

Introduction to Physiology BMHP5003

**University of Wales Trinity Saint
David**

Bsc (Health and Social Care) Level 5

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Introduction

- ▶ The physical body consists primarily of food and of essential compounds, it is made up of different which make up systems that are responsible for the functioning of our bodies.
- ▶ The body needs to be taken care of with proper nutrition, exercise and regular diet.
- ▶ Patient A was given a lifestyle questionnaire to assess their health condition.
- ▶ The results of this questionnaire have been given to me and I will show you my assessment of the questionnaire within this presentation.

Anatomy and physiology Of Patient A

- ▶ Male
- ▶ 38 years old
- ▶ 178 Cm Height
- ▶ 105 Kg

Results From his last medical check up;

- ▶ High Blood pressure 160
- ▶ 40 % body fat
- ▶ High Cholesterol
- ▶ Resting heart beat of 82

Lifestyle of Patient A

Quoting Patient A's answers from the questionnaire:

- ▶ Sedentary lifestyle “Little to no exercise”
- ▶ Smoker “around 10 to 15 cigarettes a day”
- ▶ Regular drinker “10 to 15 units a week”
- ▶ Water consumption “0 to 1 glasses per day”
- ▶ Bad diet “I eat junk food on a regular basis”

Patient works as a bartender 3 days a week and this is the only where he does any physical activity but it is also accompanied by heavy drinking and smoking.

Health condition of patient A

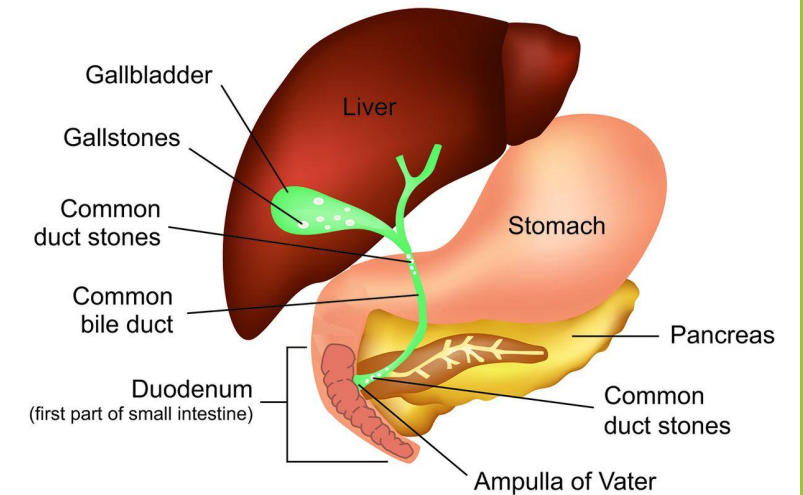
Due to the patients unhealthy lifestyle, he has developed Gallstones.

According to the NHS; “Gallstones are small stones, usually made of cholesterol, that form in the gallbladder.” NHS Choices (2019). *Overview - Gallstones*. [online] NHS. Available at: <https://www.nhs.uk/conditions/gallstones/>.

Gallstones are caused by factors of both genetic and lifestyle such as;

- ▶ Cholesterol high diet
- ▶ Being over weight or obese
- ▶ Having a family member that has had gallstones

Patient is also at risk of type 2 diabetes



Complications of Health Condition

► Inflammation of the Gallbladder Aka Cholecystitis

“In most cases, gallstones blocking the tube leading out of your gallbladder cause cholecystitis. This results in a bile buildup that can cause inflammation.” (Cholecystitis - Symptoms and causes, 2022) <https://www.mayoclinic.org/diseases-conditions/cholecystitis/symptoms-causes/syc-20364867>

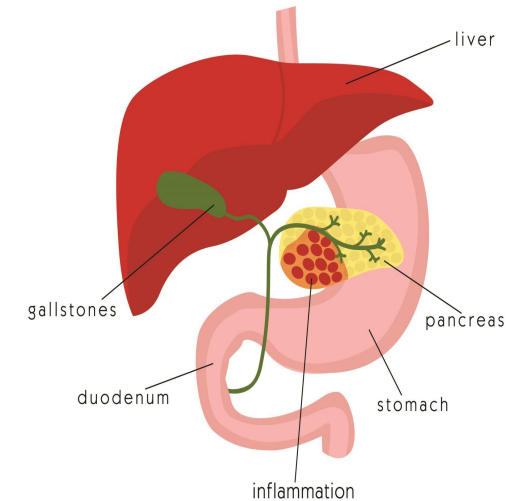
► Jaundice

“If a gallstone leaves the gallbladder and gets stuck in the bile duct it may block the passage of bile into the intestine. The bile will then seep into the bloodstream, causing signs of jaundice.” Medical news today.2022. Pancreatitis. [Online] 2022 Available at <https://www.medicalnewstoday.com/articles/153981#:~:text=of%20the%20gallstone.-,Jaundice,surgical%20removal%20of%20the%20gallstone.>

► Pancreatitis

“Acute pancreatitis is sudden inflammation that lasts a short time. It can range from mild discomfort to a severe, life-threatening illness.” WebMd. 2022. Pancreatitis. [ONLINE] Available at: <https://www.webmd.com/digestive-disorders/digestive-diseases-pancreatitis>. [Accessed 31 March 2022].

PANCREATITIS

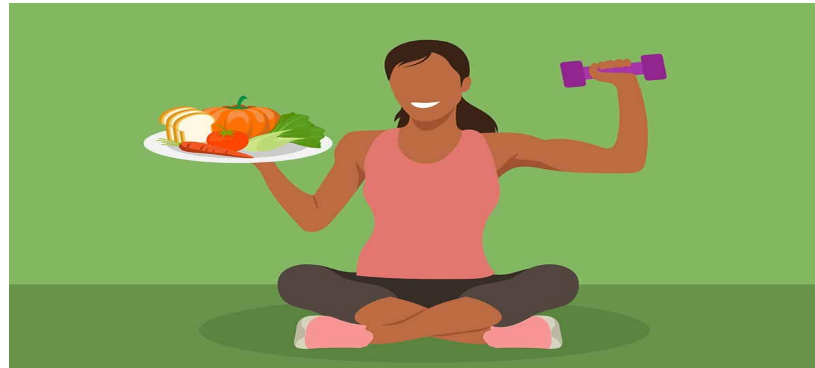


Recommendations

- ▶ Switch to a low glycemic whole foods plant based diet.
- ▶ Exercises 3 days a week for 1 hour.
- ▶ Stop smoking and drinking heavily.
- ▶ Regular checks with the doctor to see if his condition has improved.
- ▶ Find a different job.

CONCLUSION

I feel like the solution to the many illnesses that succumb us are a product of our own doing. A bad lifestyle will lead to health issues, we should learn to take care of our body if we want to live long and pain free lives.



REFERENCES

<https://www.webmd.com/digestive-disorders/digestive-diseases-pancreatitis>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>

<https://www.nhs.uk/conditions/gallstones/complications/>

<https://my.clevelandclinic.org/health/diseases/15367-adult-jaundice#:~:text=Jaundice%20is%20a%20condition%20in,including%20hepatitis%2C%20gallstones%20and%20tumors.>

<https://www.mayoclinic.org/diseases-conditions/cholecystitis/symptoms-causes/syc-20364867>