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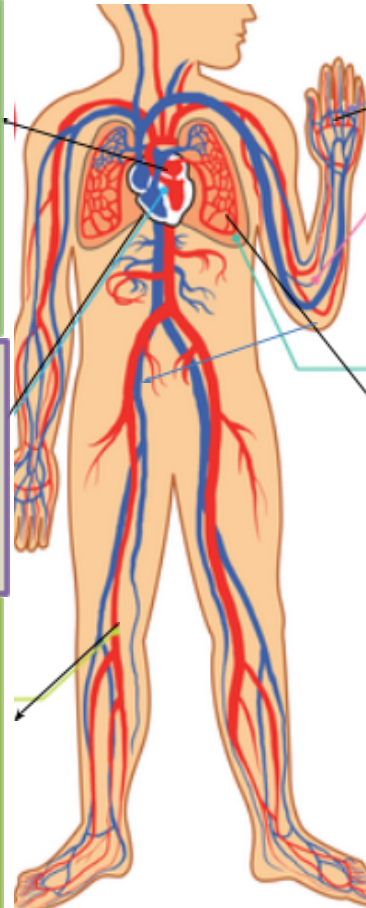
Assignment Title: Assessment 1-Individual academic
poster presentation

CARDIOVASCULAR (CIRCULATORY) SYSTEM

HEART: is the heart of the circulatory and cardiovascular systems; it pumps blood while the heart beats, delivering oxygen and nutrients to every region of the body while exchanging or eliminating waste products and carbon dioxide (Robinson, 2021).

VEINS: Assemble and transport blood from the capillaries into the heart and lungs so that they may receive more oxygen. Low oxygen levels can cause the blood in veins to appear darker.

Arteries: are blood arteries that deliver blood that is rich in oxygen to every region of the body. It guarantees that the proper amount of nutrients and oxygen is delivered to the organs and tissues. (Clevelandclinic.org)

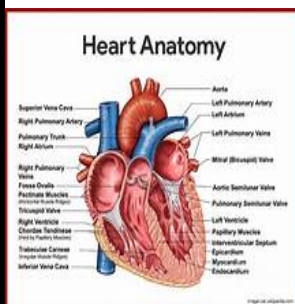


CAPILLARIES: These have thin walls and are blood vessels. The blood carries nutrition and oxygen to the organs and tissues. Through the capillaries, carbon dioxide and waste are exchanged for oxygen and nutrients (BHF, 2015).

LUNGS: An organ that is part of the ribcage, which is the bone framework that surrounds the chest. It is made up of elastic sponge-like sacs that pull oxygen into the bloodstream and distribute it to every region of the body. When we exhale, carbon dioxide gas is also eliminated by the lungs.

It filters air bubbles and blood clots; mucus in the membrane traps dust and bacteria entering the bloodstream. serve as a blood reserve

Key Functions: transport nutrients, carbon dioxide, and oxygen; wounds that are open healing; The heart pumps blood into three physically distinct networks of blood arteries, which help regulate body temperature (Townsend et al., 2015; BHF, 2022). <https://youtu.be/ep4cQrYFL0w>



Plaque produced by an accumulation of cholesterol, fat, calcium, and other waste materials in the blood narrow the blood vessels, which in turn reduces the flow of oxygenated blood and vital nutrients (Townsend et al., 2015; BHF, 2017). The danger of blood clots is increased by the fatty buildup in the arteries (atherosclerosis). (2021 Robinson)

The Next Steps

CARE INTERVENTIONS

EXTERNAL CIRCULATORY SYSTEM RISKS AND MODIFIABLE FACTORS Cardiovascular disease (CVD) affects the heart or blood arteries (NHS, 2022). It is frequently associated with atherosclerosis, an accumulation of fatty deposits in the arteries that increases the risk of blood clots. Subtypes of CVD (4 Major types consist of: a cardiovascular condition Heart attacks: an abrupt stoppage of the blood supply to the heart muscle; chest discomfort owing to constrained blood flow to the heart muscle caused by the blockage or reduction of the flow of oxygen-rich blood to the heart muscle; When the heart is unable to adequately pump blood throughout the body, cardiac failure results (Andersen et al., 2011). The brain can suffer from strokes and transient ischemic attacks (TIAs). British and Irish Vascular Society,(2023) and even demise. Peripheral arterial disease is characterised by blockage in the arteries supplying the limbs, usually the legs (Ludman, 2011). Aortic diseases are conditions that affect the aorta, the largest blood vessel that carries blood from the heart and to other parts of the body, according to Charlton et al. (2021; Townsend et al. (2015).

RISK FACTORS: High blood pressure; Smoking; High cholesterol; Diabetes; Inactivity; Being overweight or obese; Family history of CVD; Ethnic background; alcohol – excessive alcohol consumption.

Modifiable Lifestyle factors: Consume well-balanced, healthful diets low in saturated fat, cholesterol, and sodium. Regular exercise, blood pressure control, reducing alcohol intake, and quitting smoking are all recommended.

Reference

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