

# Research on Cardiac Disease Patient Emergency Therapy

Ingle Ashwini Ranganath

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**ABSTRACT:**The first Cardiac Emergency Room (CER) was founded in 1978 by Professor Dirk Durrer in Amsterdam. CERs have since then been opened in many countries, with the initial goal of reducing time delays in patients with acute myocardial infarction. In this role they have contributed to the reductions in mortality from coronary disease, that have been observed in the past decades. In later years, the focus of CERs has gradually shifted towards ruling out acute coronary syndromes (ACS), to reduce unnecessary hospital admissions. 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. In adolescents at risk for hypertension, the technique has been found to reduce resting and ambulatory blood pressure, left ventricular mass, cardiovascular reactivity, and to improve school behavior. Research on adults with mild or moderate essential hypertension has reported decreased blood pressure and reduced use of anti-hypertensive medication. The technique has also been reported to decrease symptoms of angina pectoris and

carotid atherosclerosis, to reduce cardiovascular risk factors, including alcohol and tobacco use, to markedly reduce medical care utilization for cardiovascular diseases, and to significantly decrease cardiovascular and all-cause morbidity and mortality. These findings have important implications for inclusion of the Transcendental Meditation program in efforts to prevent and treat cardiovascular diseases and their clinical consequences.


**Keywords:** Heart, Veins, Cardiac, Artery, Disease.

### Types of Cardiac Diseases:

Heart disease refers to various types of conditions that can affect heart function. These types include:

1. Coronary artery (atherosclerotic) heart disease that affects the arteries to the heart
2. Valvular heart disease that affects how the valves function to regulate blood flow in and out of the heart
3. Cardiomyopathy that affects how the heart muscle squeezes
4. Heart rhythm disturbances (arrhythmias) that affect the electrical conduction.
5. Heart infections where the heart has structural problems that develop before birth.

### Cardiovascular Diseases:

<b>CARDIOVASCULAR DISEASE</b>	
	
Micrograph of a heart with fibrosis (yellow) and amyloidosis (brown). Movat's stain.	
Specialty	Cardiology
Usual onset	Older adults
Types	Coronary artery diseases, stroke, heart failure, hypertensive heart disease, rheumatic
Prevention cardiomyopathy heart disease	Healthy eating, exercise, avoiding tobacco smoke, limited alcohol intake
Treatment	Treating high blood pressure, high blood lipids, diabetes
Deaths (2015)	17.9 million / 32%

**Risk Factor:**

There are many risk factors for heart diseases: age, sex, tobacco use, physical inactivity, excessive alcohol consumption, unhealthy diet, obesity, genetic predisposition and family history of cardiovascular disease, raised blood pressure (hypertension), raised blood sugar (diabetes mellitus), raised blood cholesterol (hyperlipidemia), undiagnosed celiac disease, psychosocial factors, poverty and low educational status, and air individual contribution of each risk factor varies between different communities. Or ethnic groups the overall contribution of these risk factors is very consistent. Some of these risk factors, such as age, sex or family history/genetic predisposition, are immutable; however, many important cardiovascular risk factors are modifiable by lifestyle change, social change, drug treatment.

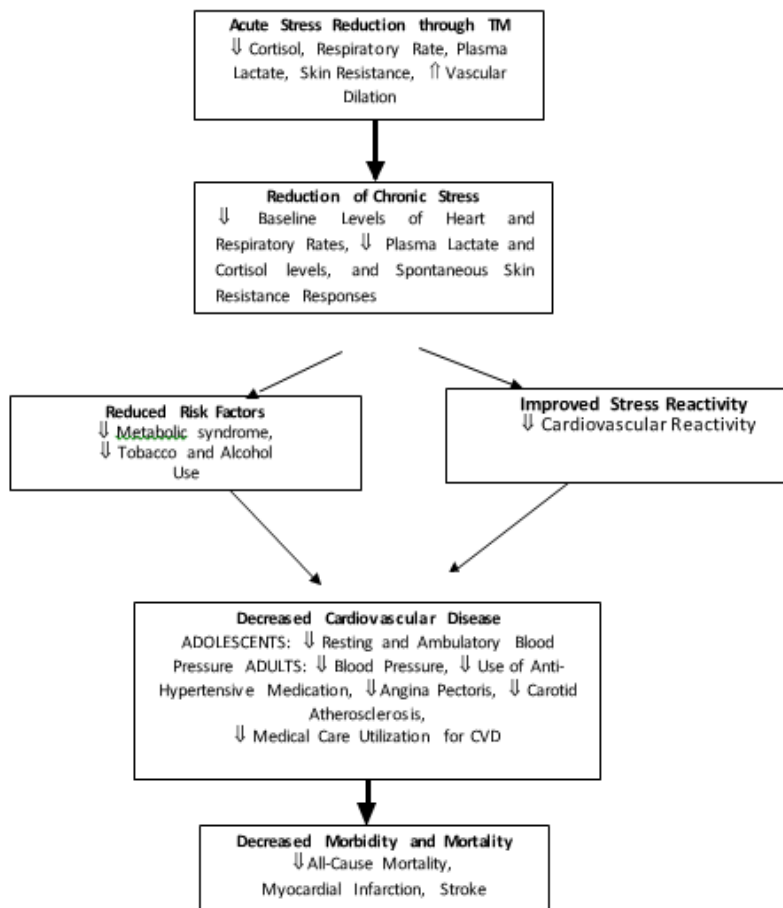
**Prevention and Primary Treatment:**

Cardiovascular disease is treatable with initial treatment primarily focused on diet and lifestyle interventions. Influenza may make heart attacks and strokes more likely and therefore influenza vaccination may decrease the chance of cardiovascular events and death in people with heart disease.

For Heart Attack Primary Treatment Is:

- ✚ Chew and swallow an aspirin, unless you are allergic to aspirin or have been told by your doctor never to take aspirin.
- ✚ Take nitroglycerin.
- ✚ Begin CPR if the person is unconscious.
- ✚ If an automated external defibrillator (AED) is immediately available and the person is unconscious, follow the device instructions for using it.

**Treatment:**



### **CONCLUSION:**

- The cardiac diseases can be cured by proper treatment and meditations.
- The cardiac diseases can be prevented by good health and hygiene practices.
- This report will help us to overcome through cardiac diseases.
- The other heart problems can be cured with the help of this report.

### **ACKNOWLEDGEMENT:**

I hereby declare that this Article entitled "Report on Cardiac Disease Patient Emergency Therapy" is a bonafide and genuine research work carried out by me under the guidance of Prof. Akhare T. P. Department of Pharmacology at Aditya Pharmacy College, Beed.

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