

*Quality of life* or the "*well being*" of a population is an important concept in two separated but overlapping plains: lifestyle and environmental factors and their effects on healthy people by increasing or decreasing the risks to develop a disease, and the quality of life of a patients already diagnosed with disease mainly how does their medical condition affect their life.

the identification of risk factors of the various form of heart diseases and the continuous effort to modify them in the healthy population and especially in people at higher risks, have a great impact on the ways health care systems today deal with patients with cardiovascular diseases and most importantly, the fact that there are many preventive measures that have an impact on developing the disease and modify its course. Cardiovascular disease is perhaps one of the most widespread health problems in recent history. Heart disease afflicts people around the world, chiefly living in modernized countries. A large amount of research public education, and clearly identifiable risk factors still does not prevent literally millions from being diagnosed with some form of cardiovascular disease each year. Likewise, the number of treatment interventions for heart disease are numerous as well, from pharmaceuticals to naturally derived medicines. True, despite all that we do know about this disease and all of its subtypes, much needs to be learned. However, the utilization of preventive medicines in those at risk for heart disease (in addition to lifestyle [diet, exercise] changes) can provide effective medical therapy, before much more drastic interventions are needed. The relations among life-style health behavior, social structure and support, health status and cardiovascular diseases will be explored in this review paper as well as the various efforts and possibilities of preventing the disease and modifying its development, progress, and outcomes.