



Learn 11 Signs That Show You May Have Heart Disease

Description

There is no doubt that every part of your body performs essential functions. However, there are some vital organs without which you can't survive and soon face death.



So, the heart is one of those organs essential for all living organisms since it pumps out the blood to all body parts.

If the blood doesn't reach targeted body areas, how can it get the nutrients and gases? Therefore when the heart wears off, the body loses all of its support and functions.

Moreover, keeping the heart healthy is crucial in all aspects. Although people often ignore the symptoms and don't understand that the signs can lead to serious heart problems. Whether clear or minor, you all need to pay heed to abnormal medical signs.

So, to make people learn about the signs that show they have heart diseases, we have brought a comprehensive guide. After reading this, you'll get to know 11 significant symptoms which disturb your heart's health.

Fatigue

Feeling exhausted after a hectic day is normal. But when you feel extremely tired without any reason, then you need to meet your doctor soon. For example, going upstairs or carrying your grocery makes you tired, then it's not normal anymore.

Unexplained tiredness and exhaustion is a symptom of heart problem commonly observed in women. In this condition, the body becomes deprived of oxygen, leading to constant fatigue.

Chest Pain

Having chest pain feels like an elephant is sitting on the chest. It happens when something is wrong with your heart since the heart is located on the center of your chest slightly towards the left.

The patient with chest discomfort feels pressure, pinching, and heaviness. This condition is also called Angina. Call your doctor if you frequently feel pain in your upper chest area.

Shortness of Breath

As we all know, healthy breathing refers to enough amount of oxygen inhaled by the body. So, when the heart doesn't work properly, it cannot supply oxygen, due to which the lungs don't get enough oxygen. This further promotes shortness of breath.

Moreover, it's an obvious signifier when the patient's health is falling towards the problem. Shortness of breath should not be ignored because it may signify aortic disease, arrhythmia, or heart failure.

Irregular Heart Rhythm

Our heart normally beats 72 times per minute. So, you should be careful when your heart gives an abnormal rhythm showing the increasing or decreasing number of heartbeats. It is a clear signal for atrial fibrillation.

Reduced Stamina

If you're unable to reach your cardio and exercise goals, you may have minimized your stamina. Reduced exercise tolerance is also related to an unhealthy heart. Conversely, people with an active lifestyle and vigorous exercise routine can face heart problems and continue isometric exercises.

Sleeping Problems

There could be many reasons that promote sleeping issues, such as alcohol, diabetes, obesity, depression, and age. Nevertheless, it's also the major sign caused by abnormal functioning of the heart.

Sleeping problems include apnea and waking up during the night. In this condition, the patient snores with a loud sound which doesn't seem normal. Also, they have continuous interruption, discomfort, and overall poor sleep due to poor blood flow, which disturbs the brain functions.

Persistent Cough

People ignore the cough thinking that it's normal and can be reduced after a few days. However, persistent cough is the classic symptom of a damaged heart. People need to be extra careful if the cough doesn't quit and produces white or pinkish mucus. In addition, the production of fluid gets stuck in the lungs, which further dries up the breathing path and promotes a long-lasting cough.

Pain in Extremities

When your heart is undergoing serious issues, it weakens your extremities, including your shoulders. For example, having pain in the left arm is a serious heart symptom that leads to a heart attack.

Sometimes, patients with unhealthy hearts have pain in the arms, back, shoulder, and lower extremities, interrupting their overall body functioning. As a result, the patient becomes unable to perform their daily life tasks.

So, never ignore these symptoms, thinking that it's normal or part of aging.

Swelling

Our pumping organ deals with the complete blood flow, so it promotes swelling when it's not properly working. As a result, your shoes, socks, or pants may feel tight, which is the possibility of heart failure.

Congestive heart failure allows the heart not to function properly. As a result, the feet, ankle, and leg face [edema](#) is normally called swelling. Heart problems also cause bloating of the abdomen.

Heartburn and Stomach Pain

?When women's heart is in problem, they may face heartburn, nausea, back pain, or stomach pain. These conditions also become severe and spread to involve the left shoulder and chest area. Also, they upset your digestive tract and lead to other medical problems.

Never take these symptoms too lightly, and confirm your appointment with a doctor as early as possible.

Leg Cramps

When the circulation is impaired, your body organs may show reluctance to fulfill their responsibilities. So, when you have difficulty walking or feel leg cramps, you must talk about this to your doctor.

Legs cramps are the obvious sign of heart problem, maybe atherosclerosis, and shouldn't be left unnoticed at any cost.

Final Words

Our heart is the only organ that works throughout our lives and stops when we meet death. So in this instance, it is pivotal to take care of your health, feed it with a good diet and practice a healthy lifestyle.

Moreover, never ignore the minor symptoms if you see any. The unnoticed signs can initiate severe heart problems. Hence, we have also provided 11 signs that tell people they may have heart disease.

Take every medical abnormality seriously and get it checked beforehand. Don't forget to take care of yourself and your loved ones.

Category

1. Lifestyle

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