Unhealthy lifestyle correlating to cardiovascular diseases in adults

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Unhealthy lifestyle in recent years has become a progressive and problematic trend which consequently has the potential to cause detrimental health conditions mainly targeting diseases of the cardiovascular system, at times it can also cause demise in severe or uncontrolled situations. However the correlation between unhealthy lifestyles chosen by an individual and cardiovascular diseases are still not understood fully there for the main aim of this abstract is: to study what and how unhealthy lifestyles lead to heart diseases or cardiovascular dysfunction.

According to the statement conveyed by the National Health Service of Britain (2014) they have defined an unhealthy lifestyle as a lifestyle where an individual’s activities are known to be unfavourable to his/ her health. These activities can consist of smoking, absence of exercising regularly or enough, eating unhealthy foods on a regular basis, and not maintaining a healthy weight implying towards the state of obesity. This consequently leads to major health deterioration mainly being led by cardiovascular dysfunction prominently becoming the cause of heart diseases such as atherosclerosis, ischemic heart disease, coronary artery disease and myocardial infarction. According to the American heart foundation ( 2014) these diseases refer to narrowed or blocked blood vessels causing cardiac insufficiency.

The data published by the world health organization shows that across Europe cardiovascular diseases are the cause of more than half the deaths in the European region. This is further more evident by the statistics shown by WHO specifically for Ukraine in May 2014 where coronary heart diseases were the cause of death for 50% of the total deaths. Looking at statistics, this epidemic situation across the globe has now become a severe and imperative concern, however this situation can be resolved to a certain degree. When analysing WHO (2014) statistics, it is evident that 80% of premature heart diseases are preventable but would entail adopting a healthy lifestyle which would produce positive health outcomes.

Conclusion: Through evaluating statistics it has become apparent that throughout the human population unhealthy lifestyles and heart diseases have become a symmetrical pattern. Even though more than 50% of this situation can be prevented there is still no significant reduction in this epidemic, which leads to the main question if the concept of unhealthy lifestyle correlating with cardiovascular diseases has been understood sufficiently or this issue needs to be further discussed to a greater scale.