

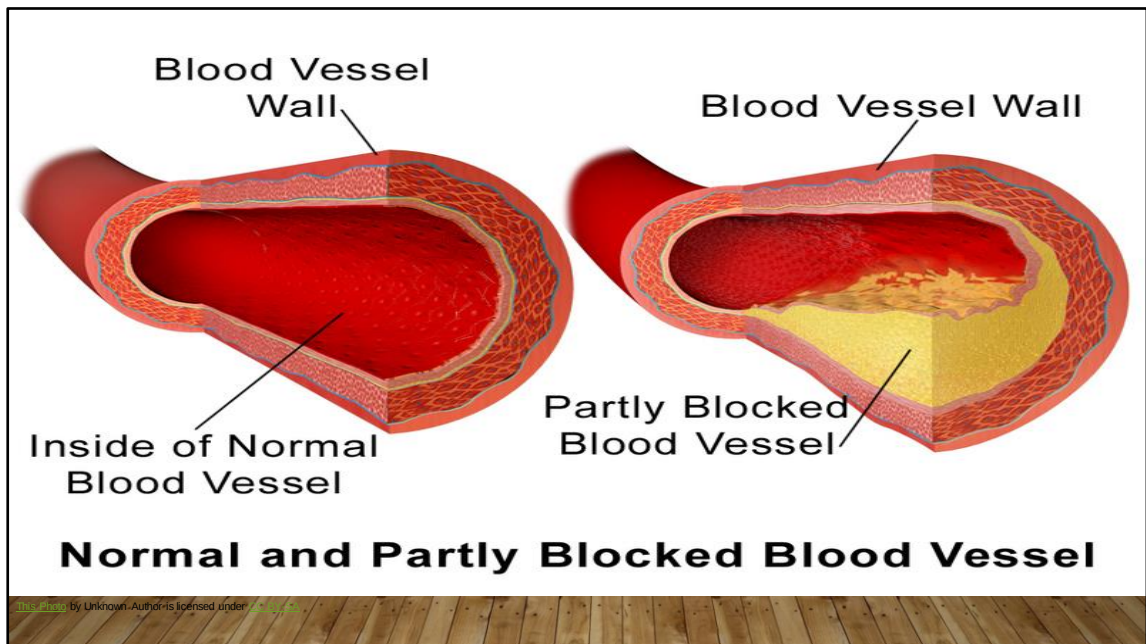
MODULE: INTRODUCTION TO PHYSIOLOGY

ASSESSMENT: PRACTICAL TEST

TOPIC: ATHEROSCLEROSIS

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INTRODUCTION

- *Aim of this assignment is to support individuals how to manage their lifestyle and make them to see how their personal preferences can have an impact on their wellbeing.*
- *This presentation explains the health condition called Atherosclerosis and how this can be improved with healthy lifestyle approach.*
- *This will gives us the opportunities and the right direction to healthcare professionals to prepare an action plan for patients to adopt a healthy lifestyle. J.Flowers Health Institute (2021).*
- *I will explore the health condition called Atherosclerosis and how this can be improved with healthy lifestyle approach.*

According to Who, % 60 of these facts are interact with person's choice of life style another means quality of life. (WHO,2021)).

ANATOMY AND PHYSIOLOGY

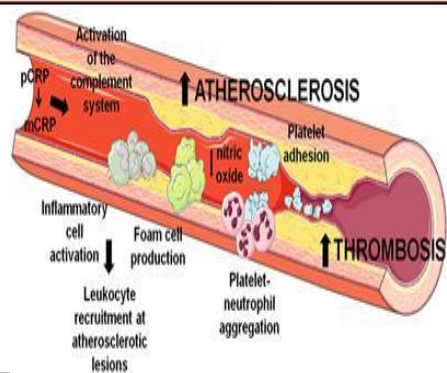
- *Atherosclerosis is a cardiovascular disease that effects the arteries in the heart and also called "hardening of the arteries"*
- *This clogged-up materials gradually deposits in the arteries that causes narrowing and restricts the blood flow to your other organs. BHF (2019)*
- *Arteries moves blood from the heart to other organs, and this very thin coated of cells builds a lining which enables the blood flows smoothly.*
- *This is defined as endothelium, when this get damaged causing Atherosclerosis, due to the influence of smoking, high blood pressure or higher glucose amounts, fat and cholesterol in the body. Medical News Today (2020).*
- *This blockage can affect the circulatory system in the body causing conditions like stroke and heart attack.*
- *Also affect the respiratory system that breathed air in the lungs, when oxygen travels into the bloodstream and connects with protein called haemoglobin in the red blood cells, this oxygenated blood returns back to heart and gets pumped to blood vessels via organs and tissues.*

