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University of Wales
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Programme: BSc (Hons) Health and Social Care Level 5

Module: Introduction to Physiology BMHP5003

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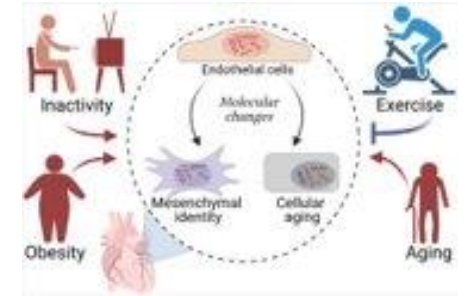
Cardiovascular Disease

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels. (WHO, 2021)

The cardiovascular disease usually occurs when the cardiovascular system, especially the heart, does not function normally. When the cardiovascular system fails, blood flow slows or stops, and muscles, tissues, and organs can fail. The blood is responsible for transporting oxygen and glucose to the cells and removes carbon dioxide. Cells are the body's engine, and their main role is to turn food into energy. When cells do not receive blood, conversion, food-energy fails, the cells die, and eventually, the bodies die. (Schwartz, 2020)

The purpose of the case study is to identify cardiovascular disease risk factors. In our case, we can see Mrs. A is overweight and doesn't do any physical activity, which can be a risk factor for cardiovascular disease. Excessive smoking and drinking followed by an unhealthy diet are also major risk factors for Ms. A. Family history can be another risk factor concerning the fact that both father and sister suffer from CVD. (NHS, 2018)

To reduce the risk of cardiovascular disease, Ms. A need to change life behavior. A healthy diet along with exercise will greatly reduce cardiovascular disease risk. Stopping smoking and reduce the quantity of alcohol can also improve her health and reduce cardiovascular risk factors. (NHS, 2020)



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<[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))> [Accessed 28 July 2021]