The Importance of Understanding the Different Heart Attack Causes by Alfreda Stuart

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What causes heart attacks? They occur when blood flow is reduced, particularly the section that causes the heart muscle of oxygen starvation of the body. If the blood flow again not fast, he can damage the heart muscle from lack of oxygen and begins the process of dying. It is also known as myocardial infarction. Attack are various reasons why it has become a leading cause of death for both men and women. However, today, is a wonderful treatment that can save lives and present disabilities. The question is, what causes heart attacks? And how can we avoid it? Are there any special procedure that we can do to avoid it?

The main cause of heart failure, coronary artery thrombosis. In this disorder, one of the small coronary artery blood clot prevents blood into the heart of. If you die in the affected segment of muscle, the heart can no longer function properly. Other major causes of heart attack is severe hypertension (high blood pressure), and obstruction of one or more heart valves units. Heart failure can occur within a few minutes after coronary artery thrombosis, or may develop slowly over several weeks, when the valve is blocked.

What you eat may set their own security and protection against heart disease as myocardial infarction. Foods which contain very high amounts of fat and high LDL can increase the risk of heart disease. People should try to spend a little more control of your diet, reduce fat too much, to know their cholesterol levels, and eating foods that are high in fiber, and all the necessary nutrients and vitamins. You have to know that even the place a person can have a heart attack, high cholesterol levels. It is important to focus on what you put into your body.

Heart muscle can heal, and healing usually begins shortly after a heart attack. Usually it takes about two months. Heart attack wounds created by the heart, and as it heals, a scar forms. Unfortunately, the scar tissue does not function as well as muscle tissue healthy heart. Heart's ability to pump efficiently and reduces the pumping loss is directly related to the size of scars.

Causes of heart attack remained secret for some people. For example, Florence Griffith Joyner is the fastest woman sprinter of all time international athletes sudden deaths, died suddenly of heart disease 38 years of age. 1998 On 21 September, the It was shocking news to the Americans, as a sprinter, was the sound of Health. Like heart disease were recorded in world history. In 2002, died suddenly during Cameroon's Confederations Cup semi-final player in France. Heart attack killed him.

It is important to note that despite the growing number of deaths recorded as a heart-related conditions, cardiovascular diseases, may still be prevented or at least delayed in many cases, contrary to common belief. A growing number of deaths registered in many Western countries, mainly due to unhealthy lifestyles such as smoking, physical inactivity and unhealthy eating habits, lack, and the worst is still not willing to change lifestyle, many people.

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