

ANATOMY AND PHYSIOLOGY

TERM 1. 9/2020

CARDIOVASCULAR DISEASE POSTER

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MODULE # BMHP5003

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CARDIOVASCULAR DISEASE (CVD)

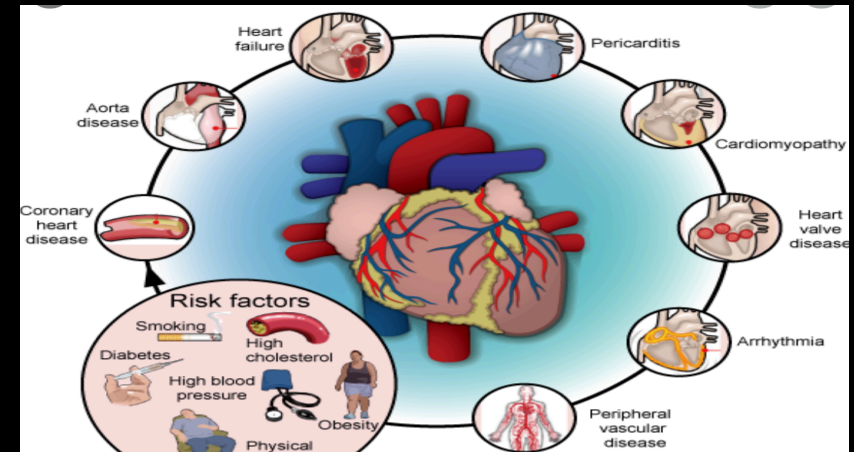
According to MAYO CLINIC “Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke” (Mayo Clinic 2018). There are a lot of Cardiovascular diseases but the most common are Coronary heart disease, Strokes and TIA, Peripheral Arterial disease, and Aortic.

Stroke and TIA

Stroke can be defined as shortage/disruption of blood flow to the brain while TIA is a mini stroke (temporary disruption). Both Stroke and TIA can be identified by F.A.S.T (Face, Arm, Speech, and Time)

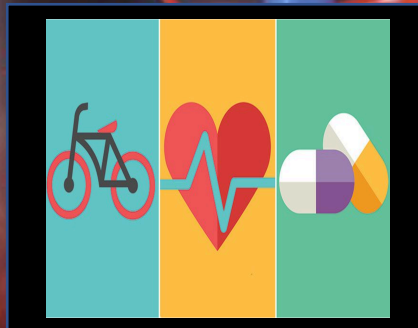
The causes/risk factor of CVD

1. Diabetes
2. Smoking
3. High blood pressure
4. High cholesterol level
5. Obesity



Treatment/management for CVD

1. Incorporate exercise
2. Healthy diet
3. Balance daily life style
4. Drink less



Reference:

Mayo Clinic (2018). *Heart disease - Symptoms and causes*. [online] Mayo Clinic.

