

Signs of heart disease should not be ignored

The heart is an important part of the human body, but if the heart encounters these signs, you need to be aware, maybe your heart is having problems.

The heart is an important part of the human circulatory system, with a regular pumping function and pushing blood into the arteries and bringing oxygen and nutrients to the entire body, and eliminating waste in the metabolism. Therefore, when your body experiences symptoms such as difficulty breathing, heavy chest, cough, fatigue . you need to go to the doctor immediately to be able to diagnose the disease and have a timely treatment

1. Difficulty breathing, shortness of breath during light exercise



If your body is constantly in a state of shortness of breath, such as something that compresses your chest or makes a shortness of breath during light exercise, such as when riding a bicycle or climbing stairs, even breathing difficulties occur when you lie When you go to bed, you need to see a doctor right away. This is a warning sign that your heart is suffering from anemia or heart valve problem.

2. Hypertension



Blood pressure is also a harmful factor to your heart. If you have a history of high blood pressure, your heart health is also significantly impaired, because your heart must pump blood regularly and push. Blood enters the arteries with high pressure every second.

3. Persistent cough



A persistent cough can also be linked to heart disease, because when you have heart failure, long-term fluid builds up in your lungs through your heart causing long-term coughing or wheezing, in some cases , people with heart failure may also cough up bloody talks. If you often have a long cough, it is best to see a doctor to get the most accurate diagnosis.

4. Swelling of limbs



Heart failure occurs at the same time as edema, the body shows signs of fluid accumulation. If you see that when you wake up, your face is full of swelling, heavy eyelids, or typical foot swelling at certain times of the day feeling tight on sandals . all show that you have symptoms of heart failure. . When blood flow from the heart is slow, blood returns to the heart through a stagnant vein, causing fluid to accumulate in the tissues. The kidneys cannot remove salts and water also causes water retention in tissues, causing edema.

5. Nausea or anorexia



Vomiting, nausea, loss of appetite are common symptoms of gastrointestinal disease. However, these symptoms may occur when acute myocardial infarction occurs.

6. Swollen gums



Besides the above signs, one of the other signs associated with heart disease is inflammation, especially gingivitis, so when these signs are present you should not underestimate.

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