major cause of mortality in most developing nations by 2030" The World Health Organization (WHO) estimate that over 75% of premature CVD is preventable and risk factor amelioration can help reduce the growing CVD burden on both individuals and healthcare providers.

Keywords: Current scenario, Cardiovascular diseases (CVDs), Age, Sedentary Life style, Diet pattern, W.H.O & Prevention.

Introduction

The World Health Organization (WHO) estimates that CVDs are responsible for approximately 18 million deaths annually, accounting for approximately 31% of all global deaths. This staggering figure underscores the pervasive

nature of these diseases, affecting individuals from diverse demographics and socioeconomic backgrounds.

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Cardiovascular diseases (CVDs) are the one of the leading cause of death across the globe and estimated as 17.9 Million lives each year. CVDs are the group of diseases

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of the heart and blood vessels, including coronary artery diseases (CAD), Rheumatic heart diseases etc.

WHO report on cardiovascular disease in India?

In accordance with the World Health Organization, India accounts for one-fifth of these deaths worldwide especially in younger population. The results of Global Burden of Disease study state age-standardized CVD death rate of 272 per 100000 populations in India which is much higher than that of global average of 235.

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels. They include:

- Coronary heart disease
- Peripheral arterial disease
- Rheumatic heart disease
- Congenital heart disease
- Deep vein thrombosis and pulmonary embolism

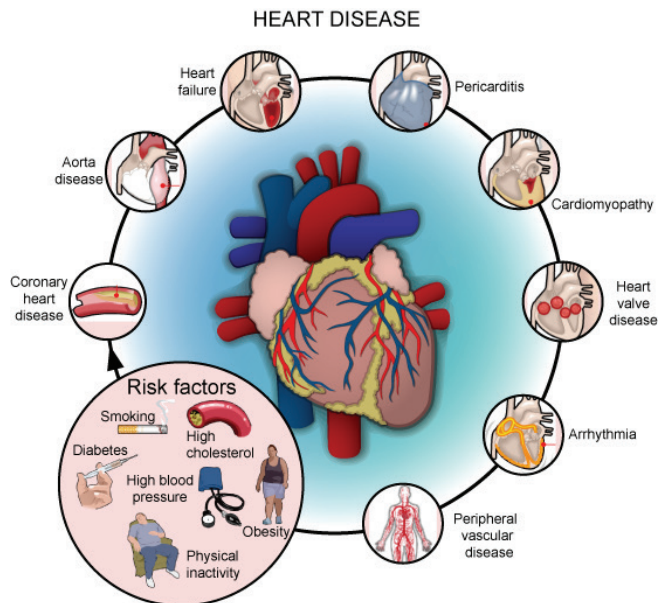


Figure 1: Shows the important types of Heart disease & Risk factors

What are SYMPTOMS CVDs.....?

- Chest pain or discomfort
- Fatigue
- Nausea / vomiting
- Shortness of breathe
- Heart burn like feeling
- Palpitations
- Fainting/ unconsciousness
- Severe headache with no cause
- Sweating

- Unusual tiredness
- Numbness of face, arm, leg etc
- Radiating pain to shoulder, hand, wrist etc
- Anxiety

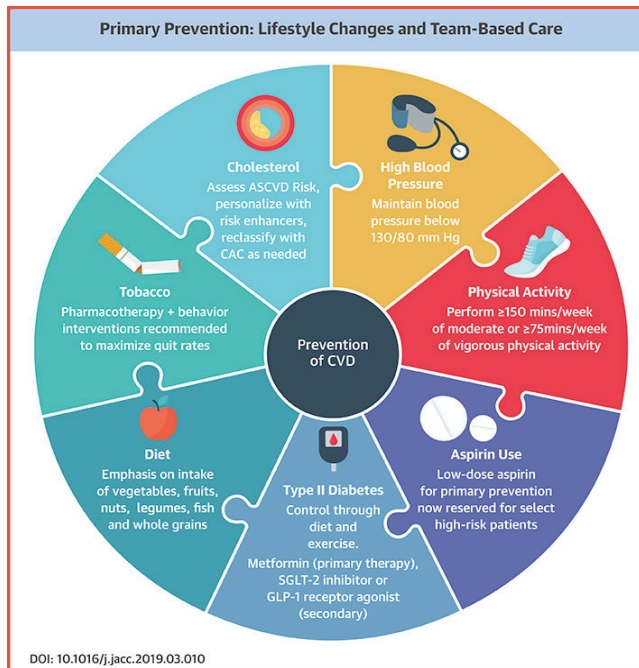


Image 2: Shows that the CVDs Prevention, Source: Journal of the American College of cardiology vol. 74, no. 10, 2019 © 2019

Preventive Measures for CVDs.....?

- Exercise plays a vital role in managing better heart health: Regularly 30-40 minutes of Brisk walk, Cycling which proved that significant reduction in the CVDs or can prevent CVDs effectively.
- Stress free environment in the workplace is much more vital for the cardiovascular diseases prevention. It's time to use cereals, pulses, vegetable and fruits more in routine dietary pattern instead of fast foods, preserved drinks, preserved foods.
- Avoid alcohol consumption
- Strictly prohibit the smoking
- Play with kids as a part of routine activity at least 30 minutes, it may beneficial to the individual to get relaxed and stress free also can reduce the impact of cardiovascular diseases.
- NGOs role is vital in prevention of CVDs because most of the time they focuses on different diseases but it right time to focus on CVDs Prevention.
- Age group above 40+ have to undergo routine checkup such as CBC, LIPD PROFILE TEST, ECHO, ECG, TFT, RFT, RBS, BP etc

- Reduce RED meat consumption particular.
- Have a habit of swimming at least 60 minutes per week.
- Avoid or reduce the consumption of fat rich food such as ghee, butter, oily food etc
- Maintain ideal body weight.
- Yoga & Meditation is necessary to get free from stress; at least 15-20 minutes meditation is required as a part of routine activities.
- Check for Blood pressure and Glucose levels at least once in every six months after 35 years of age.
- Identification of high risk persons in early stage.

Conclusion

Cardiovascular diseases (CVDs) remain the leading cause of death worldwide with the very high burden in low and middle income countries of the globe. The core reason for the mortality is inadequately controlled the modifiable risk factors. Countries will need to adopt and implement the effective health care delivery system.

Would like to conclude that the cardiovascular diseases (CVDs) can be preventable effectively if quality of life is better with routine exercises, meditation and balanced diet pattern. Regular heart health checkup is required for the recognition of initial cardiovascular disease condition.

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Conflict of Interest: None

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