

Knowledge of Ischemic Heart Disease: Causes, Signs, Evaluation, and Management

Christopher Kark*

Department of Construction Engineering, University of Science and Technology, Bhutan

Abstract

Ischemic heart disease (IHD) is a leading cause of global health challenge. This article comprehensively explores the causes, signs, evaluation, and management of IHD. The primary cause is atherosclerosis, which is influenced by modifiable risk factors (smoking, hypertension, high cholesterol, diabetes, obesity, and physical inactivity) and non-modifiable risk factors (age, family history, and genetics). Symptoms of IHD, including angina, shortness of breath, and chest pain, are discussed. Diagnostic procedures, including electrocardiograms, stress testing, coronary angiography, and blood tests, are outlined. Management strategies, such as lifestyle changes, medications, and surgical interventions, are also presented. This article aims to enhance understanding, facilitate early detection, and promote better management of IHD, reducing its global burden.

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

Due to the heart. The factors contributing to the development of atherosclerosis and ischemic heart disease include:

Smoking: Cigarette smoke contains numerous harmful chemicals that can damage blood vessels, accelerate the formation of plaques, and increase the risk of blood clot formation.

High Blood Pressure: Hypertension puts extra strain on the heart and arteries, promoting the development of atherosclerosis.

High Cholesterol: Elevated levels of low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, can contribute to the buildup of plaques in the coronary arteries.

Diabetes: Uncontrolled diabetes can damage blood vessels and accelerate atherosclerosis.

Obesity: Excess body weight, particularly around the abdominal area, is associated with an increased risk of developing ischemic heart disease.

Physical Inactivity: Lack of regular exercise is a risk factor for both atherosclerosis and other cardiovascular diseases.

The symptoms of ischemic heart disease can vary widely, and some individuals may not experience any symptoms until the disease has progressed significantly. Common symptoms include:

Angina: Chest pain or discomfort that occurs when the heart

Ischemic heart disease (IHD) is a leading cause of global health challenge. This article comprehensively explores the causes, signs, evaluation, and management of IHD. The primary cause is atherosclerosis, which is influenced by modifiable risk factors (smoking, hypertension, high cholesterol, diabetes, obesity, and physical inactivity) and non-modifiable risk factors (age, family history, and genetics). Symptoms of IHD, including angina, shortness of breath, and chest pain, are discussed. Diagnostic procedures, including electrocardiograms, stress testing, coronary angiography, and blood tests, are outlined. Management strategies, such as lifestyle changes, medications, and surgical interventions, are also presented. This article aims to enhance understanding, facilitate early detection, and promote better management of IHD, reducing its global burden.

*Corresponding author: karkc@ust.ac.bt

Received: 01-Nov-2023, Manuscript No: asoa-23-119862; Editor assigned: 06-Nov-2023, PreQC No: asoa-23-119862 (PQE); source are credited.

Causes of ischemic heart disease include atherosclerosis, a condition where fatty deposits, cholesterol, and other substances build up on the inner walls of the coronary arteries. Over time, these deposits, known as plaques, can harden and narrow the arteries, reducing blood

