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Risk Of Endometrial Cancer In Relation To Macronutrients From Diet

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<p align="center">**Anxiety disorder and cardiovascular diseases**</p>

Background

Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood

vessels. While the term technically refers to any disease that affects the cardiovascular system (as

used in MeSH C14 or International Statistical Classification of Diseases and Related Health

Problems 10th Revision (ICD10), ICD-10 Chapter IX: Diseases of the circulatory system), it is often

used to refer to those related to atherosclerosis and/or hypertension. The causes, mechanisms,

and treatments of these conditions often overlap[1]. Cardiovascular disease covers a full span of

coronary heart disease (CHD) and hypertension. Examples of the most common types are listed

in the summary below:

Abbreviation	Disease
AED	Automated external defibrillator
AP	Angina pectoris
AR	Atherosclerosis
CHF	Congestive heart failure
CPR	Cardiopulmonary resuscitation
HF	Heart failure
HT	hypertension
MI	Myocardial infarction
VF	Ventricular fibrillation
VT	Ventricular tachycardia

Cardiovascular diseases remain the most prevalent severe chronic disease and the leading cause

of death in US and in the world. The 2007 overall death rate from CVD (International Classification of

Diseases 10, I00–I99) was 251.2 per 100 000. The rates were 294.0 per 100 000 for white males, 405.9

per 100 000 for black males, 205.7 per 100 000 for white females, and 286.1 per 100 000 for black

females. An estimated 82 600 000 American adults (1in3) have 1 or more types of CVD. Of these, 40

400 000 are estimated to be 60 years of age. The prevalence of specific sub-type of CVD is listed below:

High blood pressure (HBP)—76 400 000; Coronary heart disease (CHD)—16 300 000; MI (heart

attack)— 7 900 000; AP (chest pain)— 9 000 000; HF—5 700 000; Stroke— 7 000 000; Congenital

cardiovascular defects— 650 000 to 1 300 000[2].

More than 2200 Americans die of CVD each day, an average of 1 death every 39 seconds.

Coronary heart disease caused 1 of every 6 deaths in the United States in 2007. Coronary heart

disease mortality in 2007 was 406 351. Each year, an estimated 785 000 Americans will have a new

coronary attack, and 470 000 will have a recurrent attack. It is estimated that an additional 195 000

silent first myocardial infarctions occur each year. Approximately every 25 seconds, an American will

have a coronary event, and approximately every minute, someone will die of one. The mortality rate

due to CVD was declining over time due to improved prevention and treatment while the absolute

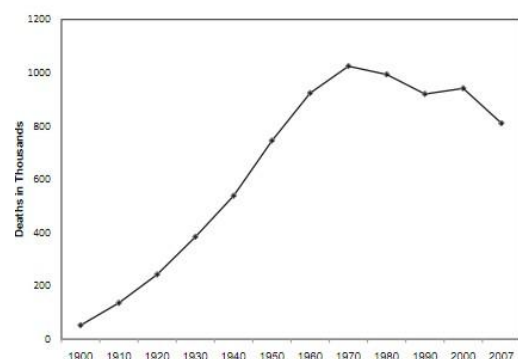number was increasing since the population has been aging.

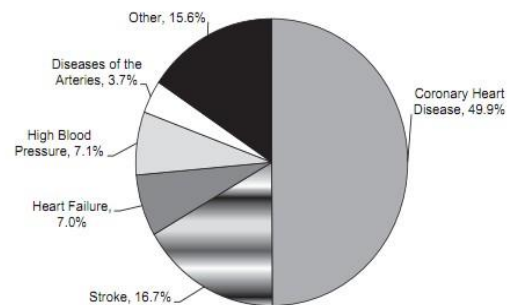Figure 1 Mortality due to CVD over time

Figure 2 Perventage breakdown of Mortality due to CVD

Anxiety disorder is a blanket term covering several different forms of a type of mental illness of

abnormal and pathological fear and anxiety. Anxiety disorder is divided into generalized anxiety

disorder, phobic disorder, and panic disorder; each has its own characteristics and symptoms and they require different treatment[3]. The emotions present in anxiety disorders range from simple nervousness to bouts of terror[4]. Large scale epidemiological studies have confirmed that anxiety disorders are highly prevalent in the population. Anxiety disorders are the most common class of mental disorders, affecting nearly 1 in 5 adults in the U.S. The National Comorbidity Survey (NCS; conducted from 1990 to 1992) found that lifetime prevalence rates for any anxiety disorder were 30.5% for women and 19.2% for men (Kessler et al., 1994)The 2003 Canadian Study of Mental Health and Wellbeing (CCHS 1.2) (1) estimated the 12-month prevalence of panic disorder at 1.6%, agoraphobia at 0.7%, and social phobia at 3.0%[5].

The importance

Measurement

Result and review

Mechanism

Limitation

Conclusion