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Nursing Research Extra Credit

The school of nursing held its research conference this past Monday and there were a variety of presentations that I learned a great deal from. The research topic that stood out to me was of heart disease.

Heart disease is the leading cause of death in men, women, and those of racial and ethnic backgrounds in the United States. According to research, a human being dies every 34 seconds from cardiovascular disease. Heart disease is caused by plaque buildup within the arteries. Over time, as plaque begins to build, the artery narrows which blocks or prevents adequate blood flow. This is extremely alarming, yet, important to understand so that many can learn ways to either prevent CVD or find treatment options through a healthcare provider early on.

A few risk factors that lead to heart disease are high blood pressure, cholesterol, and smoking. Hypertension and high cholesterol are prevalent in my family, so I know the importance of eating healthy, maintaining a healthy weight, monitoring my blood pressure, and scheduling visits with my provider every 6 months to a year for routine checkups.