International Journal of Cardiovascular Research

Editorial

A SCITECHNOL JOURNAL

# Tobacco use greatly Increases your chance of Getting an Attack or Stroke

**Anderson***

*Department of Cardiology, Dr. Hedgewar Hospital, Aurangabad, Maharashtra, India*

## Introduction

Heart attacks and strokes are mainly caused by a blockage that forestalls blood from flowing to the guts or the brain. The most

common reason for this is often a build-up of fatty deposits on the inner walls of the blood vessels that provide the center or the brain. This makes the blood vessels narrower and fewer flexible. It is sometimes called hardening of the arteries or atherosclerosis. The blood vessels are then more likely to urge blocked by blood clots. When that happens, the blood vessels cannot supply blood to the guts and brain, which become damaged. Tobacco smoke is filled with substances that damage your lungs, blood vessels and heart. They take the place of the oxygen within the blood that your heart and brain got to work properly. Tobacco use greatly increases your chance of getting a attack or stroke. Tobacco also causes cancer and lung disease, and harms babies during pregnancy. Inhaling the tobacco smoke of other smokers is as harmful as smoking yourself. To diagnose what sort of stroke you've got had, doctors will take your medical record, examine you, and perform tests like Computed Tomography (CT) and resonance imaging (MRI). These tests will show whether you have had an ischemic stroke (caused by a blockage) or an intracerebral hemorrhage (caused by a burst blood vessel in the brain). The doctor will probably prescribe medicines to assist relieve your symptoms and stop future strokes, and provides you advice on changing your lifestyle to lower your risk. If you're taking this recommendation, you'll get the simplest possible results. Listen carefully to your doctor's instructions and ask questions if you would like to. For some patients, special surgical procedures to open up the blockage of neck arteries, like carotid endarterectomy or stenting, can help prevent future strokes. Depression: This is common after a heart attack, and engaging with loved ones and support groups can help. Some people experience complications after a heart attack. Depending on how severe the event was, these may include:

**Arrhythmia:** The heart beats irregularly, either too fast or too slowly.

**Edema:** Fluid accumulates and causes swelling within the ankles and legs.

**Aneurysm:** Scar tissue builds up on the damaged heart wall, which causes thinning and stretching of the heart muscle, eventually forming a sack. This can also lead to blood clots.

**Angina:** Insufficient oxygen reaches the guts, causing pain.

Heart failure: The hearts can no longer pump effectively, leading to fatigue, difficulty breathing, and edema.

Myocardial rupture: this is often a tear during a part of the guts, thanks to damage caused by an attack. Coronary heart condition is that the main sort of heart condition. It occurs when the coronary arteries, which supply blood to the guts muscle, become hardened and narrowed thanks to a buildup of plaque on the arteries' inner walls. Plaque is that the accumulation of cholesterol, fat, and other substances. As plaque continues to create up within the arteries, blood flow to the guts is reduced. Coronary heart disease-often simply called heart disease-can cause an attack. An attack happens when a cholesterol-rich plaque bursts and releases its contents into the bloodstream. This causes a grime to make over the plaque, totally blocking blood flow through the artery and preventing vital oxygen and nutrients from going to the guts. An attack can cause permanent damage to the guts muscle. Blood vessels called arteries and veins carry blood round the body. Your body has about 113,000 kilometers of blood vessels. Arteries carry blood rich in oxygen from the guts to the body. Your body needs a constant supply of oxygen. Your body removes oxygen from the blood and uses it. Veins carry blood back to the guts and lungs to select up more oxygen. The heart then pumps the oxygen-rich blood back again to the entire body. The heart may be a muscle that pumps blood to all or any parts of the body. When the heart chambers contract, blood is pumped out of the guts through the aorta (the main artery from the heart) carrying oxygen and nutrients to the remainder of the body. The heart itself also needs oxygen to function. It's the work of the coronary arteries to deliver oxygen-filled blood to the guts muscle. Coronary heart condition is additionally referred to as atherosclerotic heart condition, ischemic heart

condition and arterial coronary disease. It is the results of the narrowing or blockage of coronary arteries by plaque formed by fat/cholesterol on the artery walls (a process referred to as atherosclerosis). The pathogenesis and progression of cardiovascular diseases are thought to be exacerbated by stress. Basic research indicates that the transcendental meditation technique produces acute and longitudinal reductions in sympathetic tone and stress reactivity.