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THE IMPACT OF LIFESTYLE FACTORS ON THE PREVENTION OF CARDIOVASCULAR DISEASES

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Abstract
Cardiovascular diseases (CVDs) remain the leading cause of mortality worldwide. Numerous studies have demonstrated that lifestyle factors play a crucial role in both the development and prevention of these conditions. This study aims to evaluate the influence of physical activity, diet, smoking, and stress management on the prevention of cardiovascular diseases. A cross-sectional study was conducted among 500 adult participants aged 30–65 years. Data were collected using standardized questionnaires and clinical measurements. The results indicate that regular physical activity, a balanced diet, and avoidance of smoking significantly reduce the risk of CVDs. These findings highlight the importance of lifestyle modification as a primary preventive strategy against cardiovascular diseases.

Keywords: Cardiovascular diseases, lifestyle factors, prevention, physical activity, diet.

Introduction

Cardiovascular diseases represent a major public health challenge, accounting for approximately one-third of all global deaths. Despite advances in medical treatment, prevention remains the most effective strategy to reduce the burden of CVDs. Lifestyle-related risk factors such as poor diet, physical inactivity, smoking, and chronic stress are strongly associated with the development of cardiovascular conditions. Understanding the role of these factors is essential for designing effective preventive interventions. This study investigates the relationship between lifestyle habits and cardiovascular disease prevention.

Materials and Methods

A cross-sectional study design was used. The study population consisted of 500 adults recruited from urban healthcare centers. Inclusion criteria included individuals aged 30–65 years with no previously diagnosed cardiovascular disease. Data collection involved structured questionnaires assessing dietary habits, physical activity levels, smoking status, and stress levels. Blood pressure, body mass index (BMI), and cholesterol levels were measured using standard clinical procedures. Statistical analysis was performed using SPSS software, with significance set at $p < 0.05$.

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Results

The findings revealed that participants who engaged in regular physical activity (at least 150 minutes per week) had significantly lower blood pressure and cholesterol levels compared to inactive individuals. A diet rich in fruits, vegetables, and whole grains was associated with a reduced BMI and improved lipid profiles. Smoking was strongly correlated with increased cardiovascular risk markers. Additionally, individuals practicing stress management techniques demonstrated better overall cardiovascular health.

Discussion

The results of this study support existing evidence that lifestyle factors play a critical role in the prevention of cardiovascular diseases. Physical activity and healthy dietary patterns contribute to improved metabolic and cardiovascular outcomes. Smoking cessation and stress reduction further enhance cardiovascular health. These findings emphasize the need for public health policies that promote healthy lifestyles.

Conclusion

Lifestyle modification is a key component in the prevention of cardiovascular diseases. Encouraging regular exercise, healthy eating habits, smoking cessation, and effective stress management can significantly reduce the risk of CVDs. Healthcare professionals should prioritize lifestyle counseling as part of routine preventive care.

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