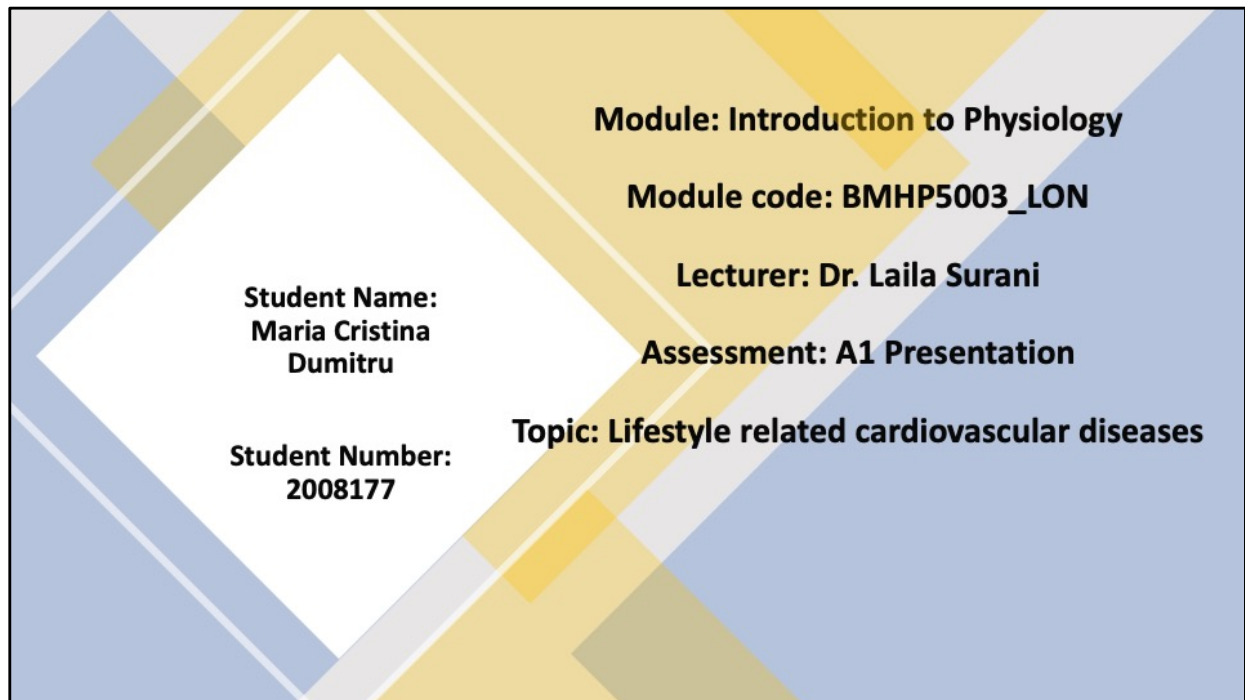




Introduction

Nutrition, exercising, smoking, and drinking are all examples of lifestyle questionnaire influences (Farhud, D., 2022) . Poor lifestyle choices can lead to poor health, which can have an impact on a person's wellbeing and self-esteem (Parker,2022).

To follow and evaluate a person wellbeing, lifestyle questionnaires are the perfect tools for gaining insight on essential life matters . For this reason, is important to understand these criteria to provide a baseline for monitoring the impact of different factors which can influence the quality of life and potential of developing heart disease. (Parker,2022).

Lifestyle questionnaires are an important tool that help health and social care professional identify health risks that could develop into life-threatening disease. The flexible behaviours and cultural practices that impact an individual's health and well-being are referred to as lifestyle variables. Understanding and following these lifestyle variables can improve the general wellbeing and the life quality. This type o assessment is used to collect information that is then used to recommend healthier behaviours and overturn harmful actions. The aim of this report is that based on the lifestyle questionnaire on patient A, the anatomy and physiology will be described. Also, the risk factors related to the existing lifestyle will be evaluated and recommendations for the patient's care will be assess.

Lifestyle criteria

- Levels of activity
- Alcohol consumption
- Smoking
- Family history
- Medical history

(CDC.GOV, 2022)



Few research have explored the connection between alcohol use and the risk of cardiovascular diseases, more precisely heart attack. The variables evaluated in this lifestyle questionnaire refer to levels of physical activity – such as cycling, walking to work or gardening, alcohol consumption evaluated at the frequency and quantities drank, smoking and the intensity, and not least the family history referred to at heart attacks incidence.

