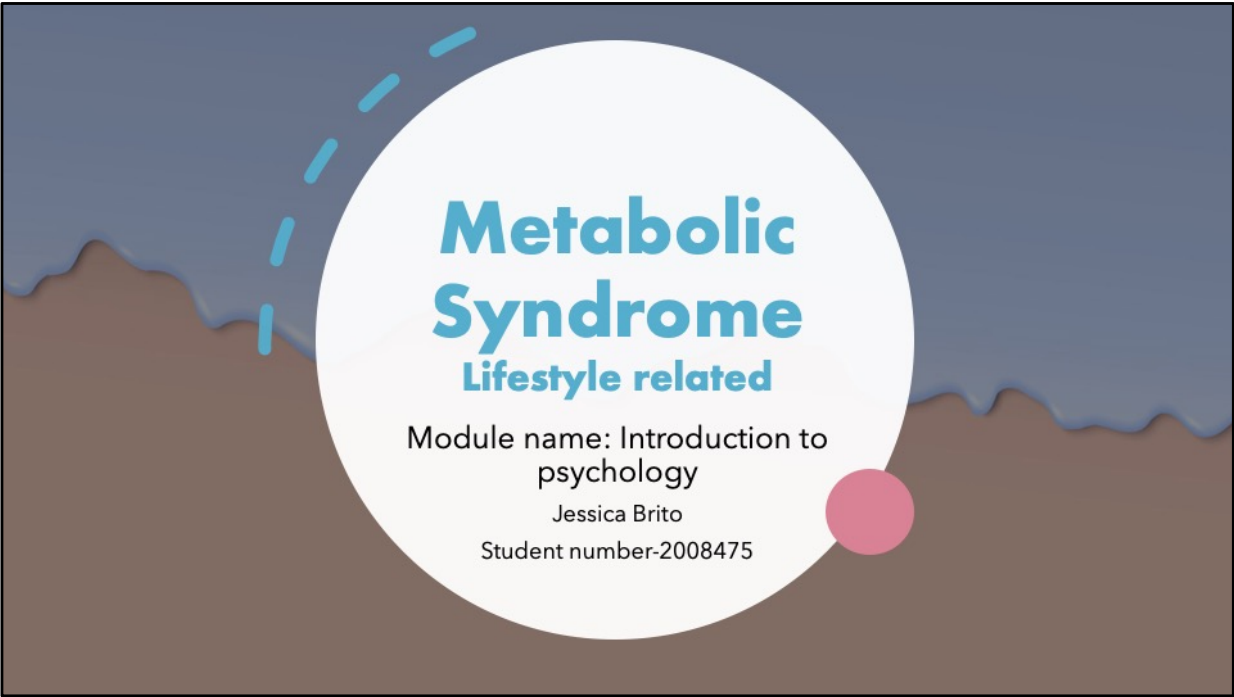




Metabolic Syndrome

Lifestyle related

Module name: Introduction to
psychology

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Table of Contents

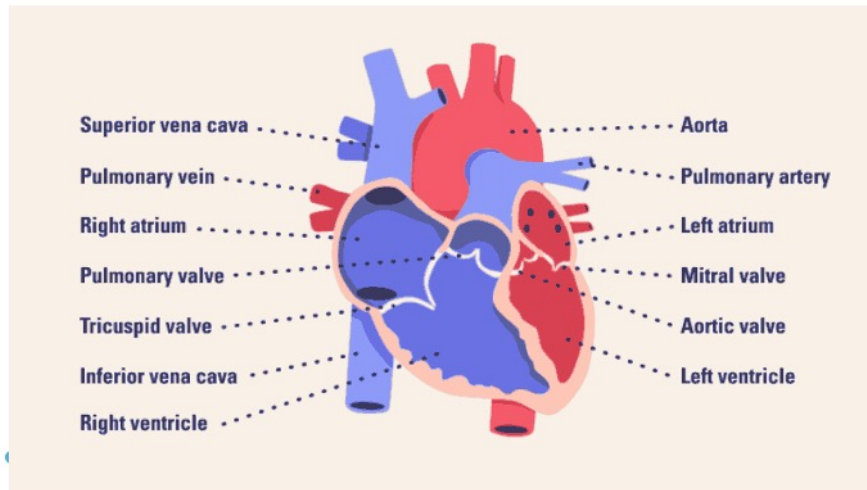
- Introduction
- Anatomy and Psychology
- Patient background
- Health risk
- Recommendations
- Conclusion
- References

- [illegible]



3

Anatomy of heart



“The heart has four main functions which are:

Pumping oxygenated blood to other body parts.

Pumping hormones and other vital substances to different parts of the body.

Receiving deoxygenated blood and carrying metabolic waste products from the body and pumping it to the lungs for oxygenation.

Maintaining blood pressure.”

