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## **QUESTION # 1 PART : A**

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- **CARDIOVASCULAR SYSTEM #**

- Made of heart , blood , blood vessels.

- Blood vessels include.

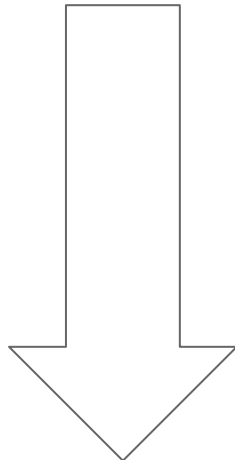
- # Arteries = carry oxygen rich blood away from heart, