

Группа: 102Фк

Специальность: Лечебное дело

Дата: 09.12.2020

Тема: Heart diseases.

Цель: формирование тематического словаря у студентов

Задание лекции: Ознакомиться с текстом. Текст не переводить

Домашнее задание: Письменно перевести выделенные слова и выражения

There are many **types of heart disease**, and each one has its own symptoms and treatment. For some, lifestyle changes and medicine can make a huge difference in improving your health. For others, you may need surgery to make your ticker work well again.

Find out about some of the common types of heart disease and how to prevent them as well as how they're treated.

Coronary Artery Disease (CAD)

CAD is the most common **heart** problem. With CAD, you may get blockages in your coronary **arteries** -- the vessels that supply **blood** to your **heart**. That can lead to a decrease in the flow of **blood** to your heart muscle, keeping it from getting the oxygen it needs. The disease usually starts as a result of **atherosclerosis**, a condition sometimes called **hardening of the arteries**.

Coronary **heart disease** can give you pain in your chest, called **angina**, or lead to a **heart attack**.

Some things that may put you at a higher risk of **coronary artery disease** are:

- Age (For men, the risk of **heart disease** goes up after age 55; for women, the risk rises sharply after menopause.)
- Being inactive
- Having diabetes or metabolic syndrome
- Family history of coronary **heart disease**
- Genetics
- **High blood pressure**
- High levels of **LDL "bad" cholesterol** or low levels of **HDL "good" cholesterol**
- **Obesity**
- **Smoking**
- **Stress**

- **Heart Arrhythmias**

- When you have an **arrhythmia**, your heart has an irregular beating pattern. Serious arrhythmias often develop from other heart problems but may also happen on their own.
- **Heart Failure**
- With **heart failure**, your heart doesn't pump **blood** as well as it should to meet your body's needs. It is usually caused by coronary artery disease, but it can also happen because you have **thyroid** disease, **high blood pressure**, heart muscle disease (**cardiomyopathy**), or certain other conditions.
- **Heart Valve Disease**
- Your heart has four valves that open and close to direct blood flow between your heart's four chambers, the **lungs**, and blood vessels. A defect could make it hard for a valve to open and close the right way. When that happens, your blood flow could be blocked or blood can leak. Your valve may not open and close right.