



شبكة المعلومات الجامعية

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ





شبكة المعلومات الجامعية



شبكة المعلومات الجامعية

التوثيق الالكتروني والميكرو فيلم

# جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

## قسم

نقسم بلله العظيم أن المادة التي تم توثيقها وتسجيلها  
علي هذه الأفلام قد اعدت دون أية تغيرات



## يجب أن

تحفظ هذه الأفلام بعيداً عن الغبار

في درجة حرارة من 15 – 20 مئوية ورطوبة نسبية من 20-40 %

To be kept away from dust in dry cool place of  
15 – 25c and relative humidity 20-40 %



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# بعض الوثائق الأصلية تالفة



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بالرسالة صفحات

لم ترد بالأصل

B1-V19

**LIFESTYLE PATTERNS AMONG PATIENTS  
WITH CORONARY ARTERY DISEASE**

Thesis

**Submitted to the Faculty of Nursing  
University of Alexandria  
In partial fulfillment of the requirements for**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

((وَعَلَّمَكَ مَا لَمْ تَكُن تَعْلَمُ وَكَانَ فَضْلُ اللَّهِ عَلَيْكَ عَظِيمًا)))

صِدْقُ اللَّهِ الْعَظِيمِ



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# INTRODUCTION

## **Introduction**

Chronic diseases, such as cardiovascular diseases and cancer are considered the primary killer in the world today <sup>(1)</sup>. In developed countries, coronary artery disease and stroke are responsible for 40-50 % of all deaths. The main underlying pathological process of these 2 diseases is atherosclerosis <sup>(2, 3)</sup>.

Coronary Artery Disease (CAD) is the leading cause of morbidity and mortality in the world today <sup>(4)</sup>. In the United States, Atherosclerosis is a leading cause of death and impairment. It is estimated that 1,100,000 new or recurrent coronary attacks occur per year. It affects close to 60 million Americans. To better place this disease in perspective, every 20 seconds a person in the United States has a heart attack, and one third of these attacks lead to death <sup>(5)</sup>. Moreover, a steep rise in the incidence of mortality caused by CAD is being experienced in the developing countries <sup>(4)</sup>. In Egypt, the incidence of deaths caused by CAD is nearly 6721 per 100,000 population <sup>(6)</sup>. However, Mortality rate in the Western world from CAD seems to be on the descending limb, after a peak in the middle of the last century. This decline has been attributed mainly to lifestyle changes in the population, leading to better management of cardiovascular risk factors <sup>(4)</sup>.

**Coronary artery disease (CAD)** is an insidious, chronic, progressive disease of the coronary arteries that results in their narrowing

or complete occlusion usually due to a build up of fatty plaques along the vessel walls <sup>(7)</sup> .

**Coronary artery atherosclerosis** is also commonly known as coronary artery disease (CAD), hardening and/or thickening of the arteries. It involves the slow buildup of deposits of fatty substances, cholesterol, body cellular waste products, calcium, and fibrin (a clotting material in the blood) in the inside lining of an artery. The buildup that results, called plaque, may partially, or totally block the blood flow through the artery. This can lead to the formation of a blood clot (thrombus) on the plaque's surface. If either of these occurs and blocks the entire artery, a heart attack may result <sup>(2, 5)</sup> .

Hardening, which is the lay term for CAD, and/or thickening of the arteries, gets its name from the fact the people have noticed for thousands of years that the entire arterial system literally hardens or becomes progressively more rigid as people age. That process is readily appreciable by simple feeling an artery of a 20 year old person and comparing it with that of an octogenarian. Based on that presumption no one really gave much attention to this process until the last 40 years <sup>(2, 8)</sup> .

CAD has a long latent period. It is a slow, progressive disease, that may start in childhood, fatty streaks appear within the aorta shortly after birth, but symptoms usually do not occur until late middle age when coronary artery lesions exceed 75%, i.e. 75% of the vessel lumen is occluded by atherosclerotic plaque <sup>(7, 9)</sup> . In some people, this disease