

**MODULE: INTRODUCTION TO PHYSIOLOGY**

**ASSESSMENT: PRACTICAL TEST**

**TOPIC: ATHEROSCLEROSIS**

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**STUDENT NAME: ERKAN PACA**

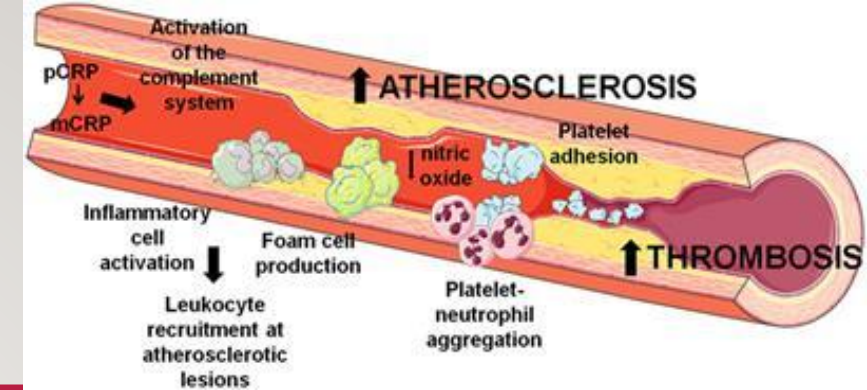
**STUDENT NUMBER: 2010132**

# INTRODUCTION

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- *Aim of this assignment is to support individuals how to manage their lifestyle and make them to see how their personal preferences can have an impact on their wellbeing.*
- *I will explore the health condition called Atherosclerosis and how this can be improved with healthy lifestyle approach.*
- *This will gives us the opportunities and the right direction to healthcare professionals to prepare an action plan for patients to adopt a healthy lifestyle. J.Flowers Health Institute (2021).*
- *I will explore the health condition called Atherosclerosis and how this can be improved with healthy lifestyle approach.*

# ANATOMY AND PHYSIOLOGY



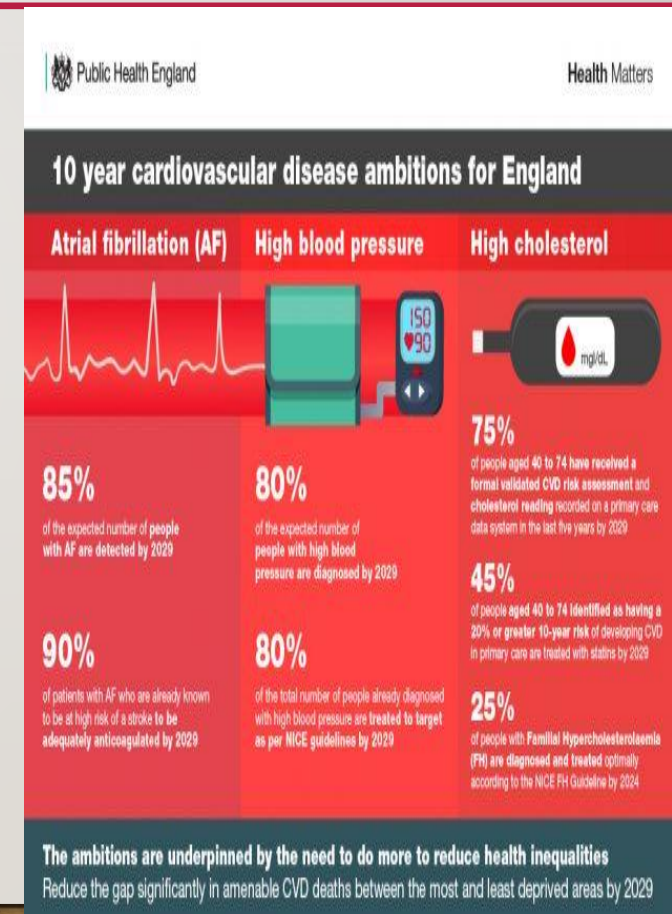
- *Atherosclerosis is a cardiovascular disease that effects the arteries in the heart.* This Photo by Unknown Author is licensed under [CC BY](#)
- *It is also called “hardening of the arteries”*
- *This fatty substances build-up (atheroma) cause narrowing and blockage in the surface of your artery walls. NHS (2019)*
- *This clogged-up materials gradually deposits in the arteries that causes narrowing and restricts the blood flow to your other organs. BHF (2019)*
- *Each blood vessel has a different responsibility such as arteries, arterioles, capillaries, venules and veins.*
- *In the UK approximately 2.6 million people suffer from this condition. BHF (2019)*

