

Module Name: Introduction to
Physiology

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Know about Cardiovascular diseases (CVD)

What is CVD?

-CVD is general term for diseases of the heart and blood vessels

4 Main types are; Coronary Heart disease, Strokes, Peripheral arterial disease, and Aortic disease.

(NHS England, 2021); (Global Burden of Disease, 2019)

Prevalence in UK

-about 7.6m people in UK have these diseases
-6.4m people in England have CVD
-about 137152 people in England dying of CVD
-Quarter of all deaths in UK caused by CVD
-about 160,000 deaths per year in UK are for CVD
-Deaths caused by CVD have declined in the UK.
(British Health Foundation, 2020); (NHS England, 2020);
(Stroke Association, 2018)

Who can get CVD?

-Common in adults above 50 years
-both men and women can get it
-common in men even below 50 years
-CVD is associated with one's lifestyle

Case Study Patient A

From the questionnaire, Patient A has a normal weight of 70kgs and a height of 170cm which resulted into 24.2 BMI which indicates that he is not obese. However, he drinks alcohol, smokes in addition to having high blood pressure, high cholesterol levels, poor feeding, and does not do exercises weekly. All these may lead him to getting any of the cardiovascular diseases.

Non-Modifiable risk factors

-Race & Ethnicity
-Age
-Gender
-Genetic factors

(WHO, 2020); (National Institute of Health, 2017)

What are the Modifiable risk factors

-Smoking
-Diabetes mellitus
-Physical inactivity
-Obesity
-High Cholesterol
-High Blood Pressure
(American Heart Association, 2018); (Diabetes UK, 2020)

Recommended Lifestyle changes to avoid CVD

-Do regular exercises like cardiorespiratory fitness, body composition and muscular fitness.
-Eating a balanced diet of variety of foods like vegetables, fruits and low-fat dairy products, drinking plenty of water
-Having healthy eating habits with best eating patterns and eating attitudes.

References

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