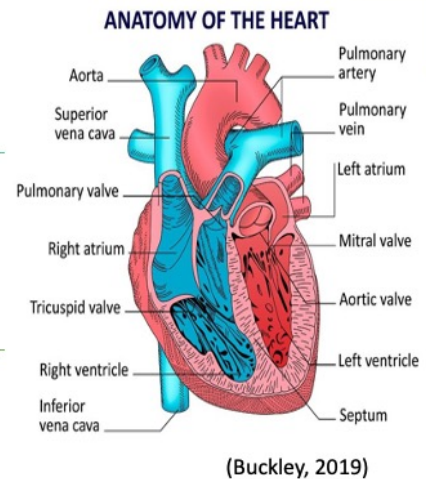
All these lifestyle behaviors present as health risk developing heart disease.

Heart anatomy

The heart is part of cardiovascular system next to veins, capillaries, arteries and blood. (Cleveland Clinic, 2021)

The top section of the heart is divided into two chambers called atria, with the left atrium getting blood and the right receiving oxygen-free blood (Hoeppner, 2012).

Ventricles, on the other hand, are lower-heart chambers that push oxygen-enriched blood into the body's organs, reaching even the smallest cells. Valves, like the atria, divide the ventricular chambers (Hoeppner, 2012).



The heart is part of cardiovascular system, also known as circulatory system. The heart is situated in middle of the chest, under the sternum in a thoracic cavity. It has four chambers and valves that control the blood flow across the body (Hoeppner, 2012).

The valves have as main purpose the separation of the heart's chambers, for examples atrioventricular valves formed of the mitral valve to the right and tricuspid valve to the left.

These valves are responsible or the correct direction blood flow.

Functions of the heart

- It is largely responsible for supplying blood circulation and nutrition delivery throughout the body.
- The blood transports oxygen and nutrients to all regions of your body while removing carbon dioxide and other wastes.

(Cleveland Clinic, n.d.)



(Whitlock, 2019)

Most important function of the heart is the cardiac cycle. This blood pumping cycle makes sure that blood is distributed throughout the whole body.

The heart is responsible of pumping all blood in human body, this is at around eight pints. This low in oxygen blood is pumped from right side to the lungs where it is enriched with fresh oxygen, only to be pumped back to main organs and brain from the left side. (NHS Inform, 2020)



Lifestyle health-related information of the patient

- Patient A is male from a white background
 - 36 years old
 - He is a heavy smoker of 20 cigarettes a day
 - Drinks over 8 ounces around once a month
 - Has a sedentary lifestyle working in an office
 - The family history indicates that his father died of a stroke at 63 years old
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Heart diseases and alcohol consumption

-Alcohol consumption leads to:

High blood pressure

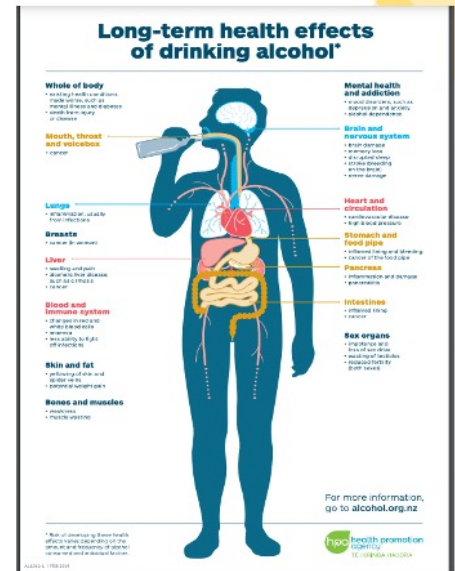


Cardiovascular disease



Ultimately leading to heart attacks (myocardial infarction)
(Centers for Disease Control and Prevention, 2019)

- Cardiovascular diseases such as heart attack or angina
can be hereditary also. (Sawicki,2022)



Heavy drinking can major health effects on the body but one of most severe are heart disease.

Alcohol consumption has been found to be one of the causes of high blood pressure also known as hypertension. This can increase the stress and pressure put over the heart muscle and can develop into cardiovascular disease also known as CVD.

Ultimately patients experiencing CVDs are at high risk of heart attacks. Heart attack is a cardiovascular disease that occurs when one of the heart muscle doesn't receive sufficient blood flow.

Family medical history can also influence the predisposition of one towards heart diseases.

Other Health Risks related to lifestyle

- High blood pressure
- Angina
- Cholesterol
- Cancer
- Obesity
- Stroke

(NICE,2022)

In terms of lifestyle or health behaviors based on the questionnaire, patient A main health risks are cardiovascular but not only as a low or missing level of physical exercise could lead to high blood pressure (Petti et al., 2013). Other health risks include cancer- due to heavy smoking, obesity due to high alcohol intake and sedentary lifestyle.

