

Programme BSC (Hons) Health and Social Care Level 5

Module: Introduction to Physiology (BMP5003)

Assignment Title: Cardiovascular Presentation

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CARDIOVASCULAR DISEASE

DEFINITION: Cardiovascular disease is considered a disease that can affect the heart or blood vessels. (NHS, 2021) Furthermore, can also be associated with others organs such brain, heart, kidneys and eyes. According to the World Health Organization (WHO,2021) can be defined as the biggest cause of death in the world. However, is considered a group of disorders of the heart and blood vessels that involve coronary heart disease: • Cerebrovascular disease • Peripheral arterial disease • Rheumatic heart disease • Congenital heart disease • Deep vein thrombosis and pulmonary embolism	CASE STUDY: The patient A is 48 years old and she smoke 10 to 19 cigarette a day which not good for her body because she has high blood pressure, her father had high blood pressure at the age of 68 and her sister have high cholesterol. Therefore, the patient shows high risk of developing cardiovascular disease due to the lifestyle habits in relation to bad nutrition (regular chips and fries daily). Furthermore, she does not exercise and drink alcohol 3 and 6 units a day. 
PHYSIOLOGY: The cardiovascular system is also part of control system in that it distributes hormones to the tissues and even secretes some hormones circulation of blood. (J R Levick 2013). In another words, the main function of the heart around the body pump blood may occur 70 beats per minute. During the health heart blood flow may occur through narrow arteries, but in heart disease becomes more limited. (NHS, 2021) Once the coronary arteries become blocked, the blood flow to heart can be cut off.	RISKS FACTORS: There are certain behavioral risk factors of heart disease that could be considered such unhealthy diet, physical inactivity tobacco use and harmful use of alcohol. • Raised blood pressure • Raised blood glucose • Raised blood lipids • Overweight and Obesity These symptoms are primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications.
RECOMMENDATIONS: According to the recommendations, has some suggestions: The best way to treat the patient A, should practice more exercises frequently. Particularly in adults are informed to do 150 minutes a week, such as cycling, walking, strength, because to get more active and became healthier. (NHS, 2021). Furthermore, NHS advise her to reduce or stopping smoking, reduction of salt in the diet, eating more fruit, vegetables and avoiding use of alcohol. The balanced diet that should including: • Healthier sources of fat / Seeds • Oily fish / Olive Oil • Nuts /Fibre	REFERENCES: 1. Cardiovascular Disease [Online] https://www.nhs.uk/conditions/cardiovascular-disease/ (accessed 4 August 2021) 2. Cardiovascular Disease [Online] https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds) (accessed 4 August 2021) 3. JR, Levick (2013) 'Functions of the Cardiovascular System'(ed.) (2013) An Introduction to Cardiovascular Physiology pp.3

TAKE NOTES

The main Health Issue of this case study is cardiovascular disease.

However, in this case study the patient A smoke 10 to 19 cigarette a day which not good for her body, because she has high blood pressure. Once she has a family history with this condition it is more likely to develop. (NHS,2021)

High blood pressure is considered risk factors of serious problems such a heart attack and stroke (NHS, 2021). Normally, certain symptoms of heart attack involve pain or uncomfortable in the centre of the thorax, arms, left shoulder, elbows, jaw or back. Otherwise, occur difficulty in breathing or shortness of breath, nausea or vomiting.

Generally, the women have these symptoms cardiovascular diseases than men and when these people have symptoms should seek health professional immediately.

The information provided by the NHS, high blood pressure is considered to be 140/90 mmHg or higher 150/90 mmHg and the patient A has 180/90mmHg.

According to the recommendations, NHS recommend getting fruits and vegetables daily, because have vitamins, minerals and fibre. Furthermore, must eat 5 portions of fruit and vegetables, because is more likely not develop risk of heart disease, stroke and some cancers.