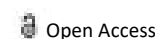




PERSPECTIVE



Preventive Cardiology and Cardiac Rehabilitation

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Description

Cardiology is a specialty of medicine that deals with heart and cardiovascular system problems. This field encompasses congenital heart defects, coronary artery disease, heart failure, valvular heart disease, and electrophysiology. Cardiologists are doctors that specialise in this aspect of medicine and are a specialist of internal medicine. Pediatric cardiologists are cardiology-focused pediatricians. Cardiothoracic surgeons, also called cardiac surgeons, are general surgeons who specialise in heart surgery.

Because of the rising burden of cardiovascular disease at a young age, the attention has shifted to Preventive Cardiology in recent years. According to the WHO, cardiovascular illnesses account for 37% of all premature deaths, with 82 percent occurring in low- and middle-income nations. Clinical cardiology is a subspecialty of cardiology that deals with heart prevention and rehabilitation. Preventive cardiology also deals with routine preventive checkups using non-invasive tests such as electrocardiography, stress tests, lipid profile, and general physical examination to detect cardiovascular diseases at an early age, whereas cardiac rehabilitation is a new branch of cardiology that helps a person regain overall strength and live a normal life after a cardiovascular event. Preventive cardiology is a specialisation of preventive medicine.

CVD is a term used to describe a collection of disorders that affect the heart and blood vessels. Angina and myocardial infarction are instances of Coronary Artery Disorders (CAD) (commonly known as a heart attack). Stroke, heart failure, hypertension, rheumatic heart disease, cardiomyopathy, irregular heart rhythms, congenital heart disease, valvular heart disease, carditis, aortic aneurysms, periph-

eral artery disease, thromboembolic disease, and venous thrombosis are some of the other CVDs.

The process of creating an electrocardiogram (ECG or EKG), a recording of the heart's electrical activity, is known as electrocardiography. It's a heart electrogram, which is a graph of voltage versus time of the heart's electrical activity using electrodes on the skin. These electrodes detect the minute electrical changes that occur as a result of cardiac muscle depolarization and repolarization during each cardiac cycle (heartbeat). Rhythm disturbances (such as atrial fibrillation and ventricular tachycardia), inadequate coronary artery blood flow (such as myocardial ischemia and myocardial infarction), and electrolyte disturbances all cause changes in the normal ECG pattern.

A lipid profile, also known as a lipid panel, is a set of blood tests used to detect lipid abnormalities like cholesterol and triglycerides. [Not confirmed in the body] The findings of this test can be used to diagnose specific hereditary illnesses as well as estimate the risk of cardiovascular disease, pancreatitis, and other ailments.

Sports cardiology is a new specialisation of cardiology that is growing in popularity. It can be classified as a specialisation of Sports Medicine or as a hybrid subspecialty combining cardiology and sports medicine. Another medical specialty that has some overlap with Sports Cardiology is emergency medicine. In both Europe and the United States, sports cardiology is now regarded a unique subspecialty, with a core curriculum designed in both nations. It was once classified as a specialisation of Preventive Cardiology in Europe, but Sports Cardiology is now considered a separate area. It has evolved from a special interest area to a unique specialisation in the United States.