

*Commentary***Risk factors of cardiovascular disease**

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DESCRIPTION

Cardiovascular Disease (CVD) is a term used to describe a collection of disorders that affect the heart and blood vessel the circulatory system's components that convey blood throughout the human body are known as blood vessels. These veins provide blood cells, nutrients, and oxygen to the body's tissues. They also flush waste and carbon dioxide from the tissues. Blood arteries are necessary for life because all of the body's tissues rely on them to function. The angina and myocardial infarction are examples of Coronary Artery Disorders (CAD) (commonly known as a heart attack). Stroke, heart failure, hypertension, rheumatic heart disease, cardiomyopathy, irregular heart rhythms, congenital heart disease, valvular heart disease, carditis, aortic aneurysms, peripheral artery disease, thromboembolic illness, and venous thrombosis are examples of other CVDs.

There are many risk factors for age, sex, tobacco use, physical inactivity, excessive alcohol consumption, unhealthy diet, obesity, genetic predisposition and family history of cardiovascular disease, high blood pressure, high blood sugar, high blood cholesterol, undiagnosed celiac disease, psychosocial factors, poverty and low educational status, air pollution, and poor sleep are all risk factors for heart disease.

Genetics

Cardiovascular illness in one's parents increases a person's risk by three times; therefore heredity is a major risk factor for cardiovascular disease. Genetic cardiovascular disease can be caused by a single mutation (Mendelian) or multiple variants (polygenic). Although rare, there are more than 40 inherited cardiovascular diseases that can be attributed to a single disease-causing DNA variation. The majority of prevalent cardiovascular disorders are non-Mendelian, with hundreds or thousands of genetic variants (known as single nucleotide polymorphisms) each having a tiny influence.

Age

The most major risk factor for developing cardiovascular or heart disorders is age, with the risk about doubling every decade of life. In adolescence, fatty streaks in the coronary arteries might occur. 82 percent of patients who die of coronary heart disease are 65 or older, according to estimates. At the same time, after the age of 55, the risk of stroke doubles every decade.

Why does age raise the risk of cardiovascular/heart diseases? Several theories have been offered. One of these has to do with cholesterol levels in the blood. The level of serum total cholesterol rises with ageing in most populations. This rise in men's testosterone levels peaks around the age of 45 to 50. The growth in women lasts until they are 60 to 65 years old.

Sex

Men have a higher risk of heart disease than women before menopause. It has been claimed that once a woman has through menopause, her risk is similar to that of a man, while more current data from the WHO and UN contradicts this. A female with diabetes is more likely than a male with diabetes to get heart disease. The menopause, also known as climacteric, is the point in a woman's life when her menstrual periods stop and she is no longer capable of bearing children. Between the ages of 48 and 52, menopause normally sets in. When a woman hasn't had monthly bleeding for a year, medical practitioners consider her to have reached menopause.

Tobacco

The most common type of smoked tobacco is cigarettes. Tobacco smoking poses health risks not only through direct consumption, but also through second-hand smoke exposure. Smoking is responsible for around 10% of cardiovascular disease; nevertheless, persons who quit smoking before the age of 30 have nearly the same risk of mortality as never smokers.

Additional research suggests that simply giving them a cardiovascular disease risk score can lower cardiovascular disease

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risk factors by a minor amount when compared to standard care. However, it was unclear if delivering these scores had any impact on the occurrence of cardiovascular disease events. It's uncertain if periodontitis patients' dental care influences their risk of cardiovascular disease. Periodontal disease, sometimes called

gum disease, is a collection of inflammatory disorders that affect the tissues that surround the teeth. Gingivitis causes the gums to swell, redden, and bleed in the early stages. It is the leading cause of tooth loss in adults around the world.