HUMAN ANATOMY AND PHYSIOLOGY-I, BP-101(T)

UNIT-V (Cardiovascular system)

CLASS:10

TOPIC – DISORDERS OF HEART

High blood pressure:

- High blood pressure (hypertension) is one of the most important risk factors for CVD. If your blood pressure is too high, it can damage your blood vessels.

Smoking:

- Smoking and other tobacco use is also a significant risk factor for CVD. The harmful substances in tobacco can damage and narrow your blood vessels.

High cholesterol:

- Cholesterol is a fatty substance found in the blood. If you have high cholesterol, it can cause your blood vessels to narrow and increase your risk of developing a blood clot.

Diabetes:

- Diabetes is a lifelong condition that causes your blood sugar level to become too high.
- High blood sugar levels can damage the blood vessels, making them more likely to become narrowed.
- Many people with type 2 diabetes are also overweight or obese, which is also a risk factor for CVD.
- Inactivity
- If you don't exercise regularly, it's more likely that you'll have high blood pressure, high cholesterol levels and be overweight. All of these are risk factors for CVD.
- Exercising regularly will help keep your heart healthy. When combined with a healthy diet, exercise can also help you maintain a healthy weight.

Being overweight or obese:

- Being overweight or obese increases your risk of developing diabetes and high blood pressure, both of which are risk factors for CVD.
- You're at an increased risk of CVD if:
- your body mass index (BMI) is 25 or above – use the BMI healthy weight calculator to work out your BMI
- you're a man with a waist measurement of 94cm (about 37 inches) or more, or a woman with a waist measurement of 80cm (about 31.5 inches) or more.

Family history of CVD:

- If you have a family history of CVD, your risk of developing it is also increased.
- You're considered to have a family history of CVD if either:
- your father or brother were diagnosed with CVD before they were 55
- your mother or sister were diagnosed with CVD before they were 65

Other risk factors:

Other factors that affect your risk of developing CVD include:

1. age – CVD is most common in people over 50 and your risk of developing it increases as you get older
2. gender – men are more likely to develop CVD at an earlier age than women
3. diet – an unhealthy diet can lead to high cholesterol and high blood pressure
4. alcohol – excessive alcohol consumption can also increase your cholesterol and blood pressure levels, and contribute to weight gain.

Preventing CVD:

- A healthy lifestyle can lower your risk of CVD. If you already have CVD, staying as healthy as possible can reduce the chances of it getting worse.

1. Stop smoking
2. Have a balanced diet

3. Exercise regularly
4. Maintain a healthy weight
5. Quit alcohol
6. Medication

IMPORTANT QUESTIONS:

2M QUESTIONS:

1) Define Heart and its functions.
2) Define ECG.
3) Define Cardiac Output.

5M QUESTIONS:

1) Explain the physiology and anatomy of heart.
2) Explain in details about blood circulation of heart with the help of diagram and conduction system of heart

10M QUESTIONS:

1) Explain the physiology and anatomy of heart.
2) Explain in details about blood circulation of heart with the help of diagram and conduction system of heart