

□□□□ Angina pectoris is a medical condition that literally means a choked chest. The victim feels acute pain in his chest for a few seconds, and then it goes away. This occurs when myocardium cells, the muscle portion of your heart, are temporarily denied oxygen. At this stage they do not die, but maybe weakened. If left untreated and the disease continues, a serious condition known as myocardial infarction or commonly called a heart attack may occur. This can severely damage the heart's functionality. Which in turn effects our well being. We should be educated about the risks that go along with our cardiovascular system. □□ The most common cause of the condition angina pectoris is over consumption of cholesterol. This chemical is only needed in minute amounts, but is often eaten in every meal. In the body, cholesterol is responsible for the stability of plasma membranes of cells, and hormones are produced from it. If consumed at higher rate than needed it is stored in the tunica interna, the innermost layer, of blood vessels. As it is stored it starts to build up eventually clogging the vessel. As a result of this all cells feed by the vessel die because of a lack of oxygen. If this condition is found early, it can be corrected with surgical procedures or, in some minor cases, corrective procedures. □ Surgical procedures include bypass, laser and balloon surgery. In bypass surgery a vein is removed from the lower leg and a clogged vessel is worked around. Often in type of surgery the whole mid section of the body is cut and the ribs are pulled back, very painful with a very slow recovery. Some hospitals have now implemented a new technique where only a small hole is made and everything is done via a view screen. In balloon surgery a balloon is inserted into the vessel with the clog and is inflated. When this occurs the vessel is damaged, this causes the cells to repair the damage and clear the clog. This is not as successful as other surgery techniques and is often done several times before a positive result is seen. Laser surgery is the most recent development. Here they use a laser to actually scrape the build up from the vessel. This surgery is one of the most expensive surgeries available today. □ Corrective procedures include changes in lifestyle. These can include food intake, exercise, and stress-related issues. Food intake is largely the answer to correcting this situation. As shown above excessive intake of cholesterol can increase the risk of a heart attack. Coupled with excessive salt intake can produce another problem known as hypertension or commonly called high blood pressure. This can further increase the risk of a heart attack since the heart has to work harder to achieve a homeostatic state. Therefore the heart is working with less efficiency. For example a runner's heart may beat 64 times a minute. A person with hypertension heart rate may be 98. The runner's heart is working with more efficiency; therefore it does not need to beat as fast as the person with hypertension. The person with hypertension has a high heart rate since it cannot pump as much blood per contraction. Exercise is another corrective procedure prescribed since it increases cardiovascular fitness. As seen above, cardiovascular fitness can reduce the risk of heart attacks. Stress-related issues can increase blood pressure for unknown reasons and therefore can also increase the risk of a heart attack. □ All these factors can influence the health of our cardiovascular system therefore care must be taken to ensure proper function. This includes handling stress with care, eating, and exercising right.

angina pectoris medical condition that literally means choked chest victim feels acute pain chest for a few seconds then goes away this occurs when myocardium cells muscle portion your heart temporarily denied oxygen this stage they maybe weakened left untreated disease continues serious condition known myocardial infarction commonly called heart attack occur this severely damage heart functionality which turn effects well being should educated about risks that along with cardiovascular system most common cause condition angina pectoris over consumption cholesterol chemical only needed minute amounts often eaten every meal body cholesterol responsible stability plasma membranes cells hormones produced from consumed higher rate than needed stored tunica interna innermost layer blood vessels stored starts build eventually clogging vessel result cells feed vessel because lack oxygen found early corrected with surgical procedures some minor cases corrective procedures surgical procedures include bypass laser balloon surgery bypass surgery vein removed from lower clogged vessel worked around of ten type surgery whole section body ribs pulled back very painful with very slow recovery some hospitals have implemented technique where only small hole made everything done view screen balloon balloon inserted into clog inflated when occurs damaged causes repair damage clear clog successful other techniques often done several times before positive result seen laser most recent development here they laser actually scrape build from most expensive surgeries available today corrective include changes lifestyle these include food intake exercise stress related issues food intake largely answer correcting situation shown above excessive intake cholesterol increase risk attack coupled excessive salt produce another problem known hypertension commonly called high blood pressure further increase risk attack since work harder achieve homeostatic state therefore working less efficiency example runner beat times minute person hypertension rate runner working more efficiency therefore does need beat fast person hypertension person high rate since cannot pump much blood contraction exercise another corrective procedure prescribed since increases cardiovascular fitness seen above cardiovascular fitness reduce risk attacks stress related issues increase pressure unknown reasons therefore also these factors influence health system care must taken ensure proper function includes handling stress care eating exercising right

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