



Impact of Several Factors on Cardiac Health

Jan Budzianowski*

Department of Cardiology, Medical University Gdansk, Gdansk, Poland

*Corresponding author: Jan Budzianowski, Department of Cardiology, Medical University Gdansk, Gdansk, Poland, E- mail: janowski@uz.zgora.pl

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About the Study

Cardiovascular diseases are the leading cause of death globally. Many studies proved that lipotoxicity is the major risk factor of cardiovascular diseases like, atherosclerosis, hypertension, and coronary heart condition.

Comorbidities

Obesity and diabetes are the leading comorbidities which effect heart functioning. Metabolic syndromes like insulin resistance, accumulation of fat due to lipid metabolism alterations, etc. are the primary factors for increasing risk of many health related disorders. Indeed, lipotoxicity may be a metabolic syndrome which causes abnormal accumulation of lipids, which results in cellular dysfunction and necrosis of cells. Proper examination of mechanism of lipid accumulation and its altered lipid metabolism may decrease the cardiac risk. As from various studies, it's shown that alteration within the lipid metabolism may affect the other organs functioning too. There are many signaling pathways in accumulation of lipid at cellular level, tissue level and organ level. Determining the route of accumulation and the pathway of metabolism may decrease the affect. Early diagnosis of lipotoxicity may prevent its complication.

Sedentary lifestyle

A sedentary lifestyle (little or no physical activity) is the potential factor for major health complications. Sedentary lifestyle activities include watching television, playing video games, reading or using computer/mobile, sitting or lying down too much in a day. Through sedentary lifestyle there is decrease in metabolic rate and enhances the basal metabolic index which causes alteration in the metabolism and leads to lot of unhealthy and unpreventable health complications which may eventually decrease the lifespan of an individual.

Metabolic syndrome

Metabolic syndrome individual group includes persons with higher BMI, body weight, waist hip circumference, and body fat and higher lipid profile. Hormonal regulatory medication can reduce the metabolic pathways of excess accumulation of lipids. Metabolic pathways of insulin action, leptin and adiponectin are the significant causes of metabolic syndromes. Early diagnosis and using medications can prevent the health complication.

Intake of calorie dense food

Consumption of diet rich in high amounts of salt, sugar, saturated fat, and refined carbohydrates raise the risk for a heart attack or stroke. The diet should contain heart healthy food like fruits and vegetables, lean protein, whole grains and low-fat dairy. Changing lifestyle and eating habits had impact on health condition. Food dense in calories increases the body weight and waist circumference. It may also affect the hunger rate. Diet with high fiber, small portion sizes and frequent eating behaviors, high consumption of water, taking vegetables and fruits may increase the satiety value of the diet and decrease the calorie count. High calorie intake, sedentary lifestyle, body shaming and individual's own perception of ideal body weight are the factors together have implications on cardiac health. Food addiction isn't associated with age; it's common among individuals having body shape concerns. Food addiction further leads to obesity and thus worsens the condition of heart failures. Well balanced diet sustains the individual as healthy person.

A dietician and psychologist can help such patients. This doesn't involve strict dietary restrictions. Proper monitoring of weight, health checkups, early diagnosing of genetically hereditary factors, physical activity, and diet plan (low carbohydrates and high protein portion) can prevent these cardiac health complications.