



Name: Joyce Opoku-Baah

Student number: 2021934

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Lecturer's name: laila furani



Introduction to Physiology

The main objective of this assignment is to discuss health.

Understanding human behaviour Psychology considers the social aspects of human beings, their attitudes, traits and actions.

Your well being is all about living a better life-style.

A poor diet from things such as drinking, smoking, eating unhealthy foods, can cause many problems such as heart disease, lung cancer, liver disease et cetera, all of which can severely damage a person's life-style.

What is heart disease?

We know that the major risk factor for heart disease and strokes is high blood pressure.

“Heart disease” refers to several types of heart conditions, the most common of which is coronary heart disease, which affects the heart's blood flow.

Different other types of heart disease include:

- congenital heart disease
- ischemic heart disease



Anatomy

The Heart muscles can begin to die if they do not receive access to enough blood flow and oxygen.

Excessive smoking can clog the arteries and lead to heart disease.

Coronary arteries carry oxygenated blood to the heart muscles.



Physiology

- The heart is the muscle in the centre of your body's circulation system.
- Its function is to pump blood around your body as it beats.
- That blood gives all the things we need like oxygen and several nutrients to all parts of the body, while simultaneously carrying out the carbon dioxide and waste products.
- It maintains blood pressure.
- It pumps hormones and many other vital substances to different parts of the body. →

Main aspects in the Questionnaire used to measure lifestyle-related information

Smoking & Alcohol - This question allowed us to see if the patient health could be affected by the chosen lifestyle of smoking and drinking . Risks of these includes cancer, Stroke, heart diseases, affected immune system, liver disease, problems with the digestive system etc

Family History - Conditions can occasionally run in families. This implies that you may be more likely to have a condition if you are blood related to someone who already has one for example heart attacks, blood pressure etc

Medical History - Knowing the patients medical history allows us to see what illness/injuries they may have had in the past and if that could have a connection to any present or future illness

Ethnicity - Certain ethnicity can be affected by certain illness for example Cardiovascular illness is more common among some ethnic groups than others.



Patient

Name: Patient A

Gender: Male

Ethnicity: Danish

The man i mentioned is in his 50s and has a history of excessive drinking, smoking and a poor diet.



Health risk

- Heart attack
- Stroke
- Heart failure
- Cardiac arrest



Health risk

Peripheral artery disease - The narrowing of the blood vessels that causes coronary heart disease can also happen in the arteries supplying blood to the arms and legs, causing severe pain.

Atrial fibrillation - It causes the heart to beat irregularly or “quiver”, which increases the risk of strokes or heart failure from blood clotting.

Angina - this occurs when the heart muscle doesn't get enough oxygen and causes a squeezing or pressure in the chest.



Charities

British heart foundation - The British heart foundation raises money to fund research that helps prevent and treat heart disease.

Their mission is to save the lives of people who suffer from heart disease.

It is a charity that has been active for 60 years.

Somerville heart foundation - The Somerville heart foundation is a UK wide charity that supports young people and adults suffering from all types of heart conditions.



Conclusion

Heart disease may result from a number of poor lifestyle choices.

It is a deadly disease caused by the build-up of fatty substances in the heart's arteries.

There are different types of heart disease, angina etc and there are risk factor.
They are all typically caused by poor diets, alcohol, and smoking.

With a healthy lifetyle, factors like family history or ill health can be avoided.



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