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BMHP5003

INTRODUCTION TO PHYSIOLOGY

ASSESSMENT 1

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Cardiovascular Diseases

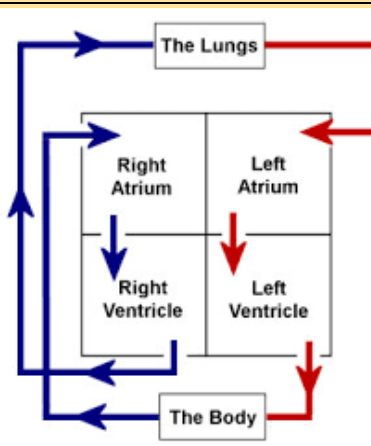
(CORONARY ARTERY DISEASE)

DEFINITION

Cardiovascular diseases (CVDs) are the disorders seen in the human body when the cardiovascular system (CVS) does not function as it should. The Blood, the Heart and its vessels form the CVS. Coronary artery disease is one of the many CVDs. Myocardial Infarction (MI) or Heart Attack is experienced when blood ceases to flow through the arteries to supply Oxygen and nutrients to the tissues in the heart's muscle (Hull, 2009/2013).



(Heart foundation, 2019)



The flow of blood in the heart

Oxygenated blood enters from the lungs through the Pulmonary vein into the left atrium then to the left ventricle from where it is pumped through the Aorta to the body cells or tissues. The cells use the oxygen and nutrients. Deoxygenated blood returns through superior and inferior vena cava to the heart, entering the right atrium then the right ventricle. Pulmonary artery takes the deoxygenated blood to the lungs for oxygenation.

ATHEROSCELEROSIS

This is the process by which fatty substances form plaques on the internal walls of the arteries causing resistance to blood flow.

Causes of this are life-style risk factors like smoking, excessive alcohol drinking, lack of exercise, high blood pressure, unhealthy diets, high blood cholesterol levels.

(Peate & Muralitharan, 2011)

PATIENT A

Named A for confidentiality 48-year-old, Weighs 86kg, height 165cm (BMI score of 31.9)-Obese 180/90 blood pressure. Patient A does no exercises because very busy. Has family history of heart attack and high cholesterol. Patient A smokes and drinks quite excessively and does not eat healthy foods



(Brown, 2016)

Patient A stands the risk of having cardiovascular disorder if nothing is done about the life-style.

INTERVENTIONS

Patient A may consider quitting smoking. She may also reduce or stops drinking alcohol. Patient A may have more fruits and less fast foods which are always very much carbohydrate and fats. On top of these she may make space in her daily routine for physical exercises (Waugh & Grant, 2018)

References

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