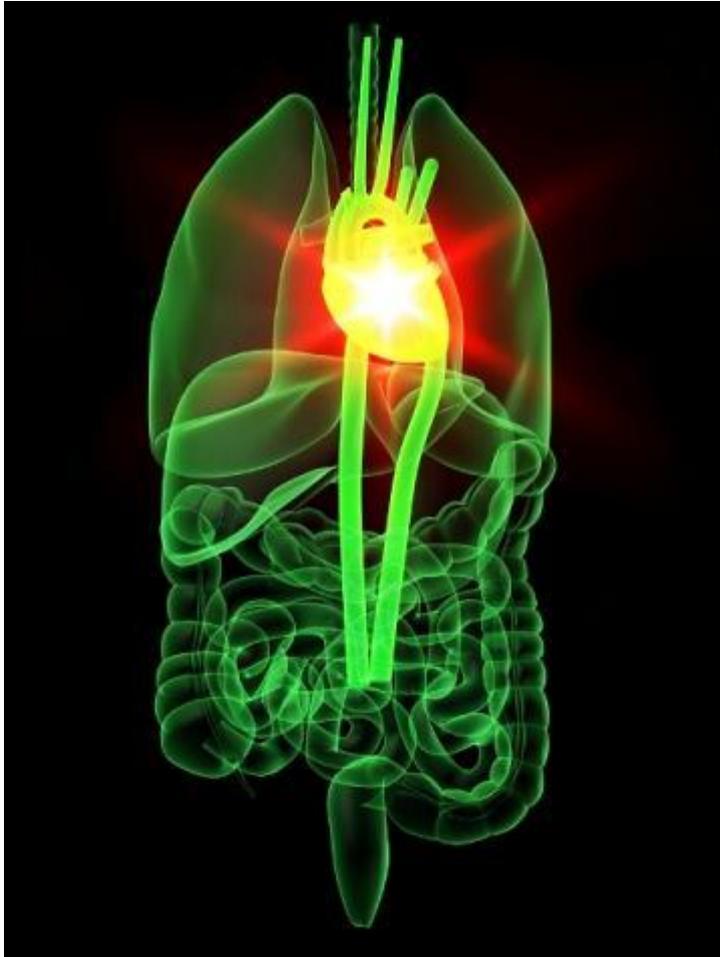


## Diseases of the Heart

### Heart attacks



these are called coronary thrombosis. These are caused by a number of problems and result in the damage of the heart.

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### Causes of Heart Attacks

1. Stress
2. Diet
3. Genetic predisposition
4. Lifestyle

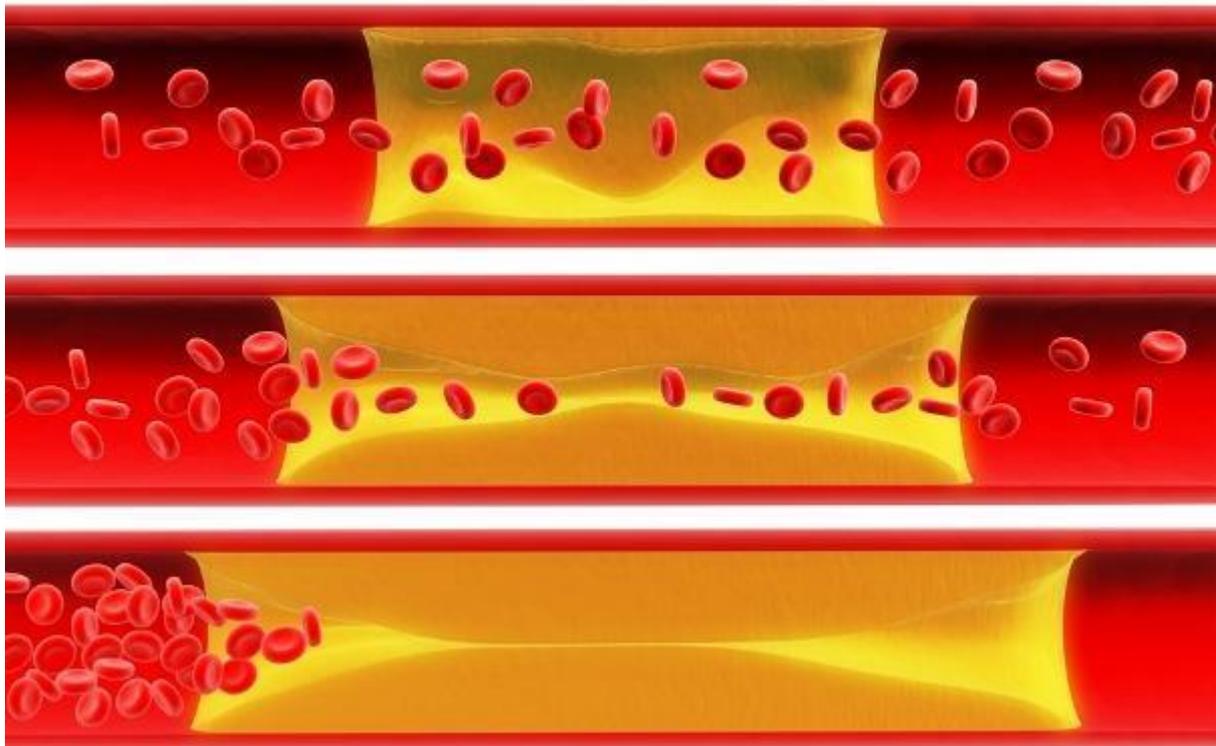
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### Atherosclerosis:

this is the deposition of fat in the artery. These fats will build up over time and harden.

When this occurs it might cause blockage of the vessel. If it occurs in a coronary artery it causes a heart attack. This will cut off oxygen supplies to places beyond the blockage and so damage the cells. Once heart cells have been destroyed they cannot be replaced. When blockage of blood vessel starts to occur, this increases blood pressure. Hypertension is continuously high blood pressure.

In the below image, fat builds up and blocks an artery:



### **Causes of Hypertension**

1. Stress
2. Diet
3. Mental wellness- anxiety, depression etc.