



CARDIOVASCULAR DISEASES AND HYGIENIC PRINCIPLES OF HEALTHY NUTRITION

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Abstract: Cardiovascular diseases (CVDs) encompass various diseases and disorders affecting the heart and blood vessels. These conditions impair heart function or negatively impact vascular health. Cardiovascular diseases are one of the leading causes of death worldwide. Maintaining a healthy diet is crucial in preventing and managing cardiovascular diseases, as proper nutrition helps maintain the health of the heart and vascular system.

Keywords:Fats, proteins, smoking, atherosclerosis

Types of Cardiovascular Diseases Ischemic Heart Disease

A condition caused by impaired oxygen supply to the heart muscle, usually due to atherosclerosis (the formation of fatty plaques in blood vessels) and vascular narrowing.[1,2,3,4]
- Myocardial infarction (heart attack): Death of heart muscle cells due to the blockage of blood vessels supplying the heart.[5,6,7]

Atherosclerosis

A condition where fats and other substances accumulate in the inner walls of blood vessels, causing them to narrow and harden. This reduces oxygen and nutrient supply to the heart and other organs.[8,9,10,11]

Heart Failure

A condition where the heart muscle is unable to perform its function effectively, leading to reduced pumping capacity.[12,13,14]

Arrhythmias and Heart Rhythm Disorders

Irregular heartbeats, including accelerated, slowed, or erratic heart rhythms.[15,16,17,18]

Hypertension (High Blood Pressure)

Persistent high blood pressure increases stress on the heart and blood vessels, leading to deterioration of cardiovascular health.[19,20]

Aneurysms

Enlargement or swelling of certain parts of blood vessels or the heart. If ruptured, aneurysms can

cause severe bleeding and fatal complications.[21,22,23]

Thrombosis

Formation of blood clots in blood vessels, which can obstruct blood flow and lead to ischemia in vital organs such as the heart or brain.[24,25]

Hygienic Principles for Preventing Cardiovascular Diseases

Limiting Fats

- Beneficial Fats: Omega-3 fatty acids (found in salmon, sardines, chia seeds, and nuts) support heart health.[26,27]
- Harmful Fats: Reducing trans fats and saturated fats (found in fried and fast foods) is crucial, as they contribute to vascular narrowing and increase cholesterol levels.[28]

Reducing Salt Intake

Excessive salt consumption raises blood pressure and increases the risk of cardiovascular diseases. The recommended daily salt intake is no more than 5 grams.[29]

Limiting Sugar and Fructose

Industrially processed sugars and fructose increase blood sugar levels and contribute to cardiovascular disease. It is essential to reduce consumption of sweets and sugary drinks.[1]

Consuming Plenty of Fruits and Vegetables

Fruits and vegetables are rich in vitamins, minerals, and antioxidants that protect the heart and blood vessels. They contain heart-protective compounds such as potassium.[2,3,5]

Choosing Whole Grains

Whole grains (such as oats, whole wheat bread, and brown rice) help lower cholesterol levels and support heart health.[7,8]

Proper Hydration

Drinking enough water is crucial for heart function and maintaining proper blood circulation.[9,10]

Limiting Alcohol Consumption

Excessive alcohol intake raises blood pressure and negatively impacts cardiovascular health.[11,12]

Monitoring Blood Sugar and Cholesterol Levels

A balanced diet helps regulate blood sugar and cholesterol levels, reducing the risk of heart diseases. Lean protein sources (such as poultry and fish), fiber-rich foods, and antioxidants contribute to maintaining cardiovascular health.[30]

Conclusion

To prevent and manage cardiovascular diseases, adopting a healthy lifestyle is essential. This includes maintaining a balanced diet, engaging in regular physical activity, managing stress, quitting smoking, and limiting alcohol consumption. Additionally, regular medical check-ups are crucial for early diagnosis and treatment of cardiovascular diseases. Adhering to the principles mentioned above can help maintain heart and vascular health, ultimately reducing the risk of cardiovascular diseases.

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