

Cardiovascular disease: What you didn't know

Each year heart disease kills many people. In fact, heart disease kills more Americans every year than even cancer. It's also the number one cause of disability in the United States! But did you know there are simple, easy ways to prevent this fatal disease? Stay tuned to learn how to keep yourself alive, healthy, and away from cardiovascular disease.

Although cardiovascular disease may seem inevitable, there are a lot of things you can do to prevent it. One of the easiest is watching what you eat and adding a little bit of cardiovascular exercise into your daily routine. Just by making healthier choices, you can reduce the risk of contracting heart disease! Let's see what some everyday Americans have to say about cardiovascular disease and prevention.

Interviewee #1 (Age 16)

1. How much do you know about the cardiovascular system?
"I know it has to do with keeping your heart and good shape."
2. What kinds of cardiovascular activity do you think you do every day?
"Every day I walk and probably jump a little bit too. Sometimes I even add in a little bit of swimming."
3. Do you know what cardiovascular disease is?
"Yes. It's a disease having to do with your heart, veins, and other blood vessels."
4. Do you know what kinds of things you can do to prevent cardiovascular disease?
"I know it's important to get cardiovascular exercise into your everyday routine and I'm pretty sure eating healthy foods doesn't hurt either."
5. Why do you think it's important to educate people about cardiovascular disease, its effects, and how it can be prevented?
"So that they don't unknowingly put themselves at risk for it and so they know what they need to do to make sure they don't get it."

Interviewee #2 (Age 43)

1. How much do you know about the cardiovascular system?
"Quite a bit since I work with the cardiovascular system daily."
2. What kinds of cardiovascular activity do you think you do every day?

“I defiantly walk everyday and I try to get in three weekly exercises.”

3. Do you know what cardiovascular disease is?

“Yes I do. It’s the buildup of plaque and lack of blood to the heart.”

4. Do you know what kinds of things you can do to prevent cardiovascular disease?

“Get a lot of exercise, eat a healthy low-fat diet, and don’t smoke.”

5. Why do you think it’s important to educate people about cardiovascular disease, its effects, and how it can be prevented?

“Because it’s a leading cause of death in the United States and is very preventable.”

Interviewee #3 (Age 12)

1. How much do you know about the cardiovascular system?

“I know some things about it.”

2. What kinds of cardiovascular activity do you do every day?

“I guess walking and running during recess.”

3. Do you know what cardiovascular disease is?

“It’s when your heart can’t get any blood, but that’s all I know about it.”

4. Do you know what kinds of things you can do to prevent cardiovascular disease?

“I know eating healthy and exercising are important if you don’t want to get it.”

5. Why do you think it’s important to educate people about cardiovascular disease, its effects, and how it can be prevented?

“If people know more about it and how to keep yourself from getting it, they will try and do those things and people will be healthier.”

From these interviewee’s answers, we can get some understanding of what the average person knows about cardiovascular disease. Most people listed the biggest ways to prevent heart disease, eating a healthy diet and exercising. However, only one knew that refraining from smoking could prevent heart disease and the other two biggest preventers were left out. The five biggest ways to prevent it are to avoid tobacco products, eat a healthy heart diet, exercise regularly, maintain a healthy weight, and get regular health screenings. The good thing

was everybody knew what it was and could distinguish some daily cardiovascular activities they engage in.

Cardiovascular disease kills thousands of people in the United States every year, but is probably one of the most preventable diseases out there. The best ways to prevent it are to maintain a healthy weight, avoid tobacco products, eat a healthy diet, exercise regularly, and have regular health screenings. I think that it's silly that so many people suffer from this disease when it's so easy to prevent and you only need to take a few simple actions to keep yourself healthy. So there you have it: What is cardiovascular disease, what are its effects, and how can you prevent it all in a nutshell!