ASSIGNMENT FOR VIVA..Radiology sec b 2nd semester

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Q1. (i) Write a note on cardiovascular system?

Ans: **Cardiovascular system:**

All the organs and tissues in the body requires oxygen. This requirement is fulfilled by the constant flow of oxygen-carrying blood .

The Cardiovascular system is responsible for making sure the flow of blood is constant, allowing every cells in the body to have access to oxygen. Withut a properly functioning CVS, our cells would be unable to function properly. The cvs has a number of parts that controls the flow of blood . these components are:

1. Blood
2. Blood vessel
3. Heart

**BLOOD:**  blood is fluid that delivers necessary substances including , nutrients ans oxygen, to all different parts and cells of the body. Blood also carries waste products away from the cells to other areas where they can be proceed. The average adult has around 5 litresw of blood. There are three types of blood cells. these are :

1. Red blood cells -these transport oxygen and carbon dioxide with in the blood stream.
2. White blood cells - these cells depend thr body from infectious disease or intruding cells.
3. Platelets - these cells are responsible for clotting of blood.

**BLOOD VESSEL:** the blood vessel are the part of cardiovascular system that carry blood throughout the different parts of the body. These vessels carry blod into all of our otgans and tissues, supplying the oxygen and nutrients necessary for our bodies to work properly. There are three major types of blood vessel.

1. Arteries- carry blood away from the heart to the body.
2. Cappilaries-very small blood vessel that allow for exchange of gases.
3. Veins-carry blood back to heart0

**HEART:** The heart job is to pump blood around the body. The heart is located between the two lungs. It has four chambers.

The blood in the veins is low in oxygen and high in carbon dioxide .all the veins drain into the superior vena cava which then drain into the right atrium . the right atrium pums blood into the right ventricles , then the right ventricle pumps blood into the pulmonary trunk, through the pulmonary arteries and into the into the lungs. In the lungs the blood picks up oxygen that breath in and gets rid of carbon dioxide, which we breath out . the blood is become rich in oxygenwhich the body can use.

From the lugs the blood drains into the left atrium and is then pumped into the left ventricle. The left ventricle then pumps this oxygen-rich blood out into the oarta which then distributes it to the rest of the body through other arteries.

The specific arteries are:

* Carotid arteries
* Coronary arteries
* Hepatic artery
* Mesenteric atery
* Renal arteriesw
* Femoral arteires



**CARDIAC CYCLE:** cardiac cycle is the sequence of events that occurs in one complete beat of the heart. The pumping phase of cycle, also known as systole, occurs when heart muscles contracts. The filling phase, which known as diastole, occurs when heart muscles relaxed.

 (ii) what are the symptoms of high and low blood pressure?

ANSWER: Symptoms of high blood pressure:

* Severe headaches
* Nosebleed
* Fatigue
* Chest pain
* Irregular heartbeat
* Blood in urine

Symptoms of low blood pressure:

* Dizziness
* Nausea
* Dehydration
* Lake of concentration
* Blurred vision
* Cold, clammy, pale skin

 (iii) what is the treatment of high and low blood pressure?

Answer: Treatment of high blood pressure:

* Lose extra pounds
* Eat a healthy diet
* Reduce in your diet
* Quit smoking
* Reduce your stress
* Monitor your blood pressure at home and see your doctor regularly

Treatment of low blood pressure:

* use more salt
* drink more water
* wear compression stocking
* medications
* avoid sudden position changes