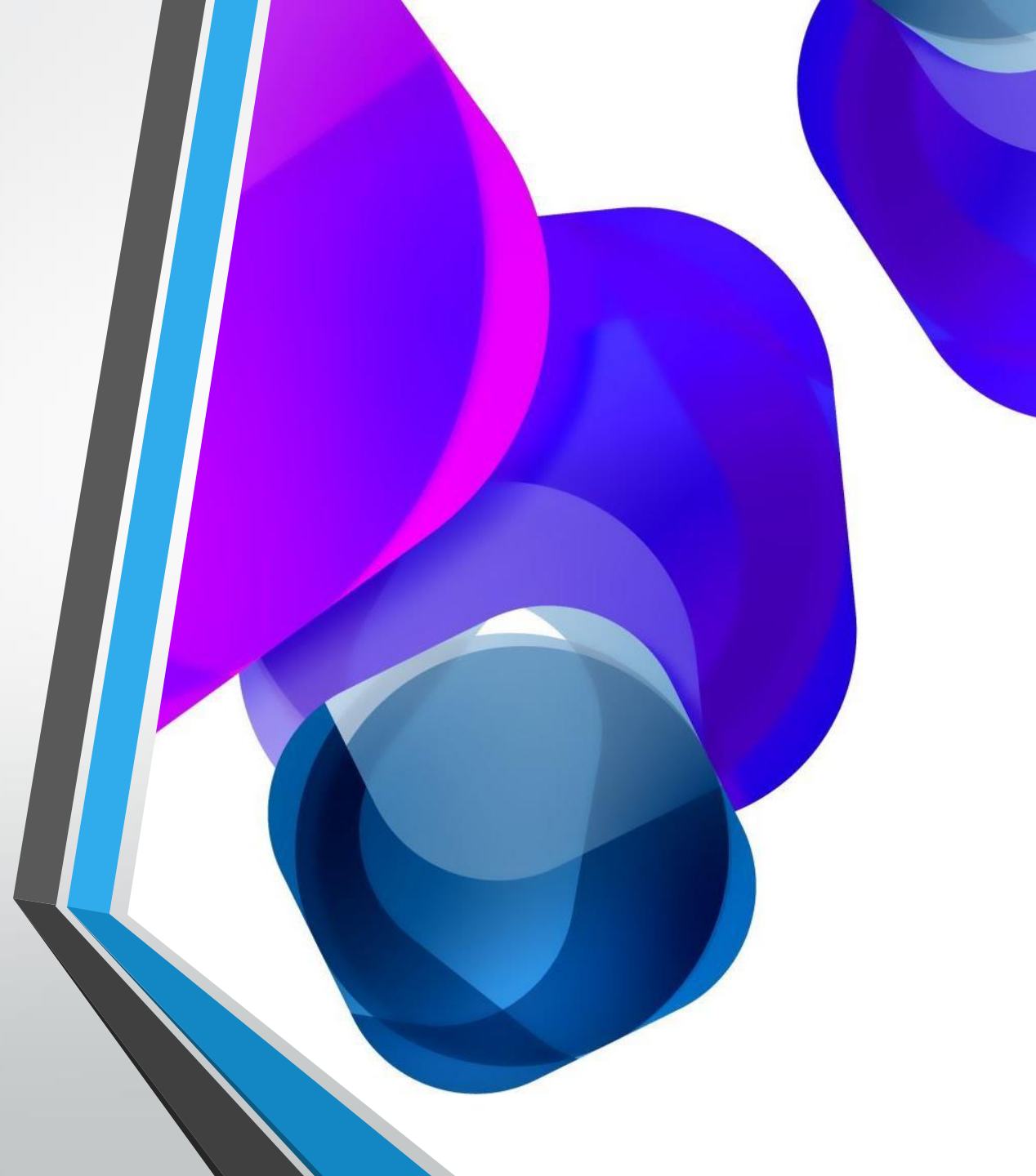


Introduction to physiology

- Assessment 1- lifetime related health condition
- Topic: Lifestyle related illness- atherosclerosis
- Student: Raluca Roman
- Student No: 2113735



