

Risk factors for development of cardiovascular disease

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Abstract

Cardiovascular disease atherosclerosis is interdisciplinary problem in which treatment included are: Cardiologist, paediatric cardiologist, neurologist, diabetologist, endocrinologist, cardiac and vascular surgeons, neurosurgeon, radiologist, specialist of nuclear medicine, epidemiologist, nutritionist, pathologist, biochemist, physician and paediatrician family doctors. Atherosclerosis is now one of the leading causes of death in developed countries. Begins in childhood, long time without developing symptoms increases with age and about 50 years of age begins to seriously threaten. The most important risk factors for the development of atherosclerotic disease are: Hyperlipidemia, hypertension, smoking, diabetes, high fibrinogen, a male sex at younger and middle age, and menopause in women taking oral contraceptives or hormone replacement therapy only with presence of other risk factors, excessive weight, increased level of homocysteine, physical inactivity, heredity and immune response in some diseases. Approximately 60-85% of obese children become obese adults, leading to earlier and more frequent occurrence of chronic non-communicable diseases: hypertension, early atherosclerosis, diabetes mellitus type 2 and other. Cardiovascular disease stays as the predominant cause of mortality and morbidity in developed countries. Primary prevention should begin as early as possible, even in childhood, creating a healthy diet, no smoking, regular physical activity, which will be able to prevent or at least slow the development of atherosclerosis. Preventive strategy of cardiovascular disease comprises the follow up of subjects in the major population by which we identify factors which could effect on cardiovascular risk, as well as the type of strategy in promotion of cardiovascular health in years to come.

Biography

Senka Mesihović-Dinarević was a Faculty of Medicine in Sarajevo in 1982. From 1982-2016, she worked at Paediatric Clinic-Clinical University Centre, Sarajevo. She completed her Msc in 1985, PhD in 1991 and has subspeciality in Paediatric Cardiology. She was a Professor of Paediatrics in 2006. She was a Lecturer at MRCP London and Director of Pediatric Clinic.

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