

Heart Diseases on the Rise

Coronary Heart disease, which is also known as CHD, is currently one of the most growing diseases in the UK and according to researches more than 7,3000 people die from this disease every year in the UK. 2.3 million people are living with CHD in the UK and over 60 percent are male, about four out of five people who die of coronary heart disease are at the age of 65 or older.

According to the researches most deaths from coronary heart disease are caused by heart attack. While coronary heart disease is the main one, there are also other different kinds of heart diseases that is responsible for the death of people in the UK such as 160,000 people die from circulatory disease, 40,000 people die from stroke, and 42,000 people die from cardiovascular disease. It has been proved that generally men are more at risk of developing heart disease than women at earlier age but after the age of 50 and onwards the chances for both sexes are same.

Women are more likely to develop any heart disease 7 to 10 years later than men. Despite of more men being affected by the heart disease than women, but when it comes to age it contradicts, a study showed that some kinds of heart disease such as myocardial infarctions has increased in midlife (35 to 54 years) in women, while declining in similarly aged men. Similarly coronary heart disease increases in both sexes with age, but the number of increasing is higher in women than men.

From the age 20 to 39, the risk of coronary heart disease is same for both sexes, however from the age of 40, the risk of CHD is always higher in women. The number of death caused by coronary heart diseases has changed a lot since 2006 compared to now (2016). Before in year 2006 an estimated 1 in 5 men and 1 in 6 women use to die from the disease each year in the UK, whereas now 1 in 6 men and 1 in 10 women die from heart disease every year.

CHD is caused by a build up of fatty deposits on the walls of the arteries around the heart.

Heart disease can be caused from health related factors such as having high blood pressure, high cholesterol and diabetes. The other common factor of heart disease can be the cause of unhealthy life style including being overweight from eating too much of junk and unhealthy foods, not doing enough exercise, drinking alcohol and smoking. There are also other factors that may cause CHD such as having a family history.

It is estimated that 80-90% of people dying from CHD have one or more major risk factors that are influenced by lifestyles.

So therefore In order to prevent developing heart disease, it has been suggested by the doctors to follow a good and healthy lifestyle and for that one needs to consider eating a balance diet, quit smoking, drinking less alcohol, being active and having regular health check ups with doctors.

Heart Disease in the UK

” Heart disease is increasing the number of deaths in the uk