Introduction

Taking health test regularly help healthcare professionals to:

- understand why certain lifestyle relate to specific population
- is more often found in specific age groups, gender and more
- understand a certain lifestyle effects on health outcomes.
- health care providers can compare different lifestyle
- lifestyle related health condition: atherosclerosis

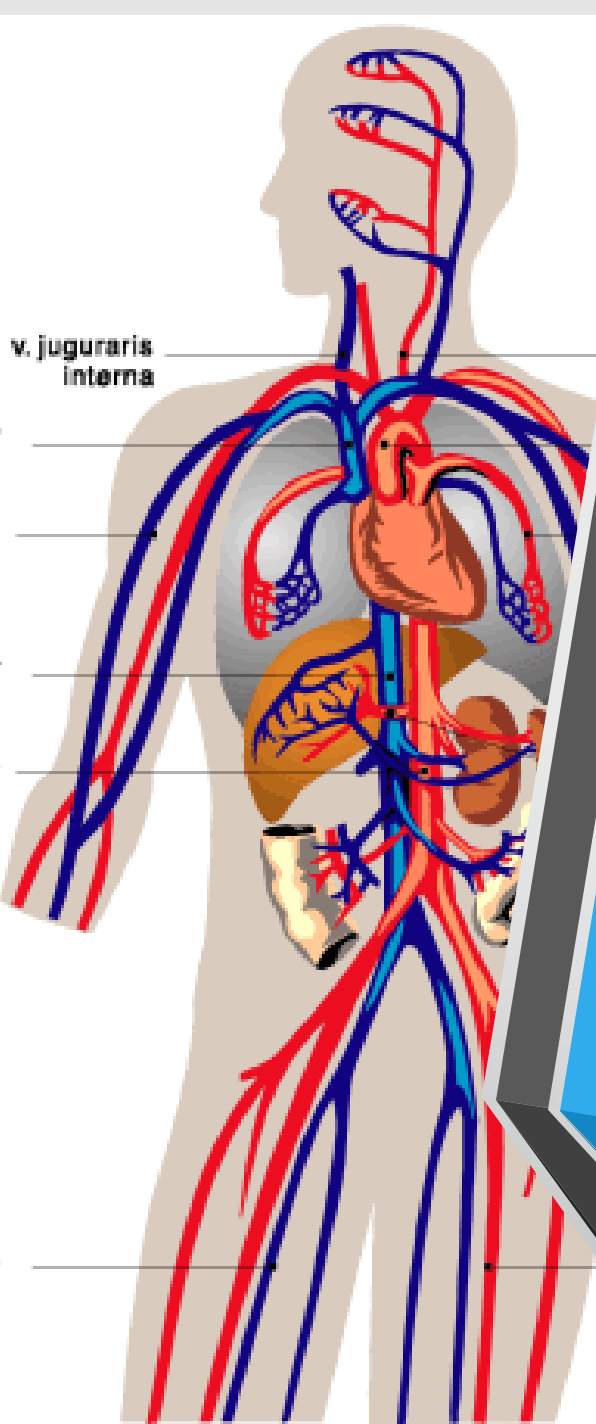
Anatomy of Circulatory system

Parts of the circulatory system:

- Heart, a muscular organ that pumps blood throughout the body
- Blood vessels, including arteries, veins and capillaries
- Blood made up from red, white blood cells, plasma and platelets

