



## Causes of Heart Disease

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### Introduction

There are many factors that can increase your risk of getting heart disease. Some of these factors are out of your control, but many of them can be avoided by choosing to live a healthy lifestyle. Some of the risk factors you cannot control are: Gender, Age, Family History, Obesity, High Cholesterol, Smoking, High Blood Pressure, Diabetes and Other Factors.

Heart disease is the leading cause of death. The causes and prevention of heart disease have been studied for years, and new information is emerging. For the last several decades, saturated fat and cholesterol have been thought to be major contributors to coronary artery disease, and therefore people are typically advised to strictly limit these in their diet. However, recent studies are indicating that it may not be wise to strictly limit the intake of dietary saturated fatty acids or replace them with polyunsaturated fatty acids when taking other health conditions

into consideration. Depending on a person's genetics, diet may or may not be an important factor in preventing heart disease. Exercise is also beneficial for everyone in preventing heart disease. When considering human development, including the negative effects of heart disease, humans still have a lot to learn about the human body and the interaction of diet, the environment, and genetics.

**Keywords:** Heart Disease/Blood Pressure/Cardiovascular Disease/Heart Attack.

### Biography

Dr. Sudha Bansode is an Associate Professor in Zoology at Shankarrao Mohite College, Akhuj, and Maharashtra State, India. Recently she has completed her Post-Doctoral Studies at University of California, Riverside, USA. She is a active researcher & passionate teacher in India. Still she has been published above 35 research papers in International Journals & she is interested on Bone Research. Also she has honour of Distinguished Editorial Board Member of several International Journals. She is a own author of "Textbook Histological Techniques" & "Outlines of Physiology". And now she is working on another own reference book "Rhythms in Freshwater Crustaceans". She is a University recognized research guide for Ph.D. students in India.