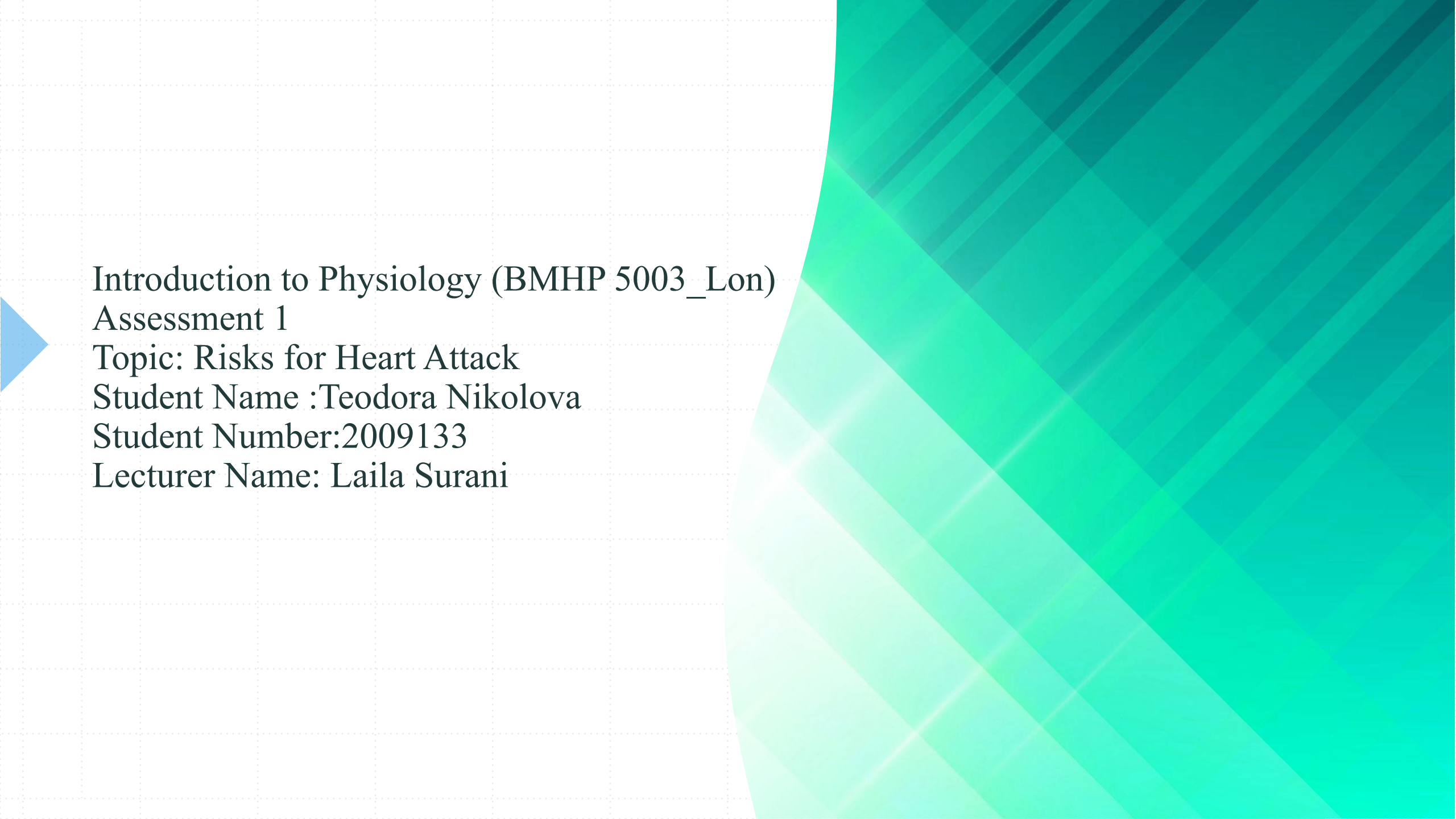




Introduction to Physiology (BMHP 5003_Lon)

