Results

The result showed how greatly arterial hypertension had the highest predisposing factor for ischemic heart disease — ranking over 76 %. It was noticed that these patients had arterial hypertension prior to the appearance of ischemic heart disease. Also high cholesterol level also played a major role too; 56.6 % of patients were on lipid lowering drugs. Furthermore when asked about any cardiovascular family history 40 % of patient said they had family history of the disease. Alcohol consumption took about 33 % with patient confirming they consume alcohol regularly except when they are admitted to the hospital

Additionally when asked about if they have ever had Diabetes, 25 % of patient asked had diabetes and also family history of the disease. Another point asked was about smoking of the patient and 6.6 % of all patients where smokers. Also during the cause of the research 40 % confirmed they had family history of the disease and 23 % said they had taken drugs not prescribed by a doctor before. When asked about physical activity 36 % were physically active while the rest said they have never done any physical activity. Obesity took about 20 % of all patients asked.

Finally, it was very clear that this disease had an average age of 55 years and most of the patients had their first signs of this disease in their fifties. 0ut of the 28 patients that were asked only 3 was in their thirties. Which goes to say this disease occurs in a more advanced age.

Conclusion

According to the analyzed result and reviewed article it shows how greatly arterial hypertension, high level of cholesterol and alcohol consumption was the highest prevalent predisposing factor to ischemic heart disease which happened to be lifestyle factors. If more awareness can be raised on better lifestyle changes ischemic heart disease can be greatly prevented among the population.

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EFFECT OF LIFESTYLE ON THE LIFESPAN OF PATIENTS WITH CARDIOVASCULAR DISEASES

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Introduction

Today cardiovascular diseases are the leading cause of death in the world. In the world each year 17.9 million people die from cardiovascular diseases (CVD) which is an estimated 31 % of all deaths worldwide. In Europe CVD accounted for 45 % of all deaths. Top risk factors for cardiovascular diseases include physical inactivity, smoking, obesity, uncontrolled arterial hypertension, hypercholesterolemia and much more. According to a research by Tsevat et al., it was reported that the life expectancy by 35 years of age in the US will increase by 3.1 & 3.3 years for males and females respectively, if there is elimination of mortality from coronary heart disease.

Aim

To know how much effect lifestyle habits and changes has on the lifespan of patients living with cardiovascular disease. Also, to know what patients that qualified for the study did to live up to their present age.

Material and methods

Information for the study was gotten through questionnaire and asking patients questions. 15 patients were involved in this study, and criteria for inclusion in the study was, patients with CVD: Ischemic Heart Disease, 75 years and older, with the oldest being 85 years old. Patients were asked questions about their physical activities during their young age, bad habits, like smoking and drinking, if they have pets, who takes care of them, their relationship with family members and lastly, their diet. Out of the 15, 10 were females — 66.6 %, while 5 were males — 33.3 %. All patients were no earlier than 2 weeks of admission to the cardiology department.

Out of the 15 patients, 7 of them got their first cardiology diagnosis between 1–10 years ago — 46.6 %, 2 got theirs between 11–20 years ago — 13.3 %, while 6 of them cannot remember when they had their first diagnosis — 40 %. All patients suffered from Ischemic Heart Disease, and had a common co-morbid — arterial hypertension.

Results

The result gotten was that firstly, out of the 15 patients, 8 of them were physically active during their young age, these activity included regular walking, light morning exercises, etc. Some of them are even still physically active now, even during their old age. Out of the 8, 7 of them are females (87.5 %) while only 1 of them is male. Also, 7 of them noted that they weren't physically active during youthful age, and just went by their day regularly. Out of this group, 3 of them are females (42.8 %), while 4 of them are males (57.1 %). When asked about smoking, only 3 patients mentioned that they used to smoke, and they stopped smoking before their first cardiology disease diagnosis. Similarly about the use of alcohol, only 1 patient mentioned about the use of alcohol, which means — 93.3 % of the patients didn't drink alcohol.

One lifestyle factor which has a significant effect on patients with cardiovascular disease is their relationship life with family. Out of the 15 patients, 9 of them — 60 % live with their family (this includes either spouse, children or grandchildren); 3 of them — 20 % do not live with family, but have very close relationship with their family (this includes frequent visits and calls from family); 3 of them — 20 % live and care for themselves alone. This corresponds with many studies that have been done about the link between relationships and cardiac health. In a study done by bennett-britton et al. in 2017 [1]. It demonstrated the association between marital quality and cardiovascular disease risk factor in men. The result showed improvement in factors like low density lipoprotein, relative reduction in BMI; while deteriorating relationships were associated with worsening diastolic blood pressure.

Another point was the possession of pets. Out of 15 patients, 10–66.6 % patients noted that they have/had pets, while 5 said that they have none — 33.3 %. Among the patients studied, 53 % of them have/had cats as their pets. This corresponds to a literature review done by Levine et al. that was published in 2011 [2]. In this review, effects of pets were seen on different risk factors of cardiovascular disease. Pet ownership had a positive influence in reducing the systolic blood pressure, improving physical activity and reducing obesity, especially dog ownership, and it improved survival rates in patients with established CVD.

When asked about their diet, most patients claimed that they had no specific diet and ate like every regular person throughout their lives. Only two exceptions were noted. Firstly, 1 patient is has been on diabetic diet for the past 2 years, and secondly, 2 have mostly been on a non-fatty or oily diet.

Additionally, an interesting part of the research was when some patients were asked about what they think made them live long even with their cardiology diseases. Many of them made

mention of the importance of having a great support system (that is, family, friends), living healthily, and having an active lifestyle. A patient who presently has no close family relations made mention of the importance of laughter on her health, of which she strongly recommends.

Conclusion

According to the analyzed result and reviewed articles, it is certain that lifestyle plays a very big role in determining how long patients with cardiovascular disease live. Also, it can be concluded that among the lifestyle criteria that were checked, close relationship and the ownership of pets had the most significant effects on the lifespan of patients living with cardiovascular diseases.

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PREVENTION OF CORONARY HEART DISEASE

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Introduction

In the world today people die of so many diseases. Ischemic heart diseases is the top cause of death in 2017. It causes 8.8 million deaths in 2015 which accounts for 15.5 % of the total population [1].

Atherosclerosis is the main cause of this disease. Research dating far back to 1995; have been conducted to show a link between exercise and coronary heart disease (CHD). Several studies shows that exercise and aerobic training can cause an increase in the amount of nitric acid (NO) and decreases arterial stiffness, protect the body against oxidative stress, and enhances endothelium dependent vasodilation through the increase in the production of NO [2].

Aim

To determine frequency of bad habits among patients with CHD.

Material and methods

40 patients with CHD from cardiology department at Gomel city clinical hospital N 3, Belarus were examined. The research was conducted using structured questionnaires among selected patients. The patients completed questionnaires that were designed to examine their lifestyle level.

Results and discussion

We commissioned a total of 40 patients to study, 24 (60 %) male and 16 (40 %) all above the age of 40 years.

Diet

During my interview with patients with different forms of CHD questionaires were thrown to their type of food they consumed regularly from the ages of 20–45 years.

60 % patients consume fatty foods: margarine, cheese, pork which are foods which increases the amount of low density lipids (LDL). LDL they deliver cholesterol organs which produces of steroid hormones, for example, to the gonads the male they are used to produce