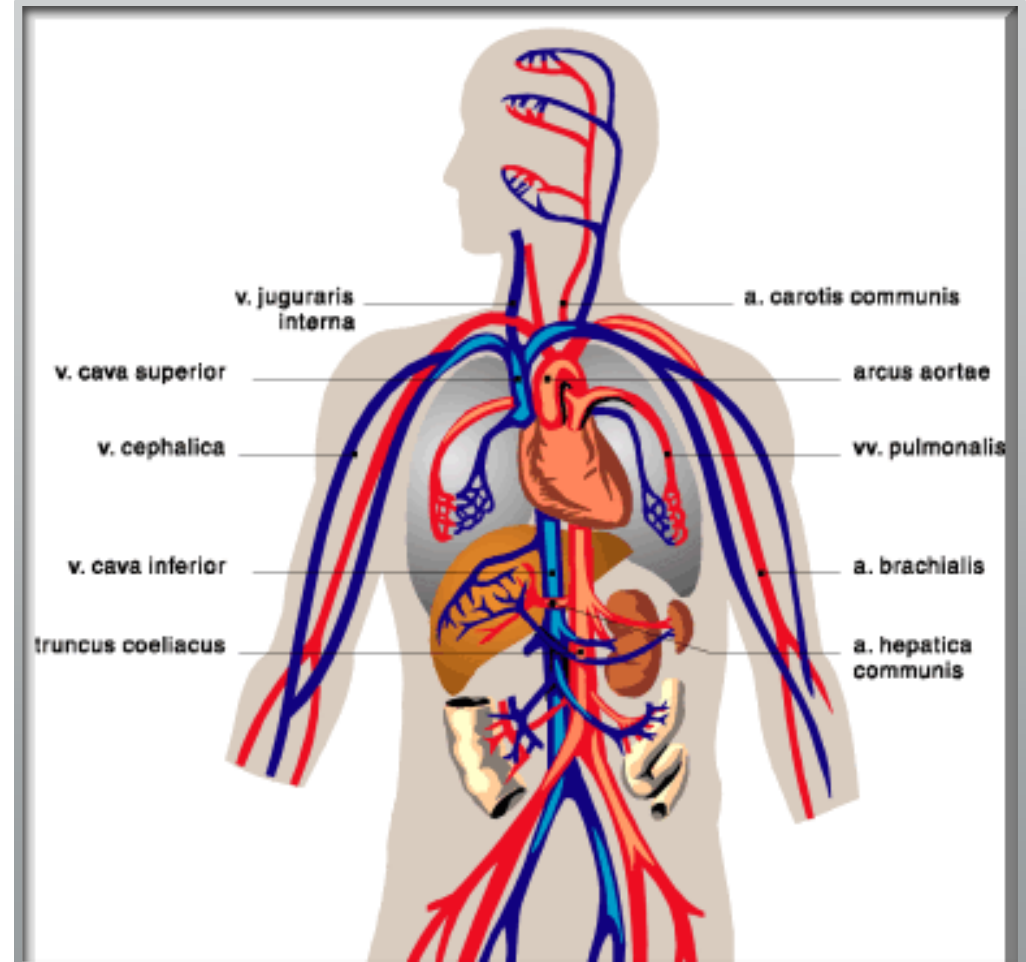
It has a double pump system:

- Pulmonary circuit for deoxygenated blood to the lungs for O₂ and take it back to the heart
- Systemic circuit carries oxygenated blood around the body and brings deoxygenated blood back to the heart



Physiology of Circulatory system

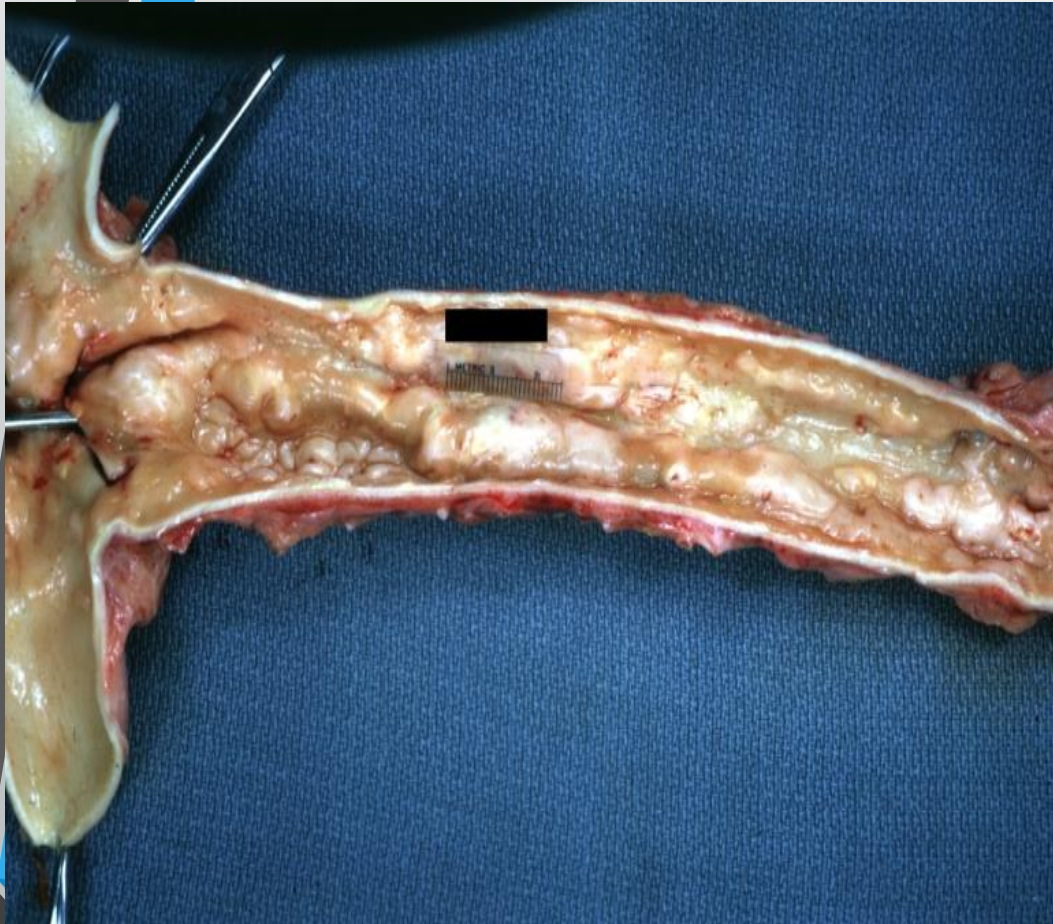
- Functions of circulatory system:
- Circulates oxygen and removes carbon dioxide
- Provides cells with nutrients through blood
- Removes waste products of metabolism to the excretory organs for disposal
- Protects the body against disease and infection
- Clotting stops bleeding after injury.



Atherosclerosis

- * atherosclerosis affects the veins and arteries that are part of the blood circulatory system
- * the arteries carry blood away from the heart and veins carry back to it
- * the main important, veins and arteries from the heart could cause important problems due to build up
- * is a build-up of fats, cholesterol and other substances in the artery walls
- * the plaque can cause the arteries to narrow, blocking blood flow
- * the plaque can burst leading to a blood clot
- * does not tend to show any symptoms





Atherosclerosis



Normal vessel



Arteriosclerosis



Atherosclerosis

Source: Janetgibson.co.uk



Diabetes & Sexual Dysfunction By Ashok Koparday

Contact: <http://mydoctortells.com/>

Questionnaire results

Male 49 years old man, black Caribbean

Smoking more than 20 cigarettes/day

Drinking more than 8 drinks every week/2 week

Mother, father with history of high blood pressure/heart attack/AVC

Static work: bus driver 12 hours, 4 days a week

No exercise

Enjoys take away regularly and more smoking in his time off

Health risks related to atherosclerosis

It is unclear how arteries become clogged; it can happen to anyone, but the following can increase the risk:

- increasing age
- an unhealthy diet, high fat diet
- lack of exercise
- being overweight or obese
- drinking alcohol excessively
- a family history of atherosclerosis
- having high blood pressure, high cholesterol and diabetes
- being of south Asian, African or African Caribbean descent

