The words “cardiovascular disease” (CVD), skin, heart, and disease, describe a whole array of problems, including heart failure, heart attack and stroke. Cardiovascular disease may involve the formation of the heart or blood vessels (heart and blood vessels). When you refer to the heart, it is the leading cause of death for men and women in the U.S. Without treatment, people may live with the disease for years or even decades. CVD can affect everyone, from the young to the old. As a result, a significant number of deaths occur every year in the U.S. CVD is also a “catchall” term for so many different health conditions that affect our loved ones, such as hypertension (high blood pressure), diabetes, and heart disease. In fact, more than 80 percent of people who die every year from CVD have some type of cardiovascular disease.

According to the American Heart Association, in 2020, more than 600,000 people in the United States died of CVD, with 20 percent of those deaths due to heart attack. In addition, about 35.5 million Americans have cardiovascular disease, and nearly 85.5 million have high blood pressure. These statistics are concerning and serve as a reminder of the importance of heart health and the need for ongoing research to improve treatment and prevention strategies.

CVD is a chronic disease that affects nearly every part of the body. It can lead to unhealthy blood vessels, which may cause a stroke, heart attack, or heart failure. When a blood vessel is blocked or narrowed, it can lead to a serious health condition. In addition, CVD can lead to other conditions, such as diabetes, kidney disease, and certain types of cancer.

According to the Centers for Disease Control and Prevention, CVD is the leading cause of death in the United States, and it affects people of all ages and ethnicities. CVD is also a major cause of disability in the United States and contributes to a significant amount of missed work and lost productivity. In addition, CVD is a leading cause of death worldwide, with an estimated 17.9 million deaths in 2019.

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The prevention of CVD is critical, as it is often a preventable condition. Lifestyle changes, such as maintaining a healthy weight, eating a heart-healthy diet, and being physically active, can help reduce the risk of CVD. However, even with these lifestyle changes, some people may still develop CVD. In these cases, medications and other medical interventions may be necessary to manage and treat the condition.

Research is ongoing to better understand the underlying mechanisms of CVD and to develop new treatments and strategies for prevention. The development of effective medications and treatments is crucial to improving outcomes for people with CVD. The American Heart Association and other organizations are continually working to advance research in this field to ultimately improve the lives of those affected by CVD.

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