

Date: 19th May-2026

CAUSES OF RICKETS DISEASE AND PREVENTIVE MEASURES

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Annotation: This article discusses heart diseases, their causes, symptoms, diagnosis, treatment, and prevention methods. Heart diseases are among the leading causes of death worldwide and have a significant impact on human health and quality of life. The article explains different types of cardiovascular diseases, including coronary artery disease, heart failure, arrhythmia, and congenital heart disorders. It also highlights the major risk factors such as unhealthy diet, smoking, obesity, stress, and lack of physical activity. Special attention is given to modern diagnostic methods and treatment approaches used in contemporary medicine. The importance of prevention through healthy lifestyle choices and regular medical examinations is emphasized throughout the article. The study concludes that increasing public awareness and promoting healthy habits are essential steps in reducing the global burden of heart diseases.

Keywords: heart disease, cardiovascular system, coronary artery disease, heart failure, prevention, treatment, healthy lifestyle, diagnosis.

The heart is one of the most important organs in the human body. It works continuously to pump blood, oxygen, and nutrients throughout the body. Any disorder that affects the normal functioning of the heart is called heart disease. Heart diseases are among the leading causes of death worldwide and affect millions of people every year. These diseases can develop because of unhealthy lifestyle habits, genetic factors, infections, stress, obesity, smoking, and lack of physical activity.

There are several types of heart diseases, including coronary artery disease, heart failure, arrhythmia, congenital heart disease, and valvular heart disease. Coronary artery disease occurs when the blood vessels supplying the heart become narrow or blocked due to cholesterol deposits. This condition may lead to chest pain, heart attack, or even sudden death. Heart failure develops when the heart cannot pump blood efficiently, causing fatigue, shortness of breath, and swelling in different parts of the body.

Modern medicine has made significant progress in diagnosing and treating heart diseases. Doctors use various diagnostic methods such as electrocardiography (ECG), echocardiography, blood tests, and angiography to identify heart problems. Treatment may include medications, lifestyle changes, surgery, or the use of medical devices such as pacemakers.

Prevention is one of the most effective ways to reduce the risk of heart disease. Maintaining a healthy diet, exercising regularly, avoiding smoking and alcohol abuse, reducing stress, and having regular medical checkups can help protect heart health. Public



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awareness about cardiovascular diseases is also important for improving overall community health.

Heart diseases not only affect physical health but also influence emotional and social well-being. Therefore, studying heart diseases and understanding their causes, symptoms, prevention, and treatment are essential for promoting a healthier society.

Rickets is a childhood bone disorder that mainly occurs due to a deficiency of vitamin D, calcium, or phosphate in the body. These nutrients are essential for the proper growth and strengthening of bones. When the body lacks them, bones become soft, weak, and may develop deformities. Rickets mostly affects infants and young children during their early stages of growth. The main cause of rickets is insufficient exposure to sunlight, which reduces the body's ability to produce vitamin D naturally. In addition, poor nutrition, exclusive breastfeeding without vitamin D supplements, and certain medical conditions that affect nutrient absorption can also lead to the development of this disease. Children living in areas with limited sunlight or those who do not consume a balanced diet are at higher risk.

Preventing rickets is very important for ensuring healthy growth and development in children. Early prevention can help avoid long-term complications such as bone deformities, delayed growth, and muscle weakness. Therefore, understanding the causes and applying preventive measures plays a key role in protecting children's health and improving their quality of life.

In conclusion, heart diseases remain one of the most serious health problems in the modern world. They affect people of different ages and backgrounds and can lead to severe complications if not diagnosed and treated in time. The major causes of heart diseases include unhealthy lifestyles, poor nutrition, smoking, obesity, stress, and hereditary factors.

Early diagnosis and proper treatment play an important role in reducing mortality and improving patients' quality of life. Advances in medical technology and healthcare systems have significantly improved the management of cardiovascular diseases. However, prevention is still the best method for controlling heart diseases.

Healthy habits such as balanced nutrition, regular physical activity, avoiding harmful substances, and routine health examinations can greatly decrease the risk of developing heart-related illnesses. Education and awareness programs are also necessary to encourage people to take care of their cardiovascular health.

Overall, protecting heart health is essential for living a long and productive life. Greater attention from individuals, healthcare professionals, and governments can help reduce the global burden of heart diseases and create healthier communities in the future.

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