Programme BSC (Hons) Health and Social Care Level 5

Module: Introduction to Physiology (BMP5003)

Assignment Title: Cardiovascular Presentation

Student Name: Catia Araujo

Student Number: 1916673

Lecturer: Eleni Koutsogeorgou

Date: 29/07/2021

CARDIOVASCULAR DISEASE

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.

DEFINITION: Cardiovascular disease is considered a disease that can affect the heart or blood vessels. Furthermore, can also be associated with others organs such brain, heart, kidneys and eyes.

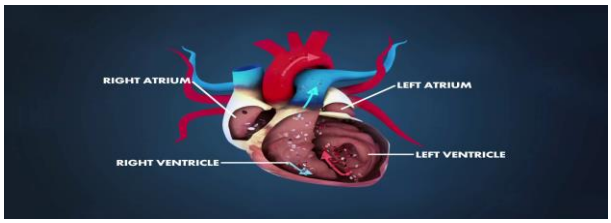
According to the WHO (World Health Organization) can be defined as the biggest cause of death in the world.

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

PHYSIOLOGY: The cardiovascular system is also part of control system in that it distributes hormones to the tissues and even secrets some hormones circulation of blood.

The heart is an intermittent muscular pump, the right and left ventricles.



RECOMMENDATIONS:

According to the recommendations, has some suggestions that might helpful:

- Cessation of tobacco use
- Reduction of salt in the diet, eating more fruit and vegetables
- Regular physical activity and avoiding use of alcohol

Certain countries have been implemented hypertension programmes that could be reduce coronary heart disease, stroke and became more efficiently.

Once you have a family history with this pathology or condition it is more likely to develop.

Furthermore, is more common of South Asian, African or Caribbean people develop these risk factors.

REFERENCES:

1. (NHS, 2021) www.nhs.uk/conditions/ cardiovascular- disease
2. (WHO,2021) www.who.int , cardiovascular diseases
3. An Introduction to Cardiovascular Physiology by JR Levick – 2013