

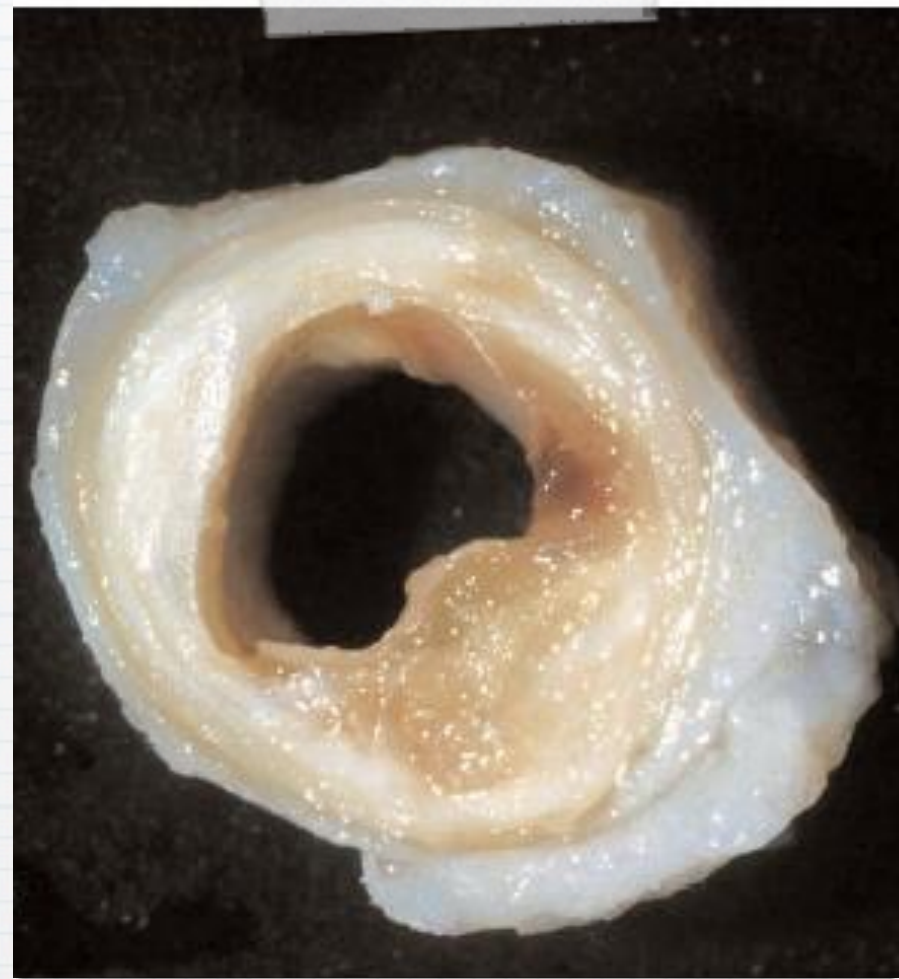
Circulatory Disorders

Four Categories of Heart Disease

Heart disease category	Description
Coronary artery disease	Blockage of the arteries that supply blood to the heart muscle
Arrhythmias	Malfunctions of the electrical system that controls the heartbeat
Valve disorders	Dysfunction of one or more of the heart valves
Heart muscle disease	Inflammation and infection of the heart muscle itself

