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Introduction to Physiology



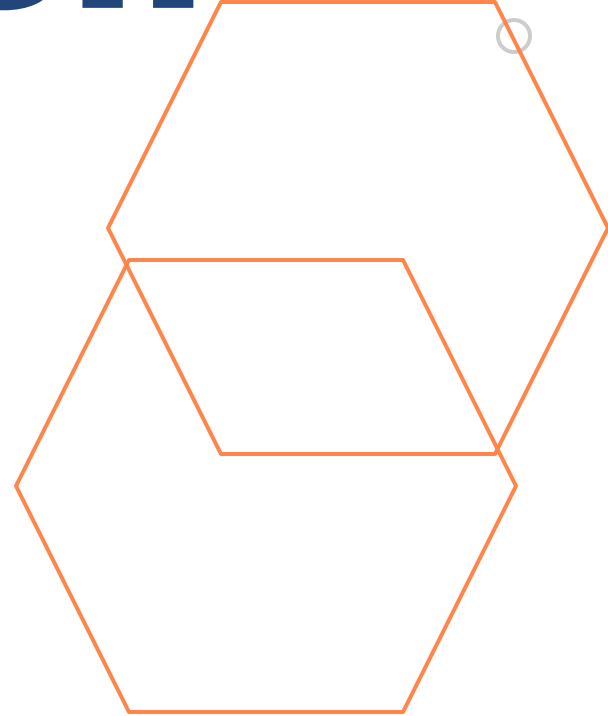
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Introduction

Heart disease is a major in the UK which is a severe health issue for humans being
It causes various reasons where the impact of lifestyle and cultural choices of the people is severe.

The aim of this study is to describe the anatomy and physiology of a fictional patient with heart disease



Anatomy and Physiology



Patient A is suffering from heart issues that are caused for his lifestyle

The heart of the people consists of 4 chambers, 2 atria, and 2 ventricles

If someone's heart is weak it can not able to pump blood properly which leads to the building up of fluid in the kidney or lungs

The lacking of oxygen-rich blood water, as well as wastage, are not cycling properly.





Physiology

The main function is in the lunge where oxygen is absorbed and carbon dioxide is released. If someone's heart is weak it can not able to pump blood properly which leads to the building up of fluid in the kidney or lungs



Questionnaire

Patient A facing heart problems that may occur because of the habit of smoking

Though his smoking is at a moderate level he takes alcohol at a higher level.

At the same time, his family history shows that his father had a stroke before 60 years old He is a part-time employee of an organisation and he has to conduct his duty by sitting most of the time He is not interested in physical exercise as well as he doesn't have the habit of cycling or walking.



Lifestyle health-related information of the patient



- Because of his habit of smoking and alcohol consumption, he faces a higher risk of heart disease
- Family history also shows the ultimate risk to experience heart disease
- . As he is not interested in physical exercise or does not think to do any physical activities leads him high risk of health problems
- His poor lifestyle is not effective to lead a disease-free life and he will face many difficulties by following his current lifestyle.

Health Risks

Because of smoking, he may face long-term difficulties like cancer, heart failure, lung disease, chronic diseases, and diabetes. These diseases may lead him to premature death.

Taking alcohol is not good for the health and it should be avoided.

The reason for continuing the habit he may face lung disease, diabetes or cancer, and such kind of other dangerous diseases



Recommendations

- Patient A should be very careful to avoid the food with high fat. Taking regular exercise is very effective for leading a disease-free life

By getting regular exercise Mr. A will be able to maintain good health which will be very helpful for him to reduce the risk of facing many difficulties with heart disease.



Conclusion

People face various health problems in their life where some of the issues are caused for the negative impact of some bad habits

Heart disease is also caused for those reasons and it can be possible to overcome it by taking the necessary care services

Some effective rules and regulations should include in the lifestyle to reduce the health risk



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