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Summary Report on Cardiovascular Disease

The risk factors that relate to Cardiovascular Disease (CVD) are beginning with the Framingham study, researchers identified several cardiovascular risk factors. “These factors include (1) inherent risk, (2) physiological risks, (3) behavioral and lifestyle risk, and (4) psychosocial risk. Inherent risk factors such as advancing age, family history, age, gender, and ethnicity, are most modifiable, but people with inherent risk can alter their other risks to lower their chances of developing heart disease.” (232). The behavioral related causes to CVD are smoking, food choice, weight maintenance, and physical activity. Cigarette smoking is the leading factor in behavioral causes since it results in death. Smokers are three times more likely to have a heart attack than non-smokers. If a smoker were to quit, they are not in the clear and have a small risk and become twice as likely even two years from quite date. It is not just smoking tobacco that places you at a higher risk for CVD, smokeless tobacco and secondhand smoke are also a contributing factor.

Weight and diet present a factor when a person is obese. “The main problem is that obesity is related to other risks, such as blood pressure, type 2 diabetes, total cholesterol, LDL, and triglycerides. The dietary choices that people make may either increase or decrease their chances of developing CVD, depending on the food they eat. People who ate a diet high in fruits and vegetables had a lower risk of heart attack. (221). A diet high in fish seems to offer some protection against heart disease and stroke. It is recommended that you intake 2 serving of fish per week since it contains omega-3 fatty acids. Physical activity is also a factor when it comes low levels of activity. A sedentary lifestyle increases your chances by becoming obese,

which one becomes a high risk for CVD. It contributes to metabolic syndrome, the pattern of CVD risk that includes overweight, abdominal fat, and blood glucose metabolism problems.

Psychosocial factors that contribute to CVD is the “lack of social support, and high levels of stress, smoking, and alcohol abuse are common, and these psychosocial and behavioral differences may underline the increased rates of mortality of CVD.” (Weidner & Cain, 2003).

The psychosocial factors that contribute to CVD are educational level and income, social support and marriage, stress, anxiety, and depression, hostility and anger, anger, and cardiovascular reactivity, and suppressed anger. Educational level and income factor in as it’s a “possibility that people with low education practice fewer protective health behaviors than those with higher educational levels. They eat a less healthy diet, smoke, and lead more sedentary lives. (222). Social support and marriage were “found that support at home and at work affected the progression of coronary artery blockage; high stress in either area predicted progressive blockage, whereas satisfactory support in both led a regression of arterial plaques.” (223). Stress anxiety and depression for “people who had heart attacks also experienced more work and financial stress and more life events than their matched controls. The risk of depression and anxiety apply not only to the development of CVD, but also to its progression as depression in the year following a heart attack and predicts subsequent risk of cardiovascular mortality.” (224). Anger and cardiovascular reactivity are linked to “the expression of anger and typically defined as increases in blood pressure and heart rate due to frustration harassment or any laboratory stress task.” (224). Suppressed anger “maybe more toxic than forcefully expressing anger. One version of suppressed emotion is rumination, repeated negative thoughts about an incident which tends to increase negative feelings and depression. Thus, people who suppressed their anger but stew over their feelings may be using

a coping style that puts them in danger. However, expressing anger in forceful way may act as triggers for those with CBD precipitating a heart attack or stroke.” (225).

Way to reduce your risk of developing CVD, people must first understand that the risky behaviors discussed, even though they are not currently experiencing symptoms, places them in jeopardy of developing CVD. By reducing hypertension, it lowers your blood pressure into the optimal range. Many doctors prescribe anti-hypertensive drugs that also help by reducing this risk. by lowering one's weight two optimal range for them also can lower hypertension an results in blood pressure control. It is good practice to restrict your sodium intake and two primarily have a plant-based diet, which includes fruits, vegetables, whole grains, and low-fat dairy products. I disagree with dairy intake after watching Netflix’s documentary *The Game Changers* by the studies that were conducted. Lastly, by modifying psychosocial risk factors, we can decrease anxiety and depression and be able to manage stress and anger. These techniques can include “progressive relaxation, deep breathing exercises, tension reduction training, relaxing to the low repetition of word “relax”, and relaxation imagery in which the person imagines a peaceful scene. Finally, angry people can lower their blood pressure by constructively discussing their feelings with other people. Discussing feelings with the therapist may also benefit people who are depressed, but physicians may not always recognize this problem.” (231). Ultimately changes of these risks factors lies with your ability to change unhealthy behaviors before these behaviors lead to CVD.

References

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