Arteries, the robust blood vessels delivers oxygen-rich blood to your other organs from your heart. Arterioles is smaller than arteries but both quite flexible to support and adjust blood pressure. It is approximately 10-15% blood in the arteries and faces so much pressure of blood flow. Veins deliver blood from your right part of your heart, pulmonary arteries delivers blood to your lungs which takes oxygen but pulmonary veins carry the blood (oxygen-rich) to your left part of your heart than aorta that is the major artery that left-sided delivery from your heart to your other part of your organs via branches. Capillaries are the smaller walls which permits oxygen, nutrient, carbon-dioxide and other waste materials to go through by the tissue cells than veins moves blood back to your heart and circulates. Cleveland Clinic (2021).

We have blood vessels in all over body. The key artery is aorta which connected with your left side of your heart, than it goes down via your chest, diaphragm and abdomen outstretches in numerous regions. Close to your pelvis, your aorta stretches into two arteries that provides blood to your body and legs. The important vein in your body called vena cava is located in your upper right section of the chest. It transports blood from your head, neck, arm and chest to back to your heart. The lower vena cava is close to your right side of diaphragm. Cleveland Clinic (2021)

QUESTIONNAIRE

- Patient is a smoker
- Consumes significant amount of alcohol
- Limited activity
- Family history of cardiovascular disease



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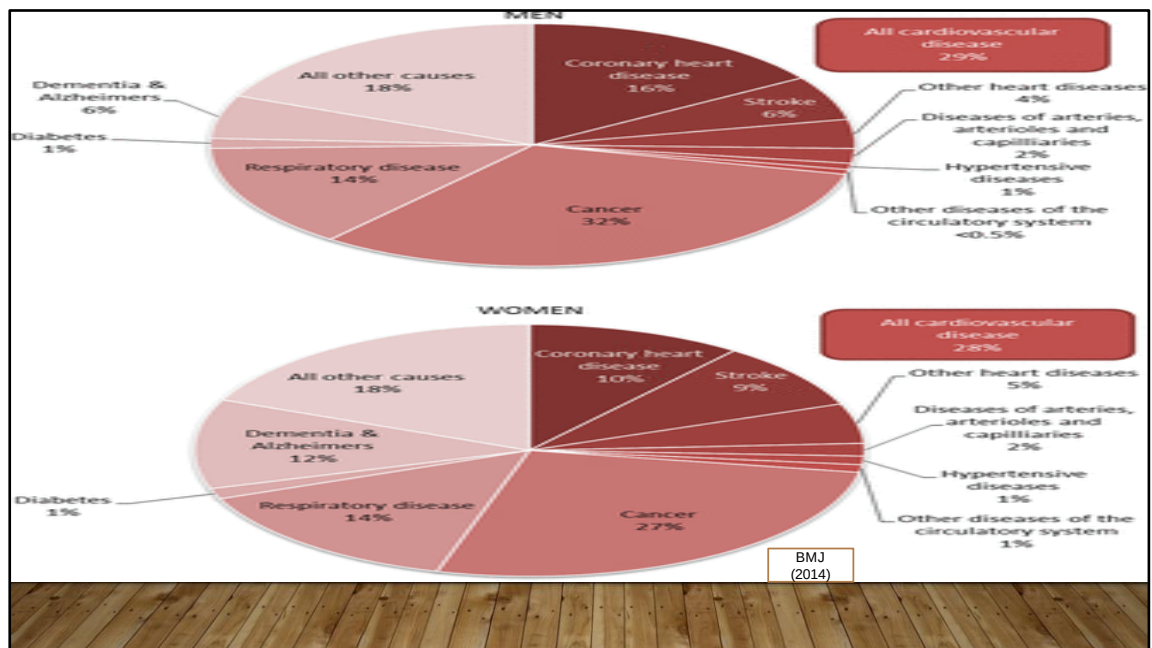
LIFESTYLE HEALTH-RELATED INFORMATION OF THE PATIENT

