ASSIGNMENT FOR VIVA..Dental sec b 2nd semester

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

Ans:

The cardiovascular system consists of the heart, blood vessels, and blood. Its primary function is to transport materials to and from all parts of the body. The heart pressurizes blood and provides the driving force for its circulation through the blood vessels. Blood is propelled away from the heart in the arteries and returns to the heart in the veins. Substances transported throughout the cardiovascular system can be categorized as (1) materials entering the body from the external environment (e.g., O2 and nutrients); (2) materials moving between cells within the body (e.g., hormones and antibodies); and (3) waste products, from cells, requiring elimination (e.g., heat and CO2). The exchange of materials between blood and interstitial fluid occurs across capillaries in the microcirculation.

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

Ans: symptoms of high blood pressure :

* headaches.
* shortness of breath.
* nosebleeds.
* flushing.
* dizziness.
* chest pain.
* visual changes.
* blood in the urine.

Symptoms of low blood pressure :

* Dizziness or lightheadedness
* Nausea
* Fainting (syncope)
* Dehydration and unusual thirst
* Lack of concentration
* Blurred vision
* Cold, clammy, pale skin
* Rapid, shallow breathing
* Fatigue
* Depression

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

Ans:Treatment of high blood pressure :

* Lose extra pounds and watch your waistline. ...
* Exercise regularly.
* Eat a healthy diet.
* Reduce sodium in your diet.
* Limit the amount of alcohol you drink.
* Quit smoking.
* Cut back on caffeine.
* Reduce your stress.

Drugs to Treat High Blood Pressure:

• Angiotensin-converting enzyme (ACE) inhibitors

• Angiotensin receptor blockers (ARBS)

• Diuretics

• Beta-blockers • Calcium channel blockers • Alpha-blockers

• Alpha-agonists

•Renin inhibitors

Treatment of low blood pressure :

1. Drink plenty of water.

2. Eat a balanced diet.

3. Eat smaller meals.

4. Limit or avoid alcohol.

5. Eat more salt

6. Check your blood sugar.

7. Get your thyroid checked

8. Wear compression stockings

9. Take medications.

 E.g. alpha-adrenoceptor agonists

dopamine

epinephrine

norepinephrine

phenylephrine

vasopressin analogs

10. Treat infections