

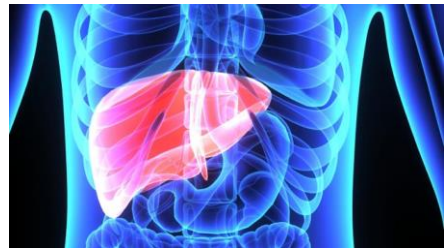
Module: Introduction to Physiology

Assessment: Assignment 1

Topic: Lifestyle Related Disease (Alcohol-Hepatitis)

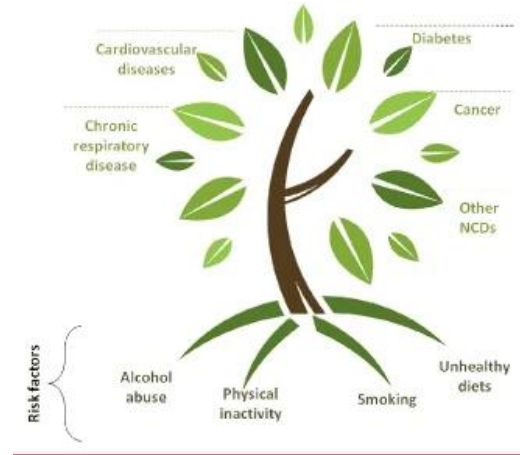
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Introduction

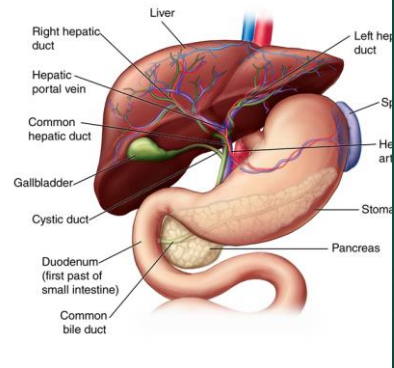
- THE AIM OF THE PRESENTATION IS TO MEASURE LIFESTYLE RELATED DISEASE
- LIFESTYLE-RELATED HEALTH INFORMATION IS USED IN HEALTH AND SOCIAL CARE IN ORDER TO GIVE THE APPROPRIATE TYPE OF CARE ONE NEEDS.



(Toebes et al., 2017)

Anatomy and Physiology

- A liver is located on the upper right hand of a stomach, its dark reddish-brown organ that's shaped like a cone
- The liver produces protein and cholesterol
- The oxygenated blood found in the liver comes from a blood vessel
- Nutrient-rich blood flows from a vein



The liver helps distribute food to the body through the production of protein and cholesterol. It also processes the blood that is leaving the stomach and intestine by breaking down, stabilizing and creating nutrients for the body (Johns Hopkins Medicine, 2019).

The blood vessel that supplies oxygenated blood to the liver is called a hepatic artery (Johns Hopkins Medicine, 2019).

The nutrient-rich blood comes from a vein named hepatic portal vein (Johns Hopkins Medicine, 2019).

The blood vessel that supplies oxygenated blood to the liver is called a hepatic artery (Johns Hopkins Medicine, 2019).

The liver ensures infections are controlled through the making of immune factors and flushing out bacteria from the bloodstream (Johns Hopkins Medicine, 2019).

Questionnaire

Smoking

Alcohol

Family History

Medical History

Ethnicity

Amount of Physical activity

Walking Pace

Drinking Habit

Lifestyle health-related information of the patient A

49 years old Male

Smoker

Drinks 18 pints of alcohol weekly

He has a family history of heart attack (But hasn't experienced one)

Patient A is unemployed and does not exercise

Walks to shop for an hour daily and do some house chores

Patient A often drinks 4 to 5 pints daily

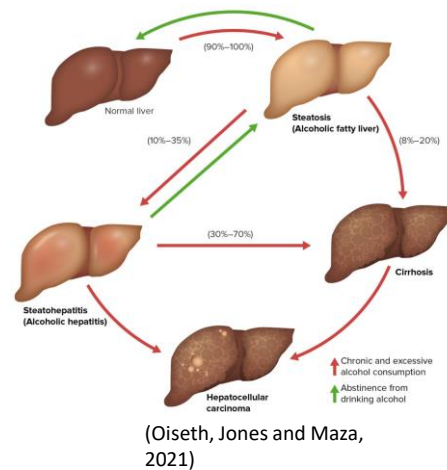
He has had multiple forgetful days and not motivated

Friends and doctors have concerns about his drinking

- Patient A is a 49 years old Male who smokes and drinks 18 pints of alcohol weekly. He has a family history of heart attack, but he has never had a heart attack himself. He is white Irish, currently not in employment.
- Patient A does not exercise or cycle but does an hour of walking to the shop, sometimes does some housework and does not do any gardening/DIY.
- Patient A often drinks 4 to 5 pints of beer almost daily.
- During the last year he has been unable to remember what happened the night before weekly, he has also been unable to do what he would to do what he would usually do weekly.
- His friends and doctor have been concerned about his drinking more than one occasion

Health Risks

- Alcohol misuses can affect every part of the body either long- or short-term effects (NHS Choices, 2018).
- Obesity
- Race and ethnicity
- Binge drinking



The health risks of taking alcohol includes High blood pressure, stroke, liver disease, liver cancer etc (NHS Choices, 2018).

People who drink heavily and are overweight are at risk of developing alcohol hepatitis which could lead to another condition called cirrhosis (Mayo Clinic Staff, 2020).

Study shows that Black and Hispanic people have higher risk at having Alcohol Hepatitis and men who binge drink such as having five or more drink within 2 hours are at risk also women who have four or more drink risk will increase in having alcoholic hepatitis (Mayo Clinic Staff, 2020).



Alcoholic Anonymous help people with alcohol problem recover through step by step guide in order to be sober. they ensure all individuals go through their personal recovery individually (Alcoholics Anonymous, 2015).

Stopping drinking of alcohol decreases the chances of liver being damaged and potentially stops individuals from dying of liver disease(NHS Choices, 2019).

Eating healthy snacks regularly in-between meals can help with calories and protein because if the liver gets damage then the carbohydrates(also known as glycogen) which provides short-term energy will be unable to be stored (NHS Choices, 2019).

Conclusion

- In other for someone to have a healthy lifestyle they will have to be well committed in ensuring that they are checking themselves regularly and introducing healthy ways of living their everyday life.
- To have a healthy lifestyle things like exercises, eating right, having minimum amount of drinks(alcohol & soda) and smoking moderately.

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