

Preventive cardiology: a real and urgent need for education

Editorial

With the increase of the numbers of patients suffering from cardiac diseases worldwide there is an urgent need to handle this issue both by the authorities and the social organization. The statistics related to cardiac diseases reflects a situation that cannot be postponed further. What makes the situation even worst is the increasing percentage of the elderly population since the age represents a key factor in the cardiac health; although individuals at a young age develop cardiac disorders too.¹ Another serious factor is represented by the diet. Indeed, the diet and the tendency to consume junk, oily food and products with high sugar and salt ratio or beverage are becoming more common. Moreover, tobacco and alcohol ingestion are also among the dangerous risk factors.

Furthermore, cardiac diseases are also related to a variety of disorders such as metabolic disease, anxiety disorders² and vascular problems and can even be influenced by physiological status such as pregnancy;³ which makes the education of the population more important to both improve the health care, reduce the cost of medical care and medicines spent each year by the governments and health insurances. Therefore, we "must move" to prevent a catastrophic health situation in the coming years.

It is not evident to easily discourage the consumption of such items since strong efforts are made by companies and media to promote such unhealthy products for business and economic reasons. However, serious steps need to be undertaken and must involve all the concerned parts including the governments, medical associations and media via the use of schools and universities as an educational platform. In fact, in many countries there are many good plans to improve cardiac health care but there is a severe lack in dealing with the origin of the problem through a preventive approach. There is a need to clarify, for the general population, the importance of a healthy food, sports and preventive medicine in their daily life. Furthermore, patients need to understand that medicines and therapies may treat some symptoms of the cardiac disease but they cannot reverse it or totally repair the damages. It is also important to emphasize those small daily tasks and decision that can have a huge impact on the cardiac health and that even a neglected practice can save lives.

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Conflicts of interest

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