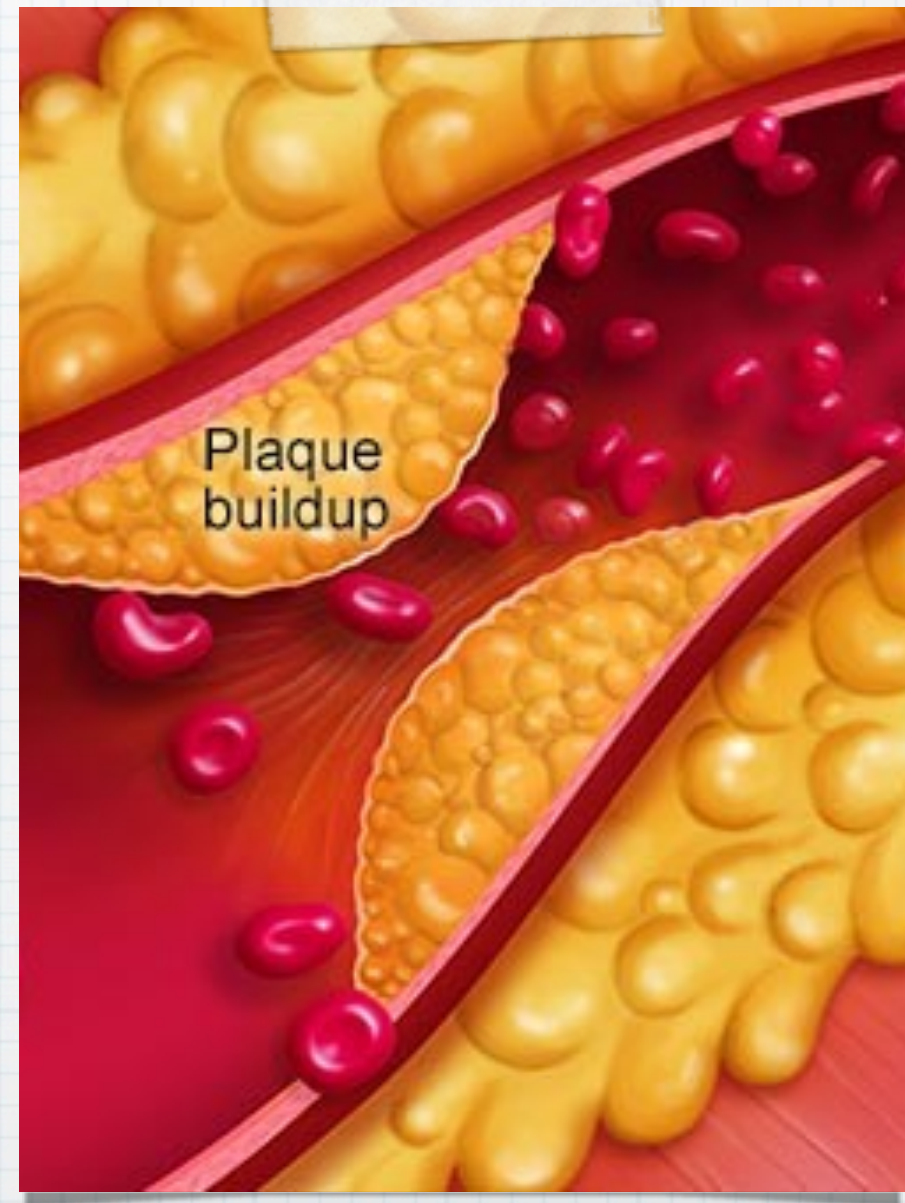
Causes of cardiovascular disease

- * Main cause is atherosclerosis, is due to the build-up of plaque along the inner wall of arteries.



Causes of cardiovascular disease

- * The build-up of plaque is related to the excessive intake of fat, which can cause blockages on which the plaque accumulates.