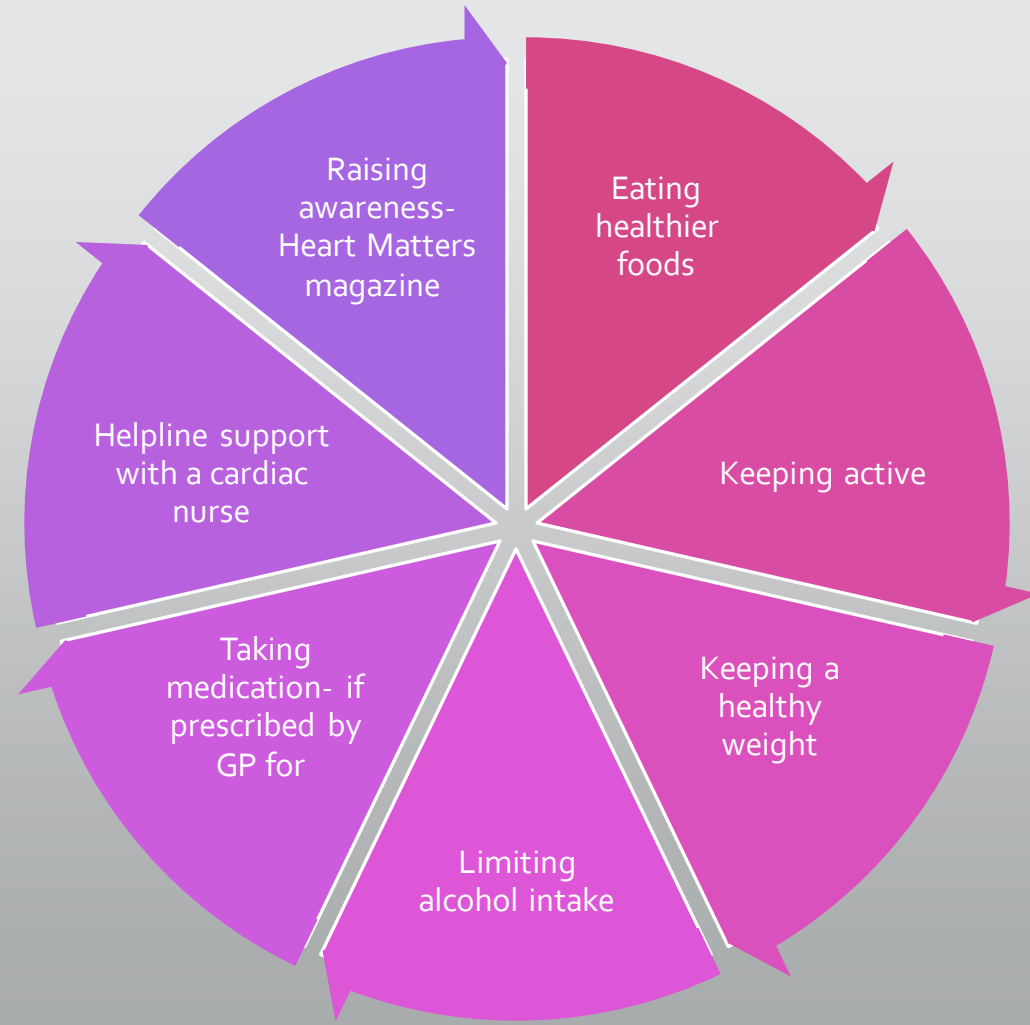
Reduce your risk of atherosclerosis
NHS website recommends:

- * making healthy lifestyle changes can reduce your risk of developing atherosclerosis**
- * stop smoking, seek for advice from your GP**
- * have a healthy diet, avoid food that are too high in saturated fats, salt or sugar**
- * exercise regularly, take long walks or moderate aerobic activities**



- * maintain a healthy weight- aim for a body index (BMI) of 18.5 to 24.9**
- * moderate your alcohol consumption, men and women are advised not to have more than 14 alcohol units a week.**
- *If you are between age of 40 and 74 you should have blood checks every 5 years, tests for risk of atherosclerosis and CVD**

British Heart Foundation is a charity that supports research in illnesses affecting the function of the heart, including atherosclerosis. Recommendations in preventing atherosclerosis



The left side of the slide features a decorative background. It includes a cluster of golden, reflective bubbles of various sizes against a black background. To the right of the bubbles, there are several overlapping geometric shapes: a large grey triangle, a smaller blue triangle, and a white triangle, all pointing towards the right.

Conclusions

Maintaining a healthy lifestyle could reduce the risk of developing severe health condition

Quit smoking

Exercise regularly

Sleep well

Have a good work and personal life balance

Check your health regularly even if young

References

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