

During the past decade, cardiovascular medicine has made significant strides in the diagnosis and treatment of coronary heart disease and related disorders as well as developing a better understanding of potential preventive, risk-reducing measures. Highly sophisticated diagnostic instrumentation, surgical procedures, and emergency medical care have undoubtedly contributed greatly to the trend of declining mortality from cardiovascular events. In the course of the extensive research efforts associated with this area, it has become increasingly apparent that the identified coronary risk factors share the common element of lifestyle as a major determiner of health behaviors associated with these factors. Further, it is suspected that behavioral and environmental factors may play a significant contributory role toward the etiology and progression of arteriosclerosis through their effects on the central and peripheral nervous systems and associated neurohormonal response. Considerable research effort has been devoted to identifying the risks associated with smoking, elevated blood pressure, and serum cholesterol. Research development and modification is being vigorously pursued. Behavioral research exploring the role of psychological stress factors, social support networks, stressful life events, and the Type A/B behavior patterns has uncovered potentially meaningful associations between behavioral factors and arteriosclerosis, as discussed in the succeeding chapters of this book.

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Conclusions Atherosclerosis and depression are associated in the elderly. This finding .. Even if behavioral factors such as difficulties in smoking cessation or. This blockage is atherosclerosis. It can affect any artery in your body. When atherosclerosis affects the arteries that supply blood to the heart, it is called coronary. Learn about more lifestyle behaviors that put you at risk. and cholesterol have been linked to heart disease and related conditions, such as atherosclerosis.

Further, it is suspected that behavioral and environmental factors may play a significant contributory role toward the etiology and progression of arteriosclerosis. The concept of coronary-prone behavior has a long history but a short scientific past. The renowned internist Sir William Osier noted, for instance, that: It is not .

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