



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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Module: (BMHP5003_LON).

Assessment: Health and Lifestyle routine measures.

Topic: Introduction to Physiology

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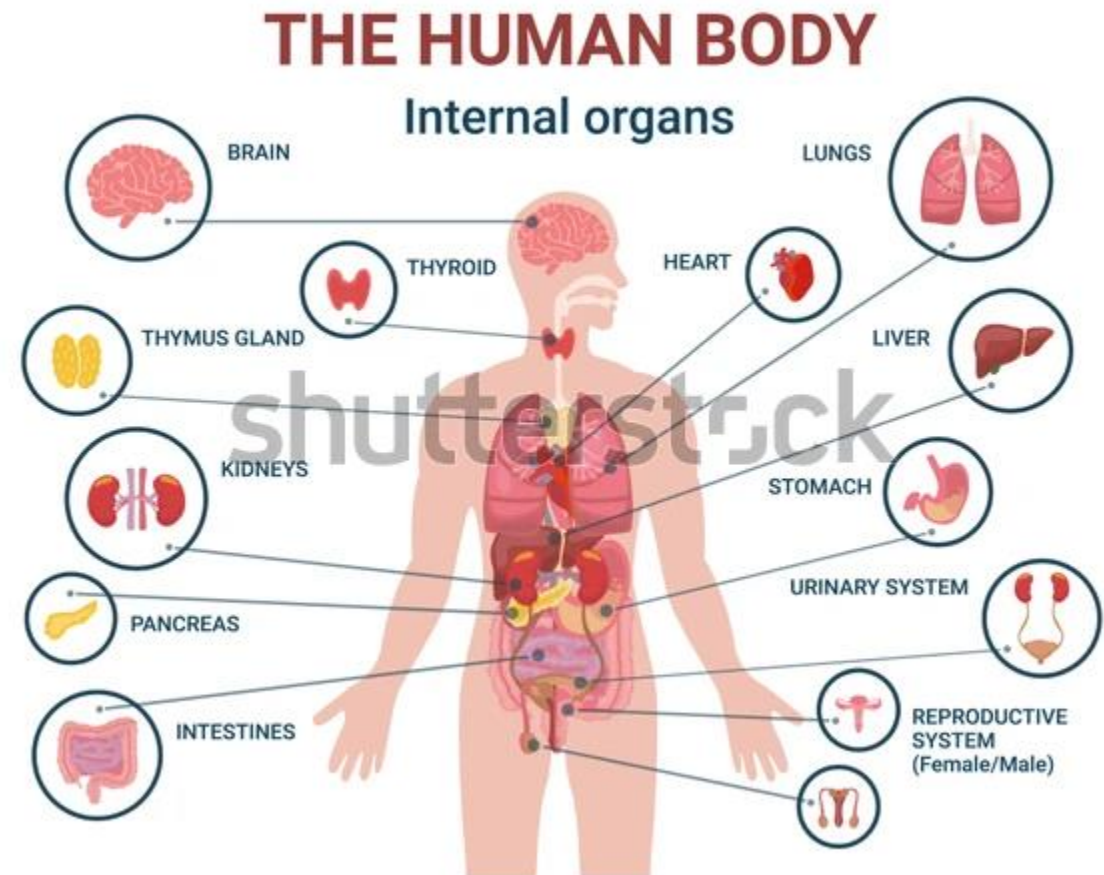
Introduction

- *Physiology is a field of science that studies the operation of organ processes as well as how they function within the body to respond to stress. It is how a living thing or part of a body works. (hvs1001@cam.ac.uk,2019)*
- *Aim. To know and forecast the body's reactions to stimuli and to know how the body maintains circumstances within a normal range in the face of a changing environment*
- *It is important in order to look for signs of sickness, and to predict negative consequences and monitor clinical results when testing medicines or medical services. (Proprofs Flashcards, 2021).*

Anatomy and Physiology

Anatomy is the study of how an organ or system is made up, while Physiology looks at their functions. The following can affect their functions:

- Abuse of drugs, alcohol, and cigarettes causes liver damage.*
- Any kind of long-term liver damage can result in cirrhosis, a chronic scarring of the liver.*
- Smoking has been linked to an increase in incidence of both cancer of the liver and liver cirrhosis.(Gardner, 2017).*



