

## The Role of Health Professionals in Minimizing the Impacts of Heart disease on Global Women's Health

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### Abstract

This article will discuss the role of health professionals in minimizing the impacts of heart disease on global women's health. Heart disease describes a range of conditions that affect your heart. Heart diseases include: Blood vessel disease such as coronary artery disease, Heart rhythm problems (arrhythmias), Heart defects you are born with (congenital heart defects), heart valve disease, Diseases of the heart muscle and heart infection. Women's health refers to the health of women, which differs from that of men in many unique ways. Unique ways include pregnancy, menopause, and conditions of the female organs. Women health includes Reproductive and sexual Health, Maternal Health and so on. There is a very big relationship between Heart diseases and women health. All Women face the threat of heart disease and Heart disease is the leading cause of death for women in different part of the World.

Health Professionals are those who work as a physician, surgeon, medical assistant, physician assistant, nurse, midwife. Health Professional can play a key role in minimizing the impacts of heart disease on global women's health. In view, heart disease has been recognized as one of major issues of global women health especially maternal health where many women experience heart disease during pregnancies. In so many countries around the world women don't know what to look for because some heart disease symptoms in women can differ from those in men. Fortunately, by learning their unique heart disease symptoms, women can begin to reduce their risks. Excellent health professionals such as nurses and cardiologist can help in minimizing such issues.

### Objectives & Methods

- To Understand the Impacts of heart disease on Global Women's Health.
- To understand the relationship between heart diseases and Global Women's health.
- To understand the role of health professionals in minimizing the Impacts of heart disease on Global Health.
- Data were obtained from published literature, reports and available different websites.

### Results

- The results showed that heart disease has been making a big impact on global women's health and showed that heart disease affect Global Women's Health in different ways where it causes maternal death, it increases women death, it causes women mental health disorder such as anxiety and it affects women reproductive and sexual health. For example in United States, heart disease killing 299578 women in 2017 or about 1 in every 5 female death. In Low Middle Income countries, heart disease such as hypertension is one of direct causes of maternal death.
- The results also showed that heart disease present in 1%-4% of the nearly 4 million pregnancies in the USA each year, with stroke as well.
- Excellent health professionals such as nurses and cardiologist can help in minimizing such issues.

### Conclusion

- Heart disease has been affecting Global Women's Health. Well and healthy women experience better maternal health than the one with heart disease but too many women around the world need to know the risks and symptoms unique to women, as well as eating a heart healthy diet and exercising, can protect them from heart disease and decrease the consequences of heart diseases on Women global Health. Many women are still missing out on the opportunity to get educated about taking care of their cardiovascular system.
- Improving the women health still remains a great challenge around the world but it is our task as Health Professionals.

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