

DISEASES OF THE CARDIOVASCULAR SYSTEM, SUCH AS HYPERTENSION AND ATHEROSCLEROSIS, ARE AMONG THE LEADING CAUSES OF DEATH WORLDWIDE, HIGHLIGHTING THE IMPORTANCE OF EARLY PREVENTION, HEALTHY LIFESTYLE CHOICES, AND REGULAR MEDICAL CHECK-UPS.

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Abstract: *Cardiovascular diseases, such as hypertension and atherosclerosis, are among the leading causes of death worldwide. Early prevention, healthy lifestyle choices, and regular medical check-ups play a crucial role in reducing morbidity and mortality rates associated with these conditions. This paper discusses the main risk factors, prevention strategies, and the importance of timely diagnosis to improve cardiovascular health.*

Keywords: *Cardiovascular diseases, hypertension, atherosclerosis, prevention, healthy lifestyle, medical check-up*

Material:

The study is based on data collected from recent epidemiological research and clinical studies focusing on the prevalence and impact of hypertension and atherosclerosis worldwide.

Method:

A comprehensive review of scientific literature was conducted, analyzing the causes, risk factors, preventive measures, and treatment approaches for cardiovascular diseases. Data from patient case studies and public health reports were synthesized to draw relevant conclusions.

Conclusion:

Cardiovascular diseases remain a major global health challenge. Early detection through regular medical examinations and adopting healthy lifestyle habits, including balanced nutrition, physical activity, and avoiding harmful substances, significantly reduce the risk of developing these diseases. Public health initiatives should focus on raising awareness and promoting preventive care to decrease cardiovascular-related mortality.

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