- *He smokes 15 a day quite heavily, consumes alcohol that 14 units a week.*
- *He does a desk job and, he has very limited activities that he hardly exercise*
- *Family history of heart problems that his uncle suffered smoking related heart disease which caused him to have angina and major bypass operation.*

HEALTH RISKS

- *Some of the health risk related diseases that Mr. T will suffer because of smoking are, cancer, heart disease including atherosclerosis which affect the circulatory system causing stroke that impacts the lungs with pulmonary disease (COPD) along with emphysema and chronic bronchitis.*
- *Even increased risk of tuberculosis, with certain eyes conditions, immune system including rheumatoid arthritis. CDC (2020)*
- *Alcohol can also have an impact that can cause cancer, weakens the immune system, and memory related issues including mental disorders.*
- *Consuming excessive alcohol can lead causing heart diseases and high blood pressure, stroke, and liver disease such as cirrhosis which is the part of the digestive system.*
- *Societal issues, parental problems, unemployment were the significant factors caused by alcohol and finally alcoholism. CDC (2021)*
- *He also has a desk job that can have an impact on his health with musculoskeletal system, along with heart problems and obesity which he already has a unhealthy eating habits. Open Access Government (2020).*

Smoking can damage our blood vessel and it's functionalities to your heart causing atherosclerosis and it is a main threat to heart diseases NHLBI (2018). Healthy eating habits can be the preventative measure to minimize the risk factors progressing blocked arteries. (fish, berries, vegetables, oats, greens, olive oil and beans) Healthline (2021).



Prevalence of cardiovascular disease (BMJ (2014)).

RECOMMENDATIONS

- *Health style questionnaire will enable us to support him with his condition medically so he can adopt healthy lifestyle behaviour, with healthier choices individuals can minimize the risks and the incidence for atherosclerosis in the UK. NICE (2018)*
- *Changing your life style can minimize the risk of having atherosclerosis and supports your health in the right direction.*
- *Downloadable quit smoking application. Local stop smoking services available with e-mail support and finding your community online (face-book)*
- *Support people with Drink less campaign and create free days of booze application.*
- *Application for people are not active called couch to 5k running program*
- *Gym's membership like pure gym, better leisure centers offers providing people with opportunity to be active with cost-effective approach. NHS (2022).*

Improved NHS health check with effective approaches and fast treatment significant with people who have heart related ailments. NHS (2022)

Minimizing the risk factors like physical inactivity or smoking usage can prevent %81 of cardiovascular related ailments.

CONTINUATION OF RECOMMENDATIONS

- Healthy dietary intake avoid food that contains fat especially saturated ones.
- As a result of that lipids built-up causing hardened arteries
- Take saturated fat such as oily fish, salmon, sardines etc. with Mediterranean diet, use olive or vegetable oil
- Do not take supplement before consulting your Gp such as omega-3
- NHS Smoke free-helpline 0300 123 1044
- Self help to smoking cessation
- Do not consume more than 14 units of alcohol.
- Keep your weight under the BMI level to fit your age index.
- Exercise would keep your arteries in better condition. NHS (2019)

Empowerment or involving patients in their own care can promote better health, prevent illness with or without the health services support. Who (2021).

CONCLUSION

- *In this presentation, I explored Mr T 's health condition with a questionnaire and act upon as fast as possible to prevent future cardiovascular disease such as atherosclerosis or even other types of heart diseases.*
- *Finding out the significant facts for Mr T' s have helped us to support him with the right behavioural approach.*
- *Adopting the right choices into your life with the right attitudes are essential to be a healthy individual.*

Healthy Life style behaviors that we adopt will improve our health significantly especially in relation with cardiovascular condition like atherosclerosis and other heart related diseases.

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