

INTRODUCTION TO PHYSIOLOGY

TERM 2. JUNE 2021

CARDIOVASCULAR DISEASE POSTER

STUDENT #: 1907297

MODULE: BMHP5003

PROFESSOR: ELENI KOUTSOGEORGOU

DONE BY: JENNIFER O LAGUDA



CARDIOVASCULAR DISEASE CVD

As indicated by NHS "Cardiovascular illness by and large alludes to conditions that include limited or hindered veins that can prompt a respiratory failure, chest torment (angina) or stroke" (NHS 2018). There are a great deal of Cardiovascular illnesses however the most widely recognized are coronary illness, Strokes and TIA, Fringe Blood vessel infection, and Aortic.

THE CAUSE/RISK FACTOR OF CVD

- a. High blood pressure
- b. Diabetes
- c. Obesity
- d. Smoking
- e. High cholesterol

STROKE AND TIA

Stroke can be characterized as lack/disturbance of blood stream to the cerebrum while TIA is a scaled down stroke (brief interruption). Both Stroke and TIA can be distinguished by F.A.S.T (Face, Arm, Discourse, and Time)

TREATMENT/MANAGEMENT FOR CVD

1. A balanced and healthy diet
2. Do exercise
3. Reduce drinking or quit
4. Balance daily lifestyle



REFERENCE

Artac, M., Dalton, A.R., Majeed, A., Car, J. and Millett, C., 2013. Effectiveness of a national cardiovascular disease risk assessment program (NHS Health Check): results after one year. *Preventive medicine*, 57(2), pp.129-134.

Ortega, F.B., Lavie, C.J. and Blair, S.N., 2016. Obesity and cardiovascular disease. *Circulation research*, 118(11), pp.1752-1770.