Assessment 1

Topic: Risks for Heart Attack

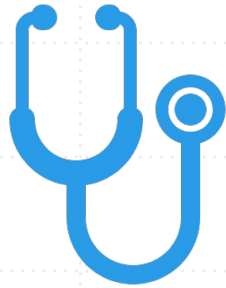
Student Name :Teodora Nikolova

Student Number:2009133

Lecturer Name: Laila Surani



Introduction: Health and Social Care Prevention of Heart Attack



Disease detection



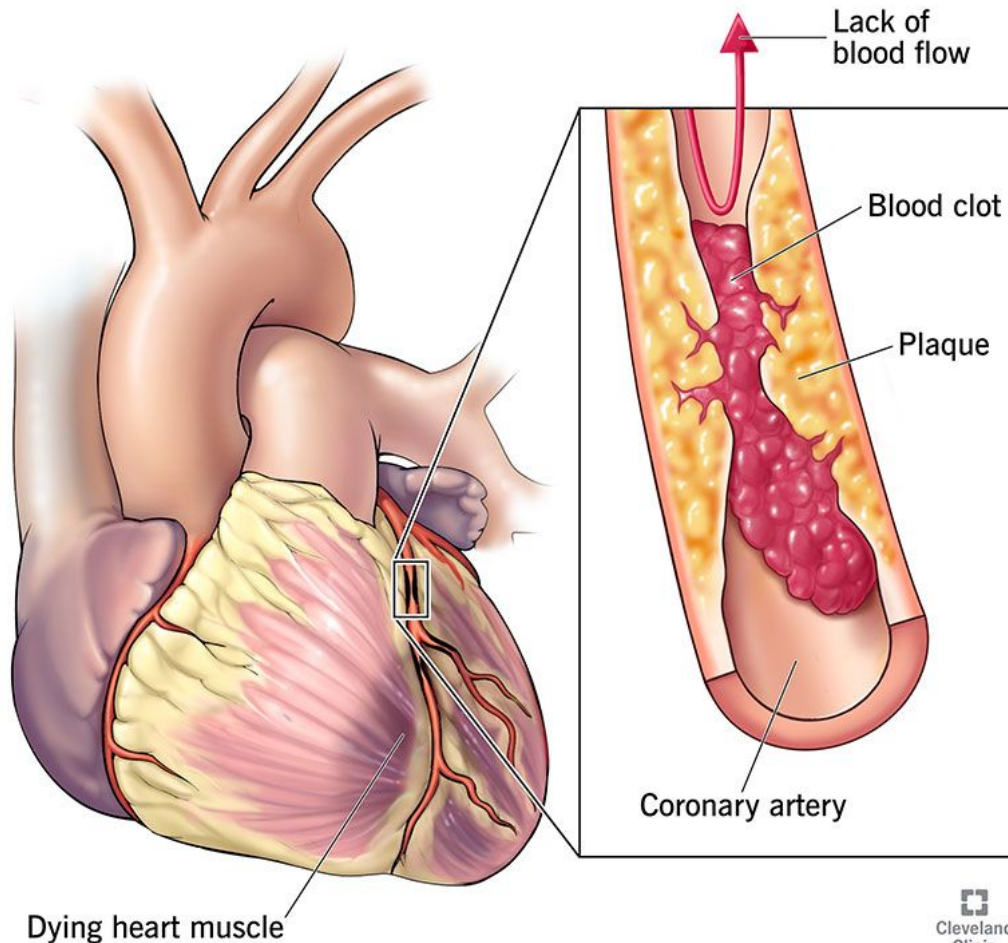
To predict unfavorable
outcomes



To provide the best
personal centred care

