

INTRODUCTION TO PHYSIOLOGY; POSTER PRESENTATION.

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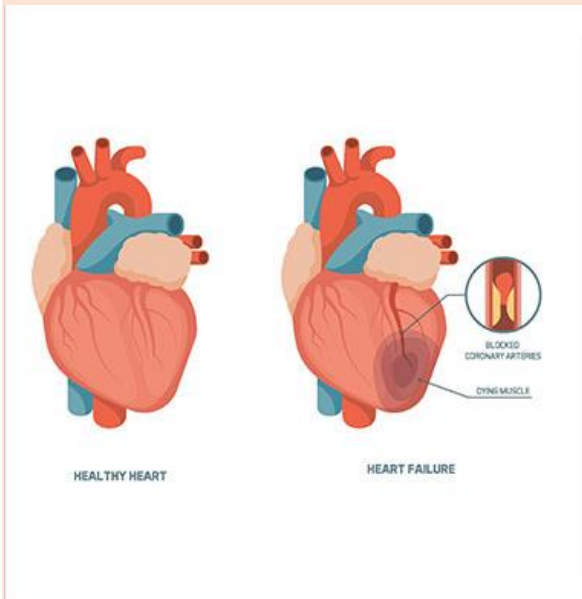
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CARDIOVASCULAR DISEASE

Cardiovascular diseases are diseases related to heart and cardiac function. Stroke, heart failure, abnormal heart pump, hypertensive heart disease etc are some of the examples of CVD. It is not necessarily meaning to form a cardiovascular heart disease from long term habitual problems (Antonaccio, 2014). There is some case which is by born. These rare cases can be a production fault of maternity time or fertilisation problem. But overall, the treatment or cure process or science is the same as any other non-communicable type cardiovascular disease. CVD is the leading reason for unwanted death and this number is increasing day by day globally. Scientist and researchers have pointed globalisation as the key responsible for such death and CVD impact (Willerson and Cohn, 2015). The rough global weather, unhealthy food diet, excessive medications for simple disease and less care for regular health check-up are some findings that came out of physicians' analysis.

Coronary heart disease is a major cause of death in the UK and worldwide

CHD is when your blood supply is blocked or interrupted by blockage in the coronary arteries. The blockage is fatty deposits.



Treatment:

- Blood-Thinning medicine
- Statins (Lowers cholesterol)
- Beta blockers
- Diuretics

Risk Factors of CHD:

- Smoking
- High blood pressure
- High cholesterol
- Lack of regular exercise
- Diabetes
- Thrombosis

Prevention:

- Having a balanced diet (avoiding saturated fats)
- being more physical
- Keeping a healthy weight
- Give up smoking
- Reducing alcohol consumption (don't drink more than 14 units a week)

How do I connect this poster to patient A questioner?

Patient A has not done regular exercise, not eating regular meals at the right time. Her mom has had an attack at 60 years old on. Patient A is also obese at a BMI of 40.5.

I recommend that she does regular exercise and eats frequently with a good diet and go for regular checks in hospital.