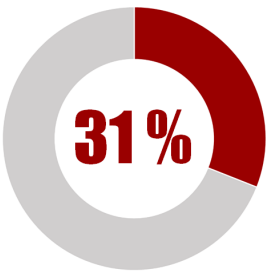


Diseases of the cardiovascular system



31% of all deaths in the world are deaths from cardiovascular diseases. **85%** of these deaths occur as a result of a heart attack and stroke.

THE MOST COMMON DISEASES OF THE CARDIOVASCULAR SYSTEM

Atherosclerosis

chronic arterial disease of elastic and muscle-elastic type, resulting from a violation of lipid and protein metabolism and accompanied by the deposition of cholesterol and some fractions of lipoproteins in the lumen of blood vessels

Coronary heart disease

myocardial damage caused by a disorder of the coronary circulation, resulting from a violation of the balance between the coronary blood flow and the metabolic needs of the heart muscle

Arrhythmias

a pathological condition that leads to a violation of the frequency, rhythm and sequence of excitation and contraction of the heart muscle - myocardium.

Myocarditis

inflammatory disease of the heart muscle caused by exposure to infection, invasion of parasites or protozoa, physical or chemical factors, or arising from autoimmune, allergic diseases, as well as after heart transplantation.

Heart attack

occurs due to complete or partial blockage of the artery that feeds the heart. Disruption of blood flow to the heart can lead to serious damage or death of the heart muscle.

Cardiomyopathy

a heterogeneous group of myocardial diseases associated with mechanical or electrical dysfunction, which is usually manifested by inadequate hypertrophy or dilation.

Arterial hypertension

syndrome of increased systolic blood pressure

Pericarditis

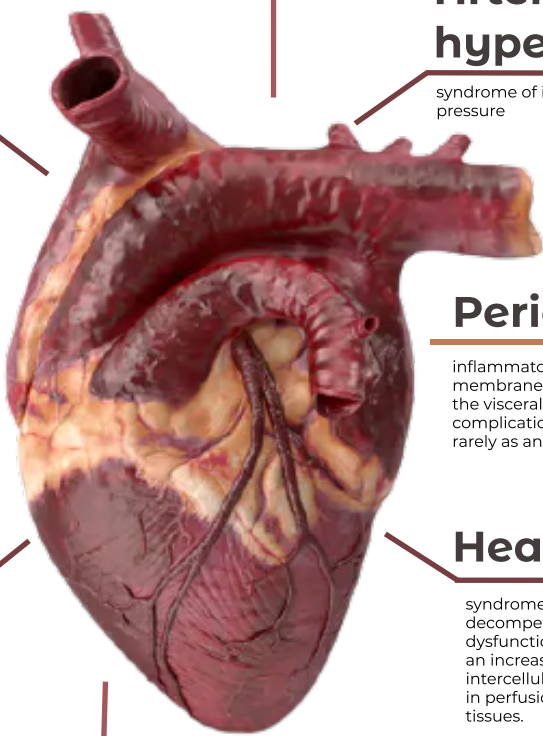
inflammatory lesion of the serous membrane of the heart, most often the visceral leaf, which occurs as a complication of various diseases, rarely as an independent disease

Heart failure

syndrome caused by decompensated myocardial dysfunction. It is manifested by an increase in the volume of intercellular fluid and a decrease in perfusion of organs and tissues.

Infectious endocarditis

infectious polypous-ulcerative inflammation of the endocardium, which is accompanied by damage to the valvular apparatus of the heart and endothelium by various pathogenic and opportunistic pathogens.



Rules for a healthy heart



Healthy. proper **sleep**



Salt - no more than **4g** per day



Blood pressure monitoring

Healthy **lifestyle**



Stop **fat**