ABSTRACT

This chapter describes how cardiovascular disease in industrialized nations the proportion is higher, reaching 90%. Ageing has a remarkable effect on the heart and arterial system, out of which leading to an increase in cardiovascular disease including atherosclerosis, hypertension, myocardial infarction, and stroke. Cardiovascular disease is one of the leading causes of Cardiovascular Disease morbidity and mortality today. Coronary heart disease accounts for 70 to 80 per cent of deaths in men and women in adults over 60 years of age. Congestive Heart Failure is the most common cause of hospitalization in the elderly. Since a significant proportion of the population is and will be elderly and the morbidity and mortality of cardiovascular disease in this population is so profound, it is important to understand the evaluation and treatment of cardiovascular disease in the elderly.

INTRODUCTION

Aging-associated diseases are atherosclerosis and cardiovascular disease (CVD), cancer, arthritis, cataracts, osteoporosis, type 2 diabetes, hypertension and Alzheimer’s disease. The incidence of all of these diseases increases rapidly with aging (increases exponentially with age, in the case of cancer) of the roughly 150,000 people who die each day across the globe, about two thirds 100,000 per day die of age-related causes. In industrialized nations, the proportion is higher, reaching 90%. Aging has a remarkable effect
on the heart and arterial system, out of which leading to an increase in CVD including atherosclerosis, hypertension, myocardial infarction, and stroke. Cardiovascular disease is one of the leading causes of Cardiovascular Disease morbidity and mortality today. Coronary heart disease accounts for 70 to 80 per cent of deaths in men and women in adults over 60 years of age. Congestive Heart Failure (CHF) is the most common cause of hospitalization in the elderly. Since a significant proportion of the population is and will be elderly and the morbidity and mortality of cardiovascular disease in this population is so profound, it is important to understand the evaluation and treatment of cardiovascular disease in the elderly. Deaths, at a given age, from CVD are more common and have been increasing in much of the developing world, while rates have declined in most of the developed world since the 1970s (Bridget, 2010; Moran, 2014). Coronary artery disease and stroke account for 80% of CVD deaths in males and 75% of CVD deaths in females (Mendis, Puska., & Norrving, 2011). Most cardiovascular disease affects older adults. In the United States 11% of people between 20 and 40 have CVD, while 37% between 40 and 60, 71% of people between 60 and 80, and 85% of people over 80 have CVD (Go et al., 2013). The average age of death from coronary artery disease in the developed world is around 80 while it is around 68 in the developing world (Bridget, 2010). Disease onset is typically seven to ten years earlier in men as compared to women (Mendis et al., 2011).

**TYPES OF CVDS**

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels. There are many cardiovascular diseases involving the blood vessels. They are known as vascular diseases.

- Coronary artery disease (also known as coronary heart disease and ischemic heart disease).
- Peripheral arterial disease: disease of blood vessels that supply blood to the arms and legs.
- Cerebrovascular disease: disease of blood vessels that supply blood to the brain (includes stroke).
- Renal artery stenosis.
- Aortic aneurysm.
- There are also many cardiovascular diseases that involve the heart.
  - Cardiomyopathy: diseases of cardiac muscle.
  - Hypertensive heart disease: diseases of the heart secondary to high blood pressure or hypertension.
  - Heart failure: a clinical syndrome caused by the inability of the heart to supply sufficient blood to the tissues to meet their metabolic requirements.
  - Pulmonary heart disease: a failure at the right side of the heart with respiratory system involvement.
  - Cardiac dysrhythmias: abnormalities of heart rhythm.
  - Inflammatory heart disease.
    - Endocarditis: inflammation of the inner layer of the heart, the endocardium. The structures most commonly involved are the heart valves.
    - Inflammatory cardiomegaly.
    - Myocarditis: inflammation of the myocardium, the muscular part of the heart.
- Valvular heart disease.
- Congenital heart disease: heart structure malformations existing at birth.
- Rheumatic heart disease: heart muscles and valves damage due to rheumatic fever caused by streptococcus pyogenes a group a streptococcal infection.
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