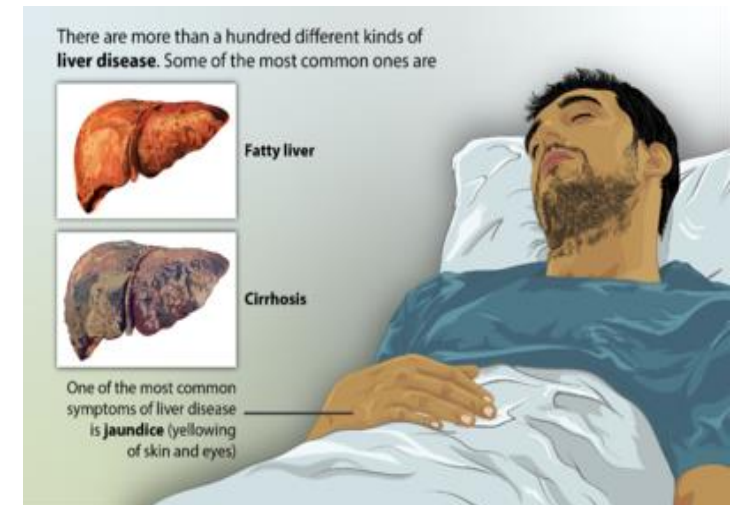
Questionnaire of Patient 'A'

The study of Patient 'A' reveals the following:

- *He is a smoker, and he smokes more than a packet of ten cigarette a day.*
- *He consumes about five bottles of alcoholic drinks in one sitting.*
- *He barely involve himself in physical exercises like jogging, playing football or a gym workout.*

Lifestyle health-related information of the patient

- *This patient is suffering from alcohol abuse.*
- *He drinks above the daily recommended alcohol intake a day.*
- *Despite been advised to cut down on alcohol and cigarette, due to his physical disorder, he got involved in drug sniffing.*
- *As a result of his physical condition, he becomes dissatisfied and depressed while sitting at home all day.*



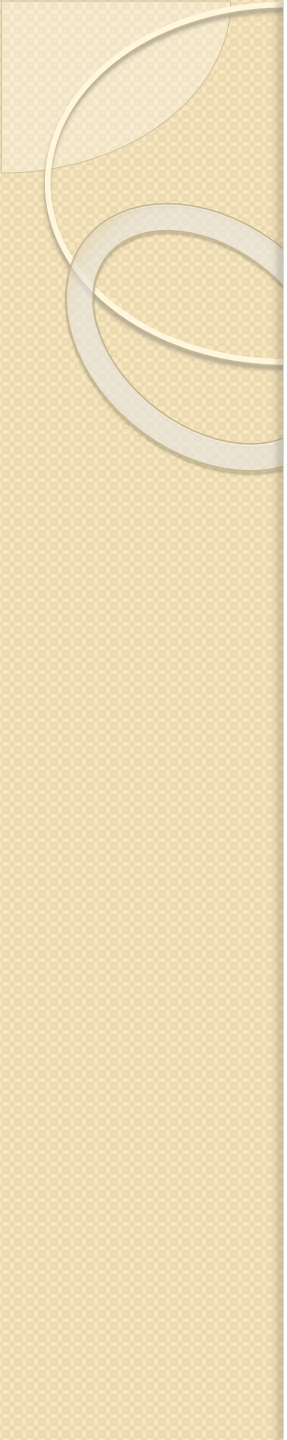
Liver disease-Physiopedia (Google pictures).

Health Risks

- *The health risks associated with this disease are caused by smoking and consuming alcohol.*
- *Cirrhosis is a chronic scarring of the liver caused by long-term injury from any cause. (Grant et al., 2018).*
- *According to the study, he consumes alcohol in excess of the prescribed limit. Smoking, a poor diet, a lack of physical activity, and the abuse of alcohol are all major risk factors for liver disease.*
- *Drunk persons are more prone to be careless and perpetrate violent and sexual assaults because alcohol impairs judgement. (Drug Science, 2022).*

Recommendations

- *In the United Kingdom, the NICE guideline (NG209) was published on November 30, 2021, and the Health Improvement and Disparity guideline was published on 01/10/21 (NICE, 2021), covering alcohol problems in adults and over the age of ten.*
- *Men are recommended to consume not more than 14 units each week to maintain good health. This is also recommended for ladies.*
- *It is recommended to spread the quantity of alcohol drunk across three days or more, and to have many alcohol-free days every week.*
- *The National Institute for Health and Clinical Excellence (NICE) supports the use of smokeless tobacco. To assist smokers quit smoking, nicotine replacement therapy and e-cigarettes should be employed.*



Conclusion

- *The physiology of each patient is monitored to ascertain their health state.*
- *As a result, of this patient 'A' information, liver damage and lung cancer are seen consequently for his lifestyle.*
- *The Patient must be treated clinically in accordance with the information gathered about his sickness, as he is at a greater risk of death.*

References

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