

Coronary heart disease - measures of primary, secondary, and tertiary prevention

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Coronary heart disease (CHD) is a significant cause of morbidity and mortality worldwide. It occurs due to the accumulation of plaque in the walls of the coronary arteries, leading to reduced blood flow to the myocardium. The prevention of CHD is an important public health priority, with measures divided into primary, secondary, and tertiary prevention. Primary prevention focuses on the susceptibility to disease development when risk factors are present without symptoms of the disease. General measures relate to the daily organization of life and work, as well as the creation of good environmental conditions, while specific measures aim to eliminate risk factors and identify new etiological agents. Preventive programs promote the management of known cardiovascular risk factors such as hypertension, hyperlipoproteinemia, diabetes, obesity, inadequate nutrition, physical inactivity, smoking, depression, and numerous other health conditions.¹ Nurses educate and provide support to individuals at risk of CHD, promoting healthy behaviors such as regular physical activity, healthy eating, and smoking cessation. Through the implementation of secondary prevention and early diagnosis of critical and permanent damage, interventions are aimed at lifestyle changes, management of risk factors, and the application of pharmacological treatment. Tertiary prevention involves patients with existing CHD, with the goal of improving patients' quality of life through treatment and rehabilitation, reducing the occurrence of disability and the development of complications by improving cardiac function. Nurses, with their professional knowledge and patient-centered care, contribute to promoting heart health and reducing risk factors associated with the development and onset of CHD.

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LITERATURE

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