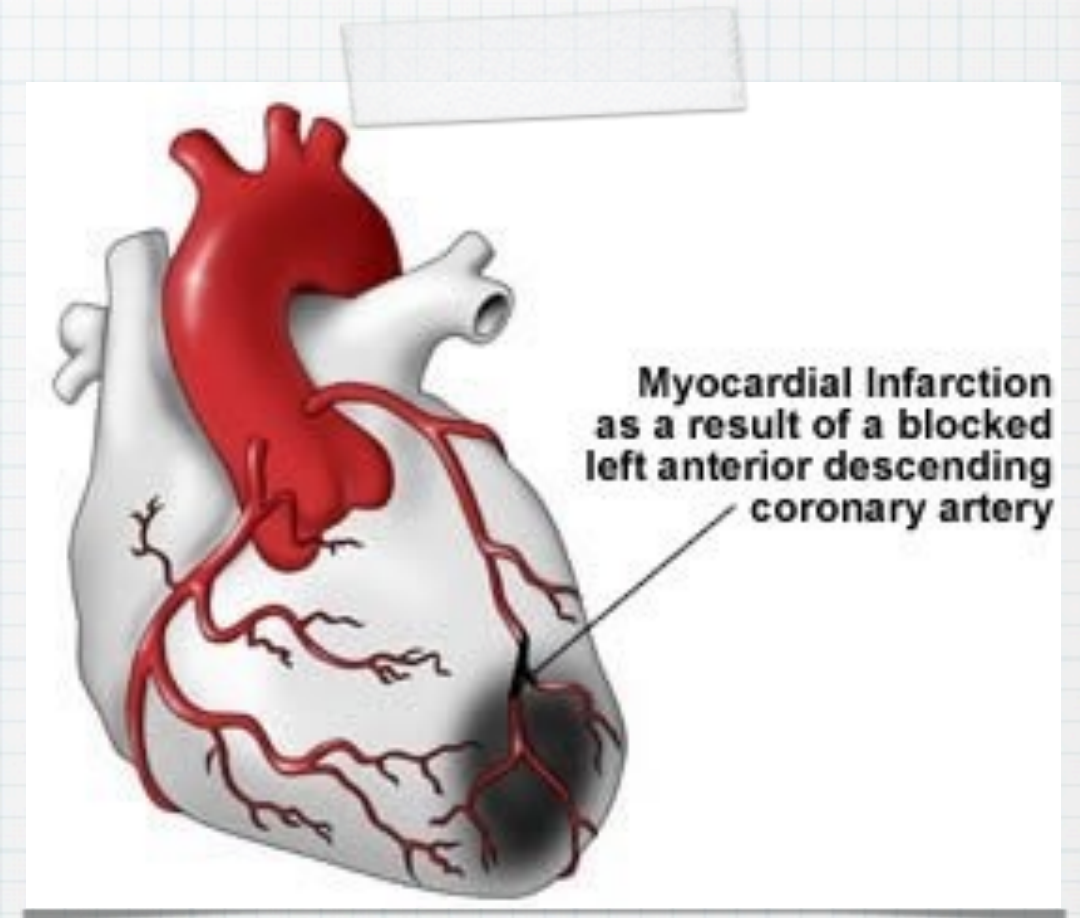
Causes of cardiovascular disease

- * This plaque can narrow the artery, causing an increase in blood pressure or eventually entirely block off the artery, preventing the supply of oxygen to the muscle tissues of the heart

[Video of plaque buildup](#)

Myocardial infarction

- * Myocardial infarction is another word for “heart attack”
- * This occurs when the supply of oxygen and nutrients to heart is blocked off; normally happens when existing plaque breaks open and triggers formation of blood clots on top of it.



Myocardial infarction

- * Symptoms of a heart attack are pains in the chest, neck and arms, shortness of breath and nausea

Video what causes a heart attack?

Other Circulatory Disorders

Christmas Disease

- * Christmas disease, also called hemophilia B or factor IX hemophilia, is a rare genetic disorder in which your blood doesn't clot properly.



Christmas Disease

- * This leads to prolonged or spontaneous bleeding.
- * You may be treated by factor IX injections, wound treatment, or preventative transfusions.

Avoid Tobacco

Tobacco smoke
Stress
High blood pressure
High blood cholesterol

Be More Active

Physical inactivity
Stress
High blood pressure
High blood cholesterol
Obesity

Choose Good Nutrition

Alcohol
Stress
High blood pressure
High blood cholesterol
Diabetes mellitus
Obesity