



## Management of Age-Related Veterinary Cardiovascular Disease

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### Description

As our pets age, they become more susceptible to a range of health conditions, including age-related cardiovascular disease. Management of this disease is crucial in order to ensure that our pets live long and healthy lives. Medication, surgery, and lifestyle changes can all help manage the disease, but it is important to consult with a veterinarian to determine the appropriate treatment plan for each individual pet. The first step in managing age-related veterinary cardiovascular disease is diagnosis. Veterinarians typically use a combination of physical exams, blood tests, and imaging tests (such as X-rays and ultrasounds) to diagnose the disease. They may also perform an Electrocardiogram (ECG) to evaluate the heart's electrical activity. Once the disease has been diagnosed, the next step is treatment. There are a number of different treatment options available, depending on the severity of the disease and the specific needs of the pet. One common treatment is medication, which may include drugs to improve heart function, lower blood pressure or prevent blood clots. In some cases, surgery may be necessary to correct structural abnormalities in the heart or blood vessels.

In addition to medication and surgery, there are a number of lifestyle changes that can help manage age-related veterinary cardiovascular disease. For example, veterinarians may recommend changes to the pet's diet, such as reducing salt intake or increasing the amount of omega-3 fatty acids. Exercise is also important, as it can help improve heart function and reduce the risk of blood clots. However, it is important to work with a veterinarian to determine the appropriate level of exercise for the pet, as too much or too little can be harmful. Prevention is also an important aspect of managing age-related veterinary cardiovascular disease. This includes regular check-ups with a veterinarian, as well as routine blood tests and imaging tests to monitor the pet's heart function. Additionally, pet owners can take steps to reduce their pet's risk of developing the disease in the first place. This includes maintaining a healthy weight, feeding a balanced and nutritious diet, and providing regular exercise.

One of the challenges is that symptoms may not be noticeable until the disease has progressed to an advanced stage. This is why regular check-ups with a veterinarian are so important, as they can detect the disease early and begin treatment before it becomes too severe. Some common symptoms of age-related veterinary cardiovascular disease include coughing, difficulty breathing, fatigue, and fainting. However, it is important to note that not all pets with the disease will exhibit these symptoms, and some pets may exhibit different symptoms depending on the specific type of cardiovascular disease. In addition to the physical symptoms of age-related veterinary cardiovascular disease, it is also important to consider the emotional impact on the pet and their owner. Pets with the disease may experience pain, discomfort, and a reduced quality of life. It is important for veterinarians to provide support and resources to help both the pet and the owner cope with the disease. With proper management, pets with age-related veterinary cardiovascular disease can live long and healthy lives.

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