

Atherosclerosis, the major cause of Heart Attacks in the Older People: Treatment Options and Protocols for Patients with Atherosclerosis.

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The patients with atherosclerosis have a high ratio of getting heart attacks because the atherosclerosis is a type of disease in which the fat or cholesterol in the form of plaque is deposited and causes the problem of less blood supply to the heart and that is the problem which puts heart in trouble and then there is the heart attack. The risk and mortality ratio increases even more if the patient is already have another comorbidity just like the Diabetes and hypertension because these both condition also affects the heart. For staying healthy and living a happy life it is too necessary for your heart to remain in good health, to work in it's full flow and perform all of its necessary functions.

If we talk about the treatment of atherosclerosis, medicines alone can not help the patients because along with medicines, patients' needs some physical and dietary modifications to cope up with this dangerous disease of the coronary arteries, the arteries which provide blood to the heart. A patient is supposed to follow patient compliance in a whole, as it is provided by the health care professional either by a physician, dietitian and a pharmacist. In this disease patient compliance is always the key. The further management tools for the atherosclerosis include;

Diet modifications

Controlling the BMI under normal levels

Don't get obese

And control your diabetes if the patient is having this comorbidity.

Controlling the stress

People who get heart attack, they are at higher risk to get die too soon but it depends on the type of heart attack, three types of heart attacks are there which includes minor, major and massive heart attack. We cannot say who can get which type of heart attack for the first time, but heart attack is always dangerous, the common things which are supposed to do when a person develops heart attack includes ;

Immediately put an aspirin tablet sublingually.

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Cardiac pulmonary Resuscitation (CPR)

Use of defibrillator.

Once the patient is got consciousness back, then the patient can be sent to the hospital for further treatment and consultation. Along with other modifications, the stress management is also the key factor, everyone has stress but if it's within the limit it's ok otherwise it can harm badly, Researchers suggest that stress levels for a healthy person shall not exceed of the 50% because in life sometimes we need stress to do that particular work.

Biography

Doctor Amjad who belongs to the university of Sindh Jamshoro at the distt: Jamshoro Sindh Pakistan is an expert in patient counseling and providing the best services to the patients who are in need either physically or online. He is also having two years of experience as a guest speaker with many Pakistan based organizations on different diseases and medical related topics, the topics in which the public were in desperate need time to time. He is still working with some of the organizations as a permanent guest speaker which includes; Society of public health awareness, Leader future Generations, Purifying your life, Make yourself Complete, doctors online portal etc. Along with this experience he is also having experience at hospital as a hospital pharmacist, at community as a community pharmacist and an online teacher of the medical and health related subjects. He has always tried to improve the rational use of medicines and quality health education by awaring people to give them the best advices and consultations having great skills to evaluate patient condition and need based medicines for getting the better outcomes. For any query related to any health problem the patient are suggested to contact as they feel easy, he is always ready to help them.