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Impact of heart diseases on human life

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Abstract
A heart attack is also called a myocardial infarction. If the blood supply to the heart is severely reduced or completely blocked, heart muscle cells may not receive enough oxygen and begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart. This damage can cause irregular heart rhythms or even sudden cardiac arrest or stopping of the heart beat. Death can result. Coronary artery disease is the chief underlying cause of a heart attack. A less common cause of a heart attack is a severe spasm of a coronary artery that reduces the blood supply to the heart.

Keywords: Impact, disease, life

Introduction
A heart attack survivor may have a damaged heart that affects the heart rhythm, pumping action and blood circulation. This puts heart attack victims at greater risk of having another heart attack or other events such as a stroke, kidney problems and peripheral arterial problems. Cardiac rehabilitation is usually recommended for heart attack survivors after the emergency event has stabilized. Cardiac rehabilitation guides the patient to make changes that can help improve cardiovascular fitness and quality of life.

Objectives
1. To assess the socio-economic status of the heart patients.
2. To assess the impact of heart disease on human life.

Methodology
The study was conducted in Kanpur district. One medical college, two private nursing homes and two heart centers were selected in this study. 240 heart patients were selected (140 male and 100 females) in this study area. Dependent and independent variables were used such as age, education, caste, religion, causes, lifestyle, symptoms, blood pressure etc. The statistical tools were used such as mean, SD, χ^2, rank were selected in this research area.

Results

Table 1: Distribution of heart patients according to age group

Age group (years)	Male	Female	Total
30 – 40	4 2.7)	-	4 (1.8)
40 – 50	25 (16.7)	12 (17.1)	37 (16.8)
50 – 60	44 (29.3)	20 (28.6)	64 (29.1)
60 – 70	50 (33.3)	26 (37.1)	76 (34.6)
70 & above	27 (18.0)	12 (17.2)	39 (17.7)
Total	150 (100.0)	70 (100.0)	220 (100.0)
χ^2	0.353* $P<0.05$		

(Figures in parenthesis indicate percentage of respective values)

Disease of the heart may affect the pericardium, myocardium or endocardium. In addition, the blood vessels within the heart, having the heart or the heart valves may be diseased. A heart attack and a stroke are by no means always fatal. Some can go back to their old activities, some remain involved and some are handicapped. In arteriosclerosis, the walls of small arteries become thickened to ageing or due to hypertension.

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Table 2: Distribution of heart patients according to blood pressure (systolic)

Blood pressure (Systolic) mm	Male	Female	Total
100 – 120	35 (23.3)	10 (14.3)	45 (20.5)
120 – 140	35 (23.3)	11 (15.7)	46 (20.9)
140 – 160	34 (22.7)	20 (28.6)	54 (24.5)
160 – 180	46 (30.7)	29 (41.4)	75 (34.1)
Total	150 (100.0)	70 (100.0)	220 (100.0)
χ^2	5.535 P > 0.05		

(Figures in parenthesis indicate percentage of respective values)

Blood pressure is a measurement of how much force the blood exerts on the walls of the blood vessels. There are many different events occurring within the body as the heart pumps blood, known collectively as the cardiac cycle and so blood pressure is measured at different points throughout this cycle. Systolic blood pressure measures the maximum pressure in the arteries during the cardiac cycle, which occurs when the heart contracts, or beats, to pump blood.

Table 3: Distribution of heart patients as per number of attacks

Number of attacks	Male	Female	Total
None	25 (16.7)	14 (20.0)	39 (17.7)
1st attack	98 (65.3)	40 (57.1)	138 (62.7)
2nd attack	23 (15.3)	13 (18.6)	36 (16.4)
3rd attack	4 (2.7)	3 (4.3)	7 (3.2)
Total	150 (58.3)	70 (41.7)	220 (100.0)
χ^2	1.386 P > 0.05		

(Figures in parenthesis indicate percentage of respective values)

Heart patient as per number of attacks, 65.3 percent male and 57.1 percent female respondents have first attack whereas 15.3 percent male and 18.6 percent female respondents have suffered two attacks. 16.7 percent male and 20.0 percent female respondents have not any attack but feeling some problems in heart like artillery blocked or blood circulation in slow speed.

Table 4: Causes of heart diseases

Causes of heart disease	Male				Female			
	Yes	No	Scores	Rank	Yes	No	Scores	Rank
Physical stress	58	92	1.39	V	24	46	1.39	VI
Lack of physical exercise	28	122	1.19	IX	8	62	1.11	X
Obesity	15	135	1.10	X	13	57	1.19	VIII
Smoking	32	118	1.21	VIII	2	68	1.03	XIV
Hypertension	84	66	1.56	II	56	14	1.80	I
Shortness of breath	66	84	1.44	IV	35	35	1.50	IV
Diabetes	42	108	1.28	VII	22	48	1.31	VII
Mental stress	96	54	1.64	I	39	31	1.56	III
Sleeplessness	79	71	1.53	III	43	27	1.61	II
High intake of fat	35	115	1.23	VI	27	43	1.39	V
Use of birth control pills	-	150	1.00	XIV	3	67	1.04	XIII
Low intake of vitamin and minerals in foods	6	144	1.04	XIII	5	65	1.07	XII
High intake of sodium	14	136	1.09	XI	9	61	1.13	IX
Bad relationship	7	143	1.05	XII	6	64	1.09	XI
P	0.767* P > 0.05							

The effects of emotional stress, behaviour habits and socio-economic status on the risk of heart disease and heart attack have not been proven. That is because we all deal with stress differently; how much and in what way stress affects us can vary from person to person.

Conclusion
People who are under a lot of tension have an increased risk of heart disease. Tension is generally the kind of stress people are talking about when they say that stress causes heart disease. Under the right (or rather, wrong) circumstances, emotional stress may contribute to the development of chronic heart disease, or can help precipitate acute cardiac problems in people who already have heart disease.

Recommendations
- Talking to a registered dietitian is helpful. They are also an excellent resource for information on heart disease.
- Eat less than 2, 4000 mg of salt per day. Cut down on salt by reducing the amount of salt you add to food at the table. Also limit prepared foods that have salt added to them, such as canned soups and vegetables, cured meats and some frozen meals. Always check the nutrition label for the sodium content per serving.

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