Heart Disease: Cardiovascular Disease

Heart disease, also commonly known as cardiovascular disease, is a broad term for disorders of the heart and blood vessels.

Major types of cardiovascular disorders include:

- Coronary artery disease
- High blood pressure (hypertension)
- Abnormal heartbeats (arrhythmias)
- Valvular heart disease (heart valve problems)
- Peripheral vascular disease (problems with circulation of blood to arms and legs)
- Heart defects (abnormal openings in heart tissue)
- Heart infections

Heart Disease Risk Factors

- Smoking
- Poor diet choices
- High blood pressure and/or high cholesterol
- Obesity or being overweight
- Lack of regular exercise
- Long-term stress
- Increased age

Heart Disease Diagnosis

Basic diagnostic tests may include:

- Physical exam and medical history
- Blood tests
- EKG

Additional tests may be performed depending on specific symptoms.

Heart Disease Symptoms

Symptoms may include:

- Chest pain
- Shortness of breath
- Palpitations or racing heartbeat
- Dizziness, fainting, fatigue
- Swelling of legs, ankles or feet
- Pain or numbness in legs or arms

Heart Disease Treatment

Lifestyle changes to promote health:

- Maintain a heart-healthy diet
- Increase exercise level
- Stop smoking and limit alcohol

Your doctor may prescribe medication to treat your heart condition. As a last resort you may undergo surgery.

Business Health Services - Downtown Baltimore

Baltimore City Clinic and Public Safety Infirmary (PSI)

323 N. Calvert Street
Baltimore, MD 21202

Phone: 410-332-9240
(Main)

410-332-9773
(City Clinic)

410-332-9770
(Public Safety Infirmary)

Fax: 410-332-0614

Business Health Services - Lutherville

1766 York Road
Lutherville, MD 21093

Phone: 443-275-5090

Fax: 410-385-9390

Mercy
MEDICAL CENTER