

What is heart disease?

The heart is a muscle that pumps blood throughout the body. Similar to other muscles, the heart needs a continuous supply of blood to work properly. With aging, the heart compensates for clogged vessels by working harder and raising blood pressure. Heart disease refers to conditions that prevent the heart from working correctly. Common types of heart disease include heart attack, abnormal heartbeat, weak heart muscle, heart disease from infection and damaged heart valves.

How can heart disease be reduced or prevented?

Heart disease can be reduced or prevented by making lifestyle changes such as increasing exercise, maintaining a healthy diet and reducing alcohol and tobacco consumption. When lifestyle changes are not enough, a health care provider may recommend medications, surgery or rehabilitation. Speak to a health care provider to learn more about how to reduce the risk of heart disease for yourself or the person you care for.

There is an eLearning Course on this topic where the following is discussed in more detail:

- What is heart disease?
- What are the symptoms of heart disease?
- How can heart disease be prevented, reduced or treated?

References

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