

Nichols, Hannah. "The Top 10 Leading Causes of Death in the United States." *Medical News Today*, MediLexicon International, 23 Feb. 2017, www.medicalnewstoday.com/articles/282929.php.

Studies in 2014 show that the leading cause of death in the US is Heart Disease. Heart disease is also the leading cause of death worldwide. Most of the deaths in heart disease are men, when people eat foods with more sugars and trans fats it leads to plaque buildup which narrows arteries and makes it hard for blood to travel throughout the body. Some type of heart problems are called angina, arrhythmias, and heart failure or cardiac arrest.

- "Lowering blood pressure and cholesterol can significantly lower heart disease risk."
- "The key to preventing death from heart disease is to protect the heart and know the warning signs and symptoms of a heart attack."

Marchione, Victor. "Atherosclerosis Treatment: Exercise, Diet and Remedies." *Bel Marra Health - Breaking Health News and Health Information*, 21 Oct. 2016, www.belmarrahealth.com/atherosclerosis-prevention-natural-home-remedies-diet-exercise/.

Atherosclerosis is a condition where arteries become hardened, which leads to a lack of oxygenated blood. This condition is extremely dangerous, because, it raises the risk for

a heart attack, stroke, etc. Atherosclerosis can be prevented if people consume foods with less cholesterol, cholesterol is a huge factor in the buildup of plaque. Walking, running, swimming, or any form of exercising, can lower the risk of Atherosclerosis.

- “Hence, it is important that you eat foods that are not only healthy but help lower your LDL cholesterol and boost HDL cholesterol.”
- “Regular exercise is well documented to help reduce cholesterol, maintain a healthy weight, and reduce your risk of other conditions such as diabetes that can contribute to atherosclerosis.”

Nordqvist, Christian. “Coronary Heart Disease: Causes, Symptoms, and Treatment.” *Medical News Today*, MediLexicon International, 19 Jan. 2018, www.medicalnewstoday.com/articles/184130.php.

Coronary Heart Disease is the narrowing of the coronary arteries. CHD, happens when cholesterol begins to build up on the artery walls. CHD causes chest pain, shortness of breath, heart attacks, etc. When the arteries begin to narrow the supply of oxygen rich blood gets too low and causes shortness of breath. CHD accounted for 23.5% of all deaths in the U.S. in 2008

- “According to the Centers for Disease Control and Prevention (CDC), about 735,000 Americans have a heart attack each year.”

- “Coronary arteries are the heart's network of blood vessels. They exist on the surface of the heart, and they supply the heart muscle with oxygen. If the coronary arteries narrow, the supply of oxygen-rich blood to the heart may become too low, especially during physical activity.”

NIH. “Tetralogy of Fallot.” *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, www.nhlbi.nih.gov/health-topics/tetralogy-fallot.

Tetralogy of Fallot also known as congenital heart defect, congenital heart defect affects the normal flow of blood through the heart. When ToF wasn't treated in infants, children would get very tired during exercise and faint. Doctors don't really understand what the cause of ToF, but they speculate the birth mother having things such as, diabetes, having poor nutrition, and using alcohol.

- The sound occurs because the heart defect causes abnormal blood flow through the heart. However, not all heart murmurs are signs of [congenital heart defects](#). Many healthy children have heart murmurs.
- Babies who have tetralogy of Fallot may tire easily while feeding. Thus, they may not gain weight or grow as quickly as children who have healthy hearts. Also, normal growth depends on a normal workload for the heart and normal flow of oxygen-rich blood to all parts of the body.

Association of Black Cardiologists. “Saving the Hearts & Minds of a Diverse America.” *Association of Black Cardiologists*, abcardio.org/.

The Association of Black Cardiologists, is an organization that was founded by Richard Allen Williams and 17 other cardiologists in 1974. Their mission is to raise awareness and prevention for all types of cardiovascular disease for blacks and other minorities.

- The ABC is dedicated to eliminating the disparities related to cardiovascular disease in all people of color. Today, the ABC's public and private partnerships continue to increase our impact in communities across the nation.
- We believe that good health is the cornerstone of progress. We are firm in our resolve to make exemplary health care accessible and affordable to all, dedicated to lowering the high rate of cardiovascular disease, including stroke, in minority populations and committed to advocacy and diversity. We are guided by ethical principles in all transactions and strive for excellence in our training and skills.

American Heart Association. "Go Red For Women®." *Go Red For Women®*, www.goredforwomen.org/.

Go Red for Women was created by the American Heart Association in 2004, when 500,000 American women had died to cardiovascular disease and stroke, yet some women were still not taking it seriously. Go Red for Women encourages women to stay aware off the issue. All of the funding from Go Red for Women goes to the

American Heart Association to support awareness, research, education, and programs to better benefit women.

- In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention.
- Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease.

MacMillan, Amanda. "Noise Pollution Increases Risk for Heart Disease." *Time*, Time, 6 Feb. 2018, time.com/5135279/noise-pollution-increases-heart-risk/.

According to the Journal of the American College of Cardiology, high levels of noise may be detrimental to your heart. Studies show that high decibel levels from road traffic and airplanes, have been linked to high blood pressure, coronary heart disease, stroke and heart failure. Researchers say that it affects the body on a "cellular level", causing an increase in stress hormones, which can eventually lead to cardiovascular damage.

- Specifically, researchers say, it induces stress responses and activates the sympathetic "fight or flight" nervous system. This causes a spike in stress hormones, which can eventually lead to vascular damage.

- High decibel levels from road traffic and airplanes, for example, has been linked to high blood pressure, coronary artery disease, stroke and heart failure — even after controlling for other factors like air pollution and socioeconomic status.