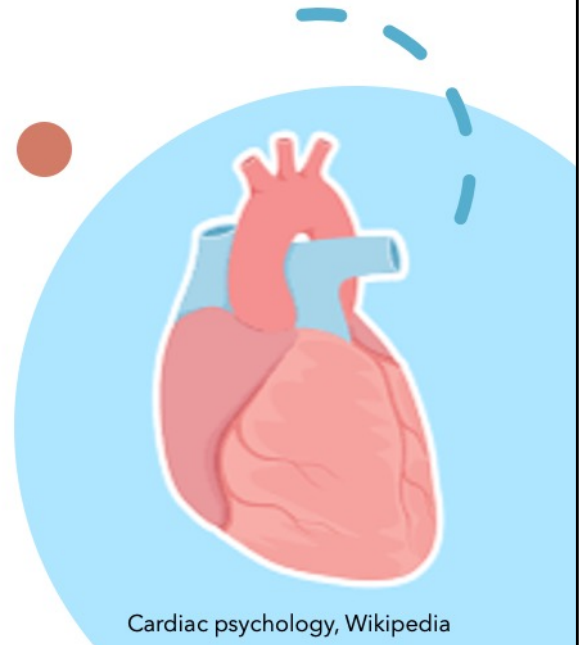
“Everyone’s heart is a slightly different size. Generally, adult hearts are about the same size as two clenched fists, and children’s hearts are about the same size as one clenched fist.”

Cleveland Clinic

Psychology of heart

The psychology of heart focuses on the primary and secondary prevention of heart disease in which it includes strategies to sermon:

- Behavioral changes
- Emotional changes
- Lifestyle changes



Cardiac psychology, Wikipedia

PATIENT B

- Male
- Age: 35



- Suffers from metabolic syndrome
- Non-Smoker
- Has smoked in past
- Family history with heart attack (mother)
- Does not exercise regularly
- Slow pace (less than 3mph)

Patient Questionnaire Background



Health Risk

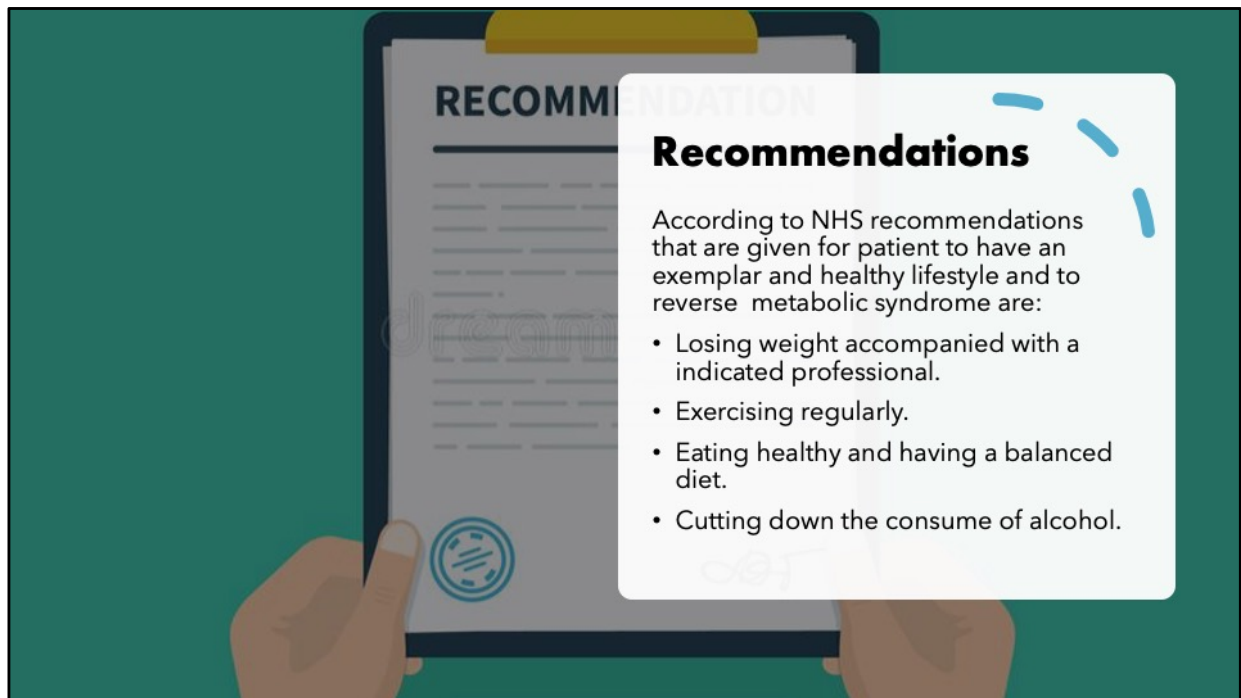
Having these following conditions can increase the health risks :

- High Blood pressure,
- High blood sugar
- Excessive fat around waist
- Frequently smoking
- Unbalanced diet
- Frequent consume of alcohol
- Lack of physical exercise
- Insulin resistance

NHS,2019



NHS,2019



Recommendations

According to NHS recommendations that are given for patient to have an exemplar and healthy lifestyle and to reverse metabolic syndrome are:

- Losing weight accompanied with a indicated professional.
- Exercising regularly.
- Eating healthy and having a balanced diet.
- Cutting down the consume of alcohol.

Conclusion

- Metabolic syndrome is caused by poor lifestyle and poor eating habits which can lead to severe health conditions.
- Metabolic syndrome is a condition that require close attention from specialised health providers.
- Seek more information and support from health providers for any other treatment medicine related.



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