Comprehension of Ischemic Cardiopathy: Risk Factors, Signs, Diagnostic Methods and Management

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Abstract

global health challenge. This article comprehensively explores the causes, signs, evaluation, and management of hypertension, high cholesterol, diabetes, obesity, and physical inactivity. Symptoms of IHD, including angina, shortness Diagnostic procedures, including electrocardiograms, stress testing, coronary angiography, and blood tests, are outlined

providing a comprehensive overview, this article aims to enhance understanding, facilitate early detection, and promote in the global burden of cardiovascular diseases.

Keywords: Ischemic heart disease (IHD); Coronary artery disease (CAD); Coronary heart disease (CHD); Atherosclerosis; Modi able risk factors; Non-modi able risk factors; Smoking; Hypertension; High cholesterol; Diabetes; Obesity; Physical inactivity; Angina; Shortness of breath

Introduction

Ischemic Heart Disease (IHD), also known as Coronary Artery Disease (CAD) or Coronary Heart Disease (CHD), stands as a foremost contributor to the global burden of cardiovascular morbidity and mortality [1]. Characterized by compromised blood supply to the heart muscle, IHD arises from the gradual occlusion or blockage of coronary arteries, primarily attributed to atherosclerosis. As a multifaceted condition in uenced by both modi able and non-modi able risk factors, understanding the causes, signs, evaluation, and management of IHD becomes paramount in the realm of preventive and therapeutic cardiology [2,3]. e intricate interplay of lifestyle choices and genetic predispositions underscores the complexity of IHD etiology. Modi able risk factors, such as smoking, hypertension, high cholesterol levels, diabetes, obesity, and physical inactivity, play pivotal roles in the initiation and progression of atherosclerotic plaques within coronary vessels [4]. Non-modi able factors, including age, gender, and family history, further contribute to the intricate tapestry of IHD's origins. As a result, this article aims to unravel the layers of IHD, providing an in-depth exploration of its causes, recognizing the subtle and overt signs, elucidating the diagnostic evaluation methods, and scrutinizing the diverse strategies employed in its management [5,6]. By delving into the nuances of IHD, this article seeks to empower healthcare professionals, researchers, and the general public with a comprehensive understanding of the condition, fostering early recognition, timely intervention, and e ective management [7,8]. rough such knowledge dissemination, we strive to contribute to the ongoing global e orts aimed at mitigating the prevalence and impact of Ischemic Heart Disease, ultimately promoting cardiovascular health and well-being [9,10].

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