

# CORONARY HEART DISEASE

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# OBJECTIVES

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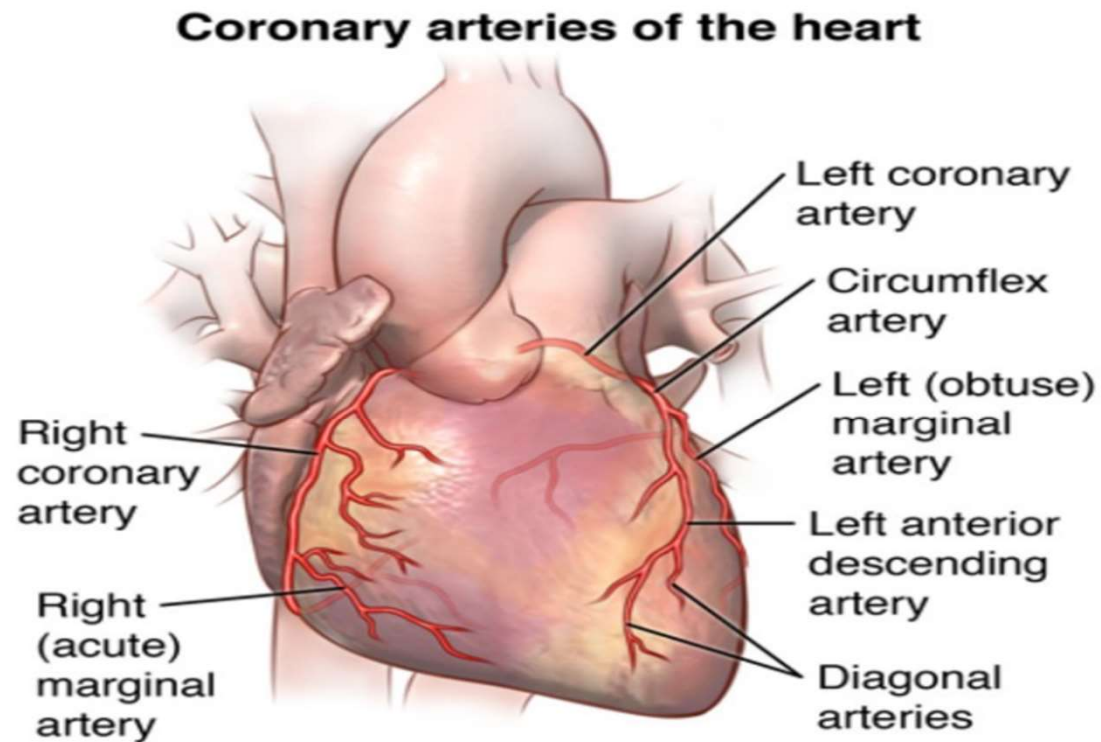
## INTRODUCTION

I HAVE IDENTIFIED CORONARY HEART DISEASE AS A TOPIC OF DISCUSSION AND THERE IS AN ESSENTIAL FACTOR IN LIFESTYLE WHICH HAS A HUGE IMPACT. STUDY SHOWS ONE-THIRD OF HEART DISEASES DEATH WERE ATTRIBUTED TO SMOKING AND CORONARY DISEASE IS ONE OF THE LEADING CAUSES OF DEATH IN THE UK (NHS, N.D)

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# Anatomy and Physiology (Johns Hopkins Medicines, n.d)

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## ANATOMY AND PHYSIOLOGY

- This disease is related to the circulatory system
- The blood vessels that supply oxygen-rich blood to your heart muscle to keep it pumping are called coronary arteries. There are two main coronary arteries, the right and left coronary arteries
- Coronary heart disease is a serious condition where the blood vessels supplying the heart is blocked or narrow
- Build-up of fatty substances supplying the heart can cause coronary heart disease (Cleveland Clinic, 2019)

# QUESTIONNAIRE

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- In this questionnaire, I will be asking my patient about the following information:
- His age; age is an important factor
- Ethnicity
- Medical history; If any heart attack or any related
- Lifestyle: how much alcohol he drinks, and often he smokes
- Physical activity
- Family History

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## LIFESTYLE AND HEALTH-RELATED INFORMATION OF THE PATIENT

My patient is black-African

He is 46 years old

Smokes and drink alcohol excessively

There is a family history of the disease

According to his medical history, he has had no heart attack but had serious chest pain

No physical exercise

# HEALTH RISK

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- High blood pressure
- Cholesterol levels
- Smoking
- Obesity/overweight
- Lack of physical exercise
- Uncontrolled factors like age, sex(men), and family history. (Rachel, 2017)

# RECOMMENDATION

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- Eat a healthy, balanced diet and maintain reasonable body weight (heart.org, n.d)
- Regular exercise(physically active) can increase blood flow and the risk of heart attack can be reduced
- Give up smoking is dangerous for people with a heart condition
- Avoid cigarette as it is dangerous and riskier for people with heart disease.
- Control your weight (NHS, n.d)

# CONCLUSION

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- Heart disease is a leading cause of death in so many countries around the world. It knows no colour and does not discriminate. It is very deadly but preventable as well. Living a healthy lifestyle, by eating healthy food, regular exercise, stopping smoking, and reducing alcohol can potentially makes you live longer. (Robin, 2020)

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