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Coronary artery disease: narrowing of the coronary arteries, which supply the heart muscle with oxygen and nutrients. This can lead to chest pain (angina) and heart attacks (myocardial infarction).

Heart failure: a condition where the heart is unable to pump enough blood to meet the body's needs. This can cause symptoms like shortness of breath, fatigue, and swelling in the legs.

Arrhythmias: irregular heart rhythms, which can be too fast, too slow, or irregular. Some arrhythmias can be life-threatening.

Coronary artery calcification: the buildup of calcium deposits in the walls of the coronary arteries, which can narrow the arteries and increase the risk of heart disease.

Coronary artery aneurysm: a bulge or swelling in the wall of a coronary artery, which can rupture and cause a heart attack.

Other conditions that can affect the heart include high blood pressure, diabetes, and obesity. These conditions can damage the heart and increase the risk of heart disease. It's important to manage these conditions and maintain a healthy lifestyle to reduce the risk of heart disease.

Heart disease symptoms: chest pain, shortness of breath, fatigue, and swelling in the legs. These symptoms can be caused by various conditions, including coronary artery disease, heart failure, and arrhythmias. It's important to see a doctor if you experience these symptoms.

Heart disease diagnosis: a doctor will typically perform a physical exam, an electrocardiogram (ECG), and a chest X-ray. They may also order blood tests and imaging tests like a CT scan or MRI to diagnose heart disease.

Heart disease treatment: treatment depends on the specific condition. It may include lifestyle changes, medications, and surgery. For example, coronary artery disease is often treated with medications like statins and beta-blockers, and surgery like angioplasty or bypass surgery.

Heart disease prevention: you can reduce your risk of heart disease by eating a healthy diet, exercising regularly, not smoking, and keeping your blood pressure and cholesterol under control. Regular checkups with your doctor can also help identify and prevent heart disease.

Heart disease and mental health: heart disease can affect your mental health, and mental health can affect your heart. Conditions like anxiety and panic disorder (Panic Disorder) can increase the risk of heart disease.





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