

Name : Ramsha Raza.

Discipline:Dpt 2 sem

Assignment: Physiology

ID: 16007

Date : 11 july 2020

ANSWER (1) :

CARDIOVASCULAR SYSTEM

The cardiovascular system refers to heart,blood

Vessels and the blood.Blood contain oxygen and other nutrients which our body needs to survive .

The body take these essential nutrients from the blood. At the same time , body dumps waste product like carbon dioxide, back into the blood . So that they can be removed.

FUNCTIONS OF CARDIOVASCULAR SYSTEM

The main function is to maintain blood flow to all parts of the body protection of the body by white blood cells, antibodies, and complement proteins that circulate into the blood and defend the body against foreign microbes and toxins.clotting mechanism are also present that protect the body loss after injuries. Regulation of body temperature , fluid pH , and water content of cells .Transports hormones to target cells and organs.It plays an important role in helping the body meet the demand of activity , exercise and stress.

ANSWER (2):

SYMPTOMS OF HIGH AND LOW BLOOD PRESSURE

HIGH BLOOD PRESSURE SYMPTOMS:

- . Sever headaches
- .Nosebleed
- . Fatigue and confusion
- . Vision problem
- .chest pain
- .Difficulty breathing
- .Irregular heartbeats

.pounding in chest, neck or ears

.Dizziness

.Nervousness

.sweating

.Trouble sleeping

.Facial flushing

.Blood spots in Eyes

LOW BLOOD PRESSURE SYMPTOMS :

.Lightheadedness

.Nausea

.Fainting

.Dehydration and unusual thirst

. Dehydration some time causes blood pressure to drop.

ANSWER (3):

TREATMENT OF LOW AND HIGH BLOOD PRESSURE.

HIGH BLOOD PRESSURE TREATMENT:

Lost extra pounds and watch your waist line.

Exercise regularly

Eat healthy diet

Reduce salt in your diet

Limit Amount of alcohol

Quit smoking

Cut back on caffeine

Reduce your stress

LOW BLOOD PRESSURE TREATMENT:

Use more salt. Experts usually recommend limiting salt in your diet because salt can raise blood pressure

. Drink more water. Fluid increases blood volume and help prevents dehydration, both of which are important in treating low blood pressure wear compression stocking .

Medication.