# QUESTIONNAIRE

- *In the questionnaire we cover to find out the risk factors like smoking, drinking and how active Mr T was up until now.*
- *He also stated that he has a medical history of heart problem in the close family which puts him in great danger.*
- *He said he heavily smokes 15 a day, along with drink 10 pints a week and he works in an office therefore he is not that active does not walk much, and lives alone.*
- *He confirmed that he has a very unhealthy eating habit which is take out mainly.*

# LIFESTYLE HEALTH-RELATED INFORMATION OF THE PATIENT

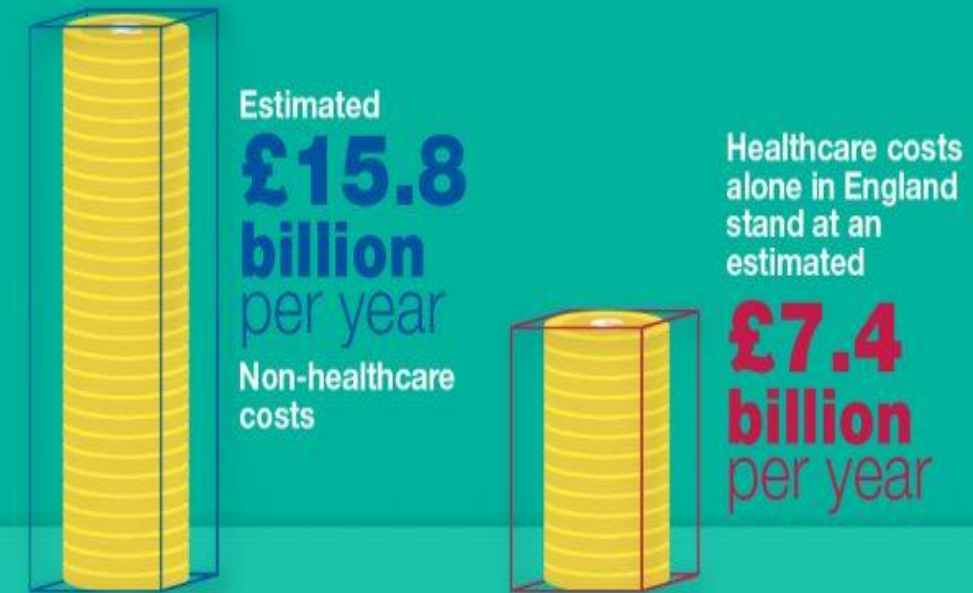
- *Patient (T). He is 52 years old single man, lives alone. He smokes quite heavily, does a desk job, he has very limited activities, overweight and drinks significant amount of alcohol.*
- *Family history of heart problems with his uncles suffered with angina and had bypass operation.*
- *As a result of that he suffers from chest pains, fatigue and shortness of the breath and dizziness.*
- *Mr T was concern about his current health condition and recent blood test of his has shown of high level of triglycerides.*
- *In order to help to Mr T we prepared a questionnaire for him to answer.*
- *This will enable us to support him with his condition medically so he can adopt healthy lifestyle behaviour.*



# HEALTH RISKS

- *The life style that we lead can have a significant impact in our health and maximize the risks in great deal.*
- *Preventative measure like stop smoking, excessive alcohol, eating healthy food and staying active, controlling our blood pressure and cholesterol will enable us to minimize risk factors like heart attack and stroke. BHF (2019)*
- *Excessive alcohol intake of more than three units and smoking heavily have a robust connection widely causing cardiovascular ailments.*
- *This detrimental implications can maximize the levels of triglycerides within the blood, raising the blood pressure which can develop to cause major issues like stroke and heart attacks. PMC (2019).*

## Costs of cardiovascular disease to the NHS and wider society



# RECOMMENDATIONS

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- *In the UK, % 26 death related cases caused by Cardiovascular disease, (CVD)*
- *By adopting healthier behavior within the population with healthier choices individually can minimize the risks and the incidence levels for atherosclerosis in the UK. NICE (2018)*
- *NHS Health Check provides people testing within the age group of 40-70 years old five year periodically. NHS stop smoking, eating healthy food that is high in saturated fats and 5 a day portion of fruit and vegetables daily.*
- *Be as active as possible with consistent exercises, BMI index of calculators of weight and reasonable amount of alcohol intake. These health promotions of interventional approach used by NHS. NHS (2019).*

# CONCLUSION

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- *In this presentation, I explored Mr T 's health condition with a questionnaire and act upon as soon as possible because It can easily led to atherosclerosis or even other CVD diseases.*
- *Finding out the significant facts for Mr T' s have helped us to support him with the right behavioural approach.*
- *Adopting the right choices into your life with the right attitudes are essential to be a healthy individual.. Summary of main points of the assignment*

# REFERENCES

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