Chapter 1 Introduction to cardiovascular diseases

Other factors that can damage the heart and blood vessel system

Atherosclerosis
Hypertension
Ischaemia

Strokes are caused by blocked or burst blood vessels in the brain

Coronary heart disease (CHD)
Disease of the blood vessels to the heart, reducing the blood supply to the heart muscle

Myocardial infarction (MI)
When blood supply to part of the heart is cut off

Heart failure
When the heart cannot pump properly and supply the body with enough oxygenated blood

Peripheral arterial disease
Disease of the arteries in the arms and legs

Angina
Chest pains due to restricted blood supply to the heart muscle

Rheumatic heart disease
Damage to the heart from rheumatic fever

Congenital or birth heart defects
Defects of heart structures existing at birth, such as holes in the heart and abnormal valves

Arrhythmia
Altered heart beat (faster or slower than normal)

Deep vein thrombosis (DVT) and pulmonary embolism
Blood clots formed in the leg veins, which move to the heart and lungs

Figure 1.1 Outline of the human body indicating the particular body area generally associated with the various cardiovascular diseases.

Box 1.1 CVD or CHD?