

# Learning Series - #1



## Making sense of medical terminology - CARDIOVASCULAR DISEASE

### Cardiovascular Disease (CVD) or Heart Disease

A general term referring to conditions affecting the heart (cardio) and blood vessels (vascular system). Examples include coronary artery disease, valve disease, arrhythmia, peripheral vascular disease, congenital heart defects, hypertension, and cardiomyopathy.

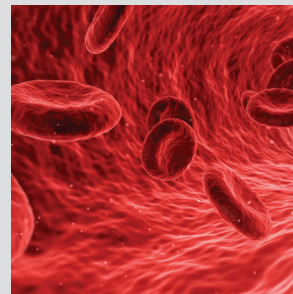


### Heart Failure or Congestive Heart Failure

Heart failure is a chronic, progressive condition in which the heart muscle either is unable to pump (systolic dysfunction) or unable to relax to accommodate (diastolic dysfunction) enough blood to meet the body's needs for blood and oxygen. Basically, the heart can't keep up with its workload.

### Heart Attack or Myocardial Infarction (MI)

Death of, or damage to, part of the heart muscle (myocardium) caused by a lack of oxygen-rich blood flowing to the heart.



### Coronary Artery Disease (CAD) or Ischemic Heart Disease (IHD)

A narrowing of the arteries that supply blood to the heart. The condition results from a buildup of plaque and greatly increases the risk of angina pectoris and a heart attack.

### Cerebrovascular Disease

A disease or disorder that is caused by blood vessel narrowing, clot formation, blockage or blood vessel rupture in the blood vessels of the brain or supplying the brain.

Examples include stroke, carotid stenosis, vertebral stenosis and intracranial stenosis, aneurysms, and vascular malformations.



Since 1973, Optimum Reassurance has been offering its clients in the Canadian market with professional reinsurance services and capacity. Optimum Reassurance is a subsidiary of the Montreal-based holding company, Optimum Group. Optimum Group is a privately owned international financial group active in life reinsurance, property and casualty insurance, life insurance, actuarial consulting and asset management.

 [optimumre.ca](http://optimumre.ca)  
 [optimum--reassurance/linkedin](https://www.linkedin.com/company/optimum-reassurance/)

