AN OVERVIEW ON CARDIOVASCULAR DISEASE

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ABSTRACT

In the United Kingdom, cardiovascular disease is a major and increasing issue, accounting for almost one-third of all fatalities and causing considerable morbidity. It is also of special and urgent importance as emerging nations undergo lifestyle changes that bring new risk factors for cardiovascular disease, resulting in an increase in cardiovascular disease risk throughout the developing globe. Because the burden of cardiovascular disease may be reduced via deliberate risk reduction, primary prevention should be a top goal for all health policymakers. International recommendations agree on the significance of quitting smoking, losing weight, and exercising, however guidelines differ somewhat in their approach to hypertension and significantly in their approach to achieving an optimum lipid profile, which remains a controversial topic. Although formerly popular concepts like the polypill seem to be empty of in-vivo effectiveness, there are still areas of potential interest, such as the advantage of lowering serum urate and the utility of lowering homocysteine levels.

KEYWORDS: *Alcohol, Cardiovascular Disease, Diet, Exercise, Hypertension, Primary Prevention, Smoking, Uric Acid.*

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