

Introduction

Coronary heart disease affects the circulatory system, notably the large arteries and veins that feed the heart muscle. Coronary heart disease occurs when the lining of these blood vessels become narrowed because of plaque and deposits collecting on the inside of them, limiting the blood flow available to the heart muscle. In the early stages of the disease, the body and blood vessels can adapt by dilating to enable additional blood flow, but as the condition becomes more advanced and the vessels are more clogged up, the heart muscle cannot receive sufficient oxygen, causing pain and shortness of breath for the individual. Several lifestyle and genetic factors significantly increase your risk of developing heart disease. These factors include family history of heart disease, existing conditions such as high blood pressure, diets high in red or processed meat, alcohol consumption and smoking. The likelihood of developing coronary heart disease also increases after the age of 50 years.

Case Study

Mr Ahmed is an Asian man aged 67. He is a retired lorry driver. His brother had a stroke age 68 years. Mr Ahmed is a non-smoker. He has presented at his GP practice reporting chest pain on exercise and shortness of breath when walking or going up flights of stairs. He has noticed that this is getting worse over the past 6 weeks and is worried that he may be experiencing angina (heart pain) and is at risk of having a heart attack.

Questions for discussion

- What are the main approaches and strategies that could be used to **measure** the number of people with coronary heart disease?
- What are the main approaches and strategies that could be used to **monitor** how many people have, or at risk of developing coronary heart disease?
- What are the main approaches and strategies that could be used to **control** coronary heart disease in communities?
- Identify some **factors** that may influence the health and well-being of individuals affected by coronary heart disease. What health education information will you give to the community about this disease?

As this is a discussion, you will be awarded a mark based on the knowledge, understanding, and skills that you demonstrate during your talk and discussion. You may be asked questions to clarify any points you make as part of this. Your work must be underpinned by researched facts and data that show your research skills and understanding of the key points that you have included.