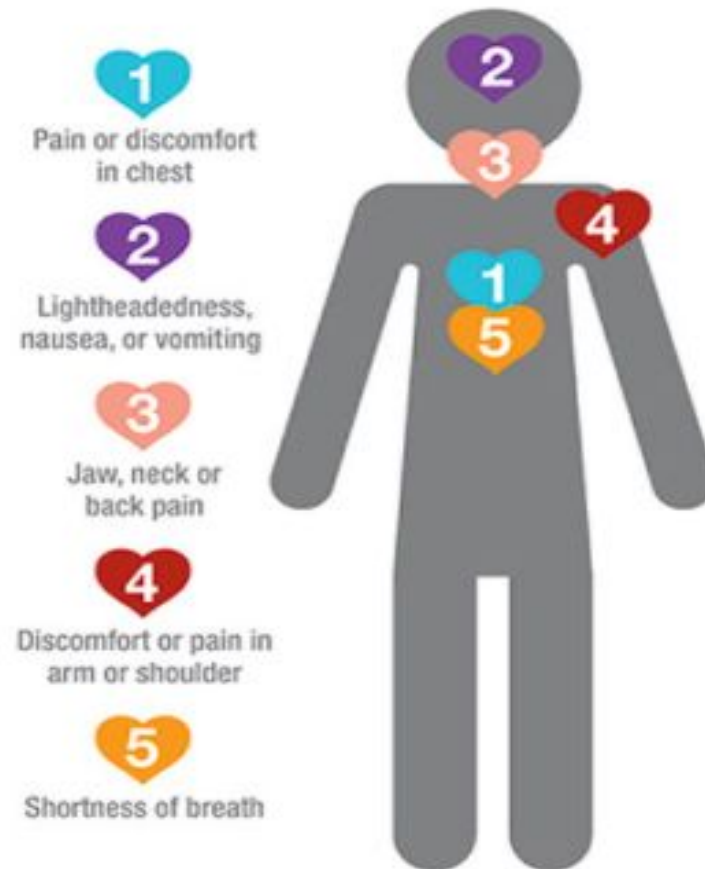
What is a Heart Attack?

Heart Attack



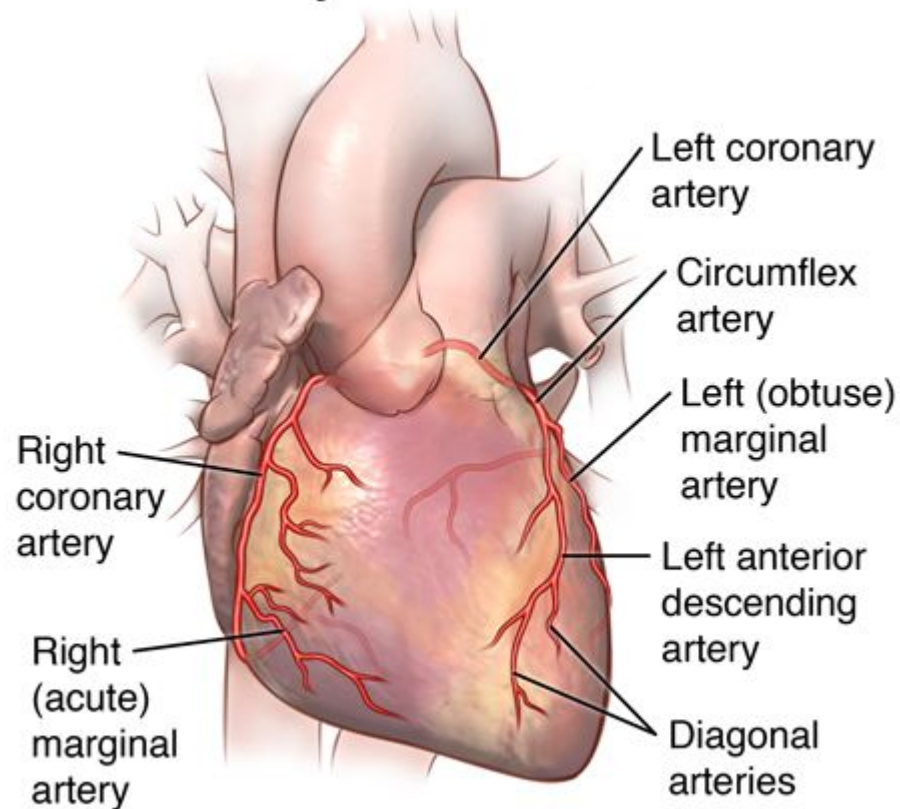
- A heart attack, also known as a myocardial infarction, is a serious cardiovascular health condition that develops when blood flow to the heart muscle blocks, leading to insufficient supply of oxygen into one or multiple areas of the heart muscle (NHS, 2019).

