

Heart Disease in America

Perspective

February was recently national heart disease month in America. The battle to reduce the devastating impact of heart disease has been raging for decades. Congenital heart disease and acquired heart disease are the two main classification types of heart disease recognized by the medical community.

The National Center of chronic disease has some very staggering numbers on the impact of heart disease on the general population of America. Once every 34 seconds in America someone suffers from a myocardial infarction. Further, nine hundred thirty five thousand Americans, suffered a heart attack, in 2011. One in four deaths can be attributed to heart disease. One in four Americans has been diagnosed with high cholesterol. These aforementioned statistics, demonstrate, that America must continue reducing the debilitating effects of heart disease on its populace.

There has been great progress in, recent decades, in both diagnosing and treating heart disease. There has been an innovation in medical procedures, as well as, advances in stem cell and cardiac stent technology. These advances have saved many thousands of lives over the past decade. However, medical technology, which is a great asset must also accept, that it does have limitations to alter the dynamics of heart disease progression in 2015.

Cardiovascular medicine has started to take a holistic approach to treating heart disease. This radical concept means that each individual patient is unique and likely needs a tailored treatment package of diet, exercise, medication, etc to halt the buildup of plaque in the coronary arteries. Further, I think America needs to spend more research dollars assessing, which treatment options really work, and discard those that don't work expeditiously.

In closing, I believe medical science, will one day, develop treatment methodologies that will greatly reduce both the suffering and mortality rates of heart disease in America.

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Volume 3 Issue 1 - 2015

Phillip Louis D'Amato*

Pediatric Cardiac Sonographer, SRMC University, USA

***Corresponding author:** Phillip Louis D'Amato, Pediatric Cardiac Sonographer & Founder New Horizons Investments, SRMC University, 7018 packhouse drive Hope Mills, North Carolina, 28348, USA, Tel: 910 3396518; Email: rudy70@hotmail.com

Received: June 02, 2015 | **Published:** June 06, 2015