

Cardiovascular Diseases



Cardiovascular disease is a problem with the heart and blood vessels. Generally speaking, these problems are caused by arteriosclerosis. This occurs when fat and cholesterol build up in the walls of the blood vessel (artery). If an artery becomes blocked, it can lead to a heart attack or stroke.

Types of Cardiovascular Diseases

1. Heart disease or coronary artery disease

It is the most common type of heart disease. This happens when plaque builds up in the arteries leading to the heart. A blocked artery can cause a heart attack.

2. Heart Failure

This happens when the heart muscle becomes weak and can't pump enough oxygenated blood, causing symptoms throughout the body. High blood pressure and coronary artery disease are common causes of this disease.

3. Arrhythmias

These affect your pulse or heart rate. The heart may beat too fast, too slow, or irregularly. Some heart problems, such as a heart attack or heart failure, can cause problems with the electrical system.

4. Heart valve diseases

These occur when one of the four valves in the heart doesn't work properly. Blood can leak through the valve in the wrong direction, or a valve may not open wide enough and block blood flow. The most common symptom is known as a heart murmur.

5. Peripheral artery disease

This occurs when the arteries in the legs and feet become compressed due to plaque buildup, reducing or blocking blood flow. As a result, blood and oxygen cannot reach the legs, injuring nerves and tissues.

6. High blood pressure

It is a disease that can develop other problems, such as heart attack, heart failure, and stroke.

7. Stroke

This condition is caused by a lack of blood flow to the brain. It can also occur due to a blood clot traveling through the blood vessels in the brain or bleeding in the brain.

8. Congenital heart disease

This is a problem with the structure and function of the heart that is present at birth. It is worth mentioning that it is the most common type of birth defect.



How can they be prevented?

There are different ways to reduce the chances of suffering from cardiovascular diseases. Among them:

- **Don't smoke.** Chemicals in tobacco can affect the heart and blood vessels. In addition, cigarette smoke reduces oxygen in the blood, which increases blood pressure and heart rate.

- **Heart-healthy eating.** Eating a healthy diet can help improve blood pressure and cholesterol, reduce the risk of type 2 diabetes, and protect your heart. This includes healthy fats (avocado), lean meats, fish, vegetables, fruits, whole grains, and low-fat dairy products.

- **Sleep well.** People who don't get the recommended amount of sleep are more likely to have obesity, heart attacks, diabetes, depression, and high blood pressure. Generally, adults need at least seven hours of sleep each night. On the other hand, children need more hours.

•**Exercises.** Regular exercise can reduce your risk of heart disease. Aim for a total of at least 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity, and 2 muscle-strengthening sessions a week.

•**Maintain a healthy weight.** Being overweight increases the risk of heart disease. It can result in conditions that increase the chances of developing these diseases.

These conditions include high blood pressure, high cholesterol, and type 2 diabetes. In addition, body mass index (BMI) is calculated from height and weight.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary doctor or call the following phone lines:

Medical Advice Line 1-844-347-7801
TTY/TDD 1-844-347-7805
APS Healthcare 787-641-9133

References:

[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
<https://odphp.health.gov/espanol/myhealthfinder/problemas-salud/salud-corazon/mantenga-su-corazon-sano>
<https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>

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