What are the Warning Signs of Heart Attack?



Anatomy and Physiology

Coronary arteries of the heart



- The heart has 2 main coronary arteries:
 - The left main coronary supplies blood to the left side of the heart muscle (the left ventricle and left atrium).
 - The right coronary artery supplies blood to the right ventricle, the right atrium, and the sinoatrial (SA) and atrioventricular (AV) nodes, which regulate the heart rhythm (John Hopkins Medicine, n.d.).



Questionary: Lifestyle
health-related information of
the patient;
Patient A: 47-year old man
management occupation

- Currently Smoker over 15 cigarettes daily
- A high-fat fast food eating
- Diabetes -background
- High blood pressure-stressful working environment
- Low physical movement



Health Risks

Smoking damages the heart and blood vessels and increases the risk of heart attack

Eating over much fat food can cause cholesterol to build up in the heart arteries and increases the risk of heart disease

Having diabetes is more likely to develop heart diseases

Stress may lead to high blood pressure, which can cause heart attack

Being inactive can cause heart disease.
Physical activity helps the heart to pump more blood to the muscles and to pull oxygen out of the blood

Recommendations

Ways to Reduce Risk of Developing Heart Failure

Lifestyle factors

Regular physical activity



Healthy Weight



No Smoking



Healthy eating



Medical conditions

Treat high blood pressure



Control diabetes



Maintain healthy cholesterol levels

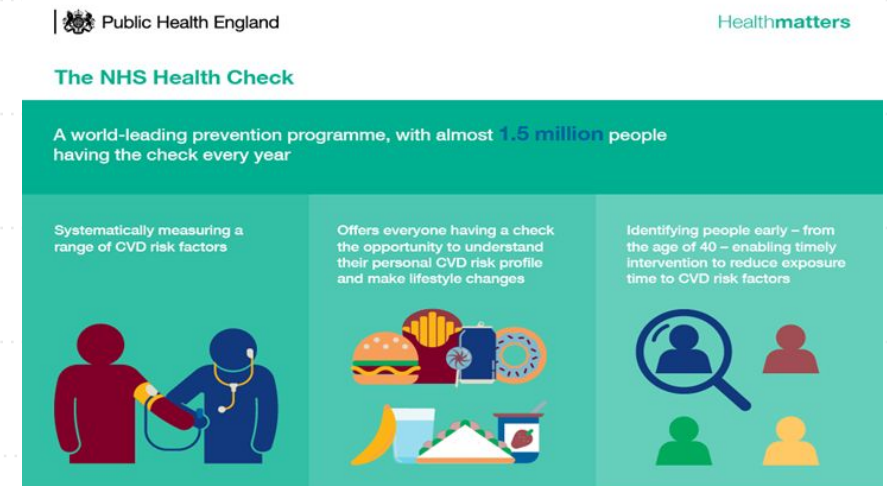


Take heart protective medications as prescribed



Recommendations Cont'd

- Keep a balanced and healthy diet
- Stop smoking
- Keep the blood pressure at a healthy level.
- Offering advice to those with heart conditions via their website, information booklets or heart helpline
- "the ABC":
 - Atrial fibrillation
 - Blood pressure control
 - Cholesterol control





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Conclusion

- The heart has two main coronary arteries responsible for supplying blood in and out of the heart. Blockage of blood flow in any of these vessels can cause a heart attack.
- Patient A reported some poor lifestyle behaviours (e.g., smoking, eating high-fat fast food, and low physical activity) that contribute to the risk for a the heart attack.
- Making lifestyle changes in these areas and controlling diabetes and cholesterol levels can help reduce the risk for heart diseases and manage his condition effectively.

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