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## Heart Attacks: Risks

Heart attacks have become more frequent and common it does not matter your race or even age. Dizziness, fatigue, pressure on your chest and arms, nausea, and shortness of breath are all red flags for a heart attack. In America, every 40 seconds one person will suffer a heart attack but, trends are decreasing. Nevertheless, they are ways to prevent them by being knowledgeable of what causes congestive heart failure. Things like high-stress levels, an unhealthy lifestyle, or health conditions and family medical history can trigger heart failure.

Increased stress generates high blood pressure or high cholesterol which causes blood clots. Blood clots increase your chances of having a heart attack because the clots block the arteries. Due to the accumulation of blood clots and plaque, they cause the coronary artery to cut the supply of blood to the heart muscle so it gets damaged or dies. When the muscles stop its function it causes a heart attack. When stressed you will sense tension and pain in your stomach and your muscles will have a trembling sensation. Sweaty palms and cold sweat will be present, you will find it troubling to breathe, and your heartbeat will heighten tremendously. If you can not contain or control high quantities of stress blood clots will become more present reinforcing the possibility of heart failure.

If you happen to carry an unhealthy lifestyle and practice things such as; smoking, a malnourished diet, physical inactivity, alcohol abuse, drug abuse, and high anxiety levels. Stimulant drugs like cocaine or amphetamines cause a spasm of your coronary artery that results in heart failure. If you already have an existing cardiovascular disease and are a heavy drinker, you are at risk of a lethal heart failure. The harmful habit of smoking damages the walls of your arteries which causes the atheroma build-up this narrows the artery. Physical inactivity a diet leads to obesity correlates to diabetes and high blood pressure which are factors of heart attacks. Anxiety disorders can greatly affect people who already have cardiovascular diseases, high levels of anxiety release adrenaline if not controlled it can negatively affect your heart. The best solution is to quit or decrease smoking, drug use, alcohol consumption. Participate in activities like yoga and cycling, take long walks or go for a run in the morning theses activities are beneficial for distress and work your muscles.

Your health conditions and family medical records are factors that contribute to cardiovascular problems. Diabetes, metabolic syndrome, and autoimmune conditions are health issues that should be monitored and controlled to keep your heart from collapsing. Be aware if someone in your immediate family has had early heart attacks. Heart attack in males relatives by the age of 55 and in women relatives by the age of 65. Cardiovascular diseases are hereditary so, be sure to treat them before they can result in a coronary infarction.

Identify the risks you are exposed to and know the risks they contain for your own vigor. Modify your way of life, stress less and be aware of your family history and health conditions to prevent heart attacks. Nutritional eating, an active and healthy lifestyle, and meditation can take you out of the risks of having. Inform yourself about your cardiovascular diseases and how to prevent heart failures. Your life is worth more than tensivity and anxiety so treasure every thriving heartbeat.