ASSIGNMENT FOR VIVA..Dental sec b 2nd semester

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

ANS :

**Cardio...........**heart

**Vascular.........**blood vessel

The blood circulation system also called cardiovascular system deliver nutrients and oxygen to all cell in the body. It consist of the heart and blood vessel running through the entire body.the arteries carry blood away from the heart, the vein carry it back to the heart.

**1) Anastomosis and end arteries:**

Anastomosis are artery that from like between main artery supply an area.

E.g the arterial supply to the palm of the hand etc.

**2 ) Capillaries and Sinusoid's:**

The smallest arterioles break up into nutrients of minute vessels called capillary.

The sinusoide are large irregular vascular space which are close surround by parenchyma of the organ.

**3) Veins and Venules:**

These are those blood vessel that return blood at the pressure to the heart the vein and three Branch contain deoxygenated blood except pulmonary veins.

**FUNCTION OF CARDIOVASCULAR SYSTEM:**

Blood circulates through a network of vessel throughout the body to provide individual cell with oxygen and nutrient and help dispose of metabolic waste. The heart pump the blood around the blood vessel.

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

**ANS: SYMPTOMS HIGH BLOOD PRESSURE:**

 ( Hypertension) Blood pressure more than 140/90 on two separate occasion is called hypertension.

**TYPES:**

1) ESSENTIAL ( primary) 95%: when cause of high B.P is not known.Risk factor include the following.

\* Obesity, lack of activity

\* smoking

\* positive family history

\* D.M. ( diabetes melliitus)

\* Anxious personality ( tension)

2) SECONDARY HYPERTENSION 5%: When cause can be found .

\* Renal disease e.g Renal failure, renal artery stenosis

\* pregnancy ( gestational hypertension )

Drug e.g corticosteroid NSAID

\* Endocrine disease e.g hyperthyroidism

**STAGES OF HYPERTENSION:**

# Pre hypertension = 130-- 140 ( 139 )/ 85--90 ( 89)

# Mild ( stage 1 ) hypertension = 140--160 (159) / 90--100 (99)

# Moderate ( stage 2 ) hypertension = 160--180 / 100--110

# Severe ( stage 3) hypertension = More than 180 / More than 110.

**SYMPTOMS OF LOW BLOOD PRESSURE:**

For som people low B.P signal an underlying problem espically when it drops suddenly or in compainied by sign and symptoms such as.

\* Dizziness or lightheadedness \* faintind \* Nausia \* Fatigue

\* Blurred or fading vision. \* Lack of concentration.

SHOCK: Extreme hypo tension can result in this life threatening condition. S/S include:

\* Cold , pale skin

\* confusion , espically in older people

\* Rapid , shallow breathing

\* weak and rapid pulse.

**SAUSES:**

B.P is a measurements of the pressure in your artery during the active and resting phase if each heart beat.

Systolic pressure = 120 mmHg

Diastolic pressure = 80 mm Hg

B.P varies throughout the day depending in,

\* Body position \* Breathing rhythm \* Stress level

\* Physical condition \* Medication you take \* Time if day.

**CONDITION THAT CAN CAUSE LOW B.P:**

\* Pregnancy \* Heart problem \* Endocrine problem

\* Dehydration \* Blood loss \* Sever infection \* Allergic reaction.

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

ANS:

 **GENERAL TREATMENT :**

Avoid smoking ,inactivity , obesity

Do regular exercise

Avoid NSAID , steroid , heavy salt intake

a) when patient has D.M or end organ damage drugs should be started even in ore hypertension stage.

b) when patient has no D.M or end organ damage then drugs are usually not started in stage 1 ( mild) hypertension. And treated non pharmacological my.

c) Stage 2 ( moderate ) and stage 3 ( sever) hypertension need anti hypertensive drugs to control.

**SPECIFIC TREATMENT:**

\* Beta blocker drugs e.g propranlol ,Me to pro lol , Bisoprolol ( tab. Normitab or tenormin 50 ,100 mg O.D)

Contra indicate include asthma , D.M , Heart failure.

\* Calcium channel blocker e.g

 Amlodepine 5 ,10 mg O.D

Verapamil ( cal an )

Diltiazem ( dilzem )

\* ACE ( angiotensin converting enzyme ) inhebiter e.g

Captopril ( capiten , capril ) 25mg B.D

Enalapril 10 mg O.D

Lisinopril ( zestril ) 10 mg O.D

\* Diuretics e.g Furosemide ( LA six , lasoride ) O.D

\* Vasodilator e.g Nitrate

\* Methyldopa ( tab Aldomet 250 mg) used for hypertensive esp pregnancy.

\* Angiotensin--2 blocker e.g Losartan ( Tab Eziday) O.D.

**TREATMENT OF LOW B.P:**

GENERAL TREATMENT: For many people chronic low B.P can be effectively treated with diet and lifestyle change.

Depending on the causes of your symptoms, your doctor may tell you to increase you're B.P by making these simple changes :

\* Discuss medication with doctor.

\* Eat a diet higher in salt.

\* Drinks a lot of nonalcoholic fluid.

\* Limut alcohol beverages.

\* Drink more fluids during hot weather.

\* Get regular exercise to promote blood flow.

\* Avoid heavy lifting.

\* Avoid straining while on toilet .

\* Avoid standing still in place for long period of time.

\* Avoid sudden position change.

**SFEASFIC TREATMENT:**

\* I/v fluids inf. N/ saline , inf. Hemasel , in. D/ saline etc

\* Inf Dextrose 25%

\* Steroid ( decodron , solocartif etc )

\* Inj Synaprin in emergency case

\* Usually give multi vitamin

\* multi mineral.

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