Recommendations

- As a recommendation, quitting smoking according to Public Health England will reduce the cardiovascular possible disease (PHE, 2022). Quitters will start to see benefits quickly and the risk of heart attack falls to about half after one year (PHE, 2022).
- Alcohol Support from NHS offers helplines and support therapies (nhs.uk, 2022).
- Combing regular exercises with a healthy diet will reduce the chances of developing blood pressure (NHS, 2022).
- According to the UK Diabetes Organization (2022), 15 minutes of walking, swimming or dancing makes the heart healthy and working better.

Cardiovascular diseases are those disorders where the heart or blood vessels are affected. This affection is the primary causes of mortality and disability causing disease in the United Kingdom in recent years. It can be avoided by leading a healthier lifestyle and avoiding risky behaviors.

Public Health England is aiming to have a tobacco-free generation by 2025. Approximately 90,000 people are smokers aged 11 to 15, and 1 in 5 adults smoke in the UK.

NHS Alcohol Support is helping people experiencing alcohol misuse by providing helplines and group therapies such as a 12-step program.

Conclusion

In conclusion, the empirical findings in this report provide a better understanding of possible heart diseases related to the existing lifestyle. The relevance of the information collected from the questionnaire for patient A is supported by the current findings which suggest that drinking and smoking usage are directly related to heart disease

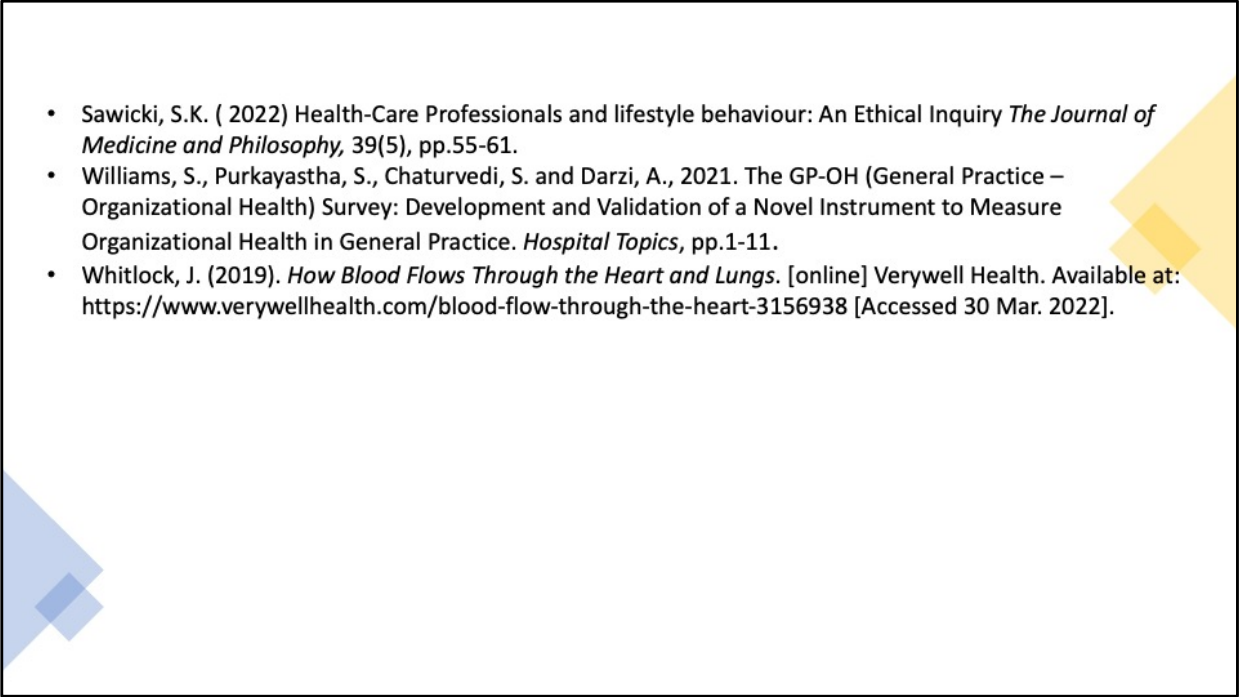
It is reported that up to 90% of CVD is avoidable. CVD prevention include lowering health risks such as good food, exercising, avoiding cigarette smoking, and limiting alcohol use. It is therefore effective to treat risk factors such as high blood pressure, blood lipids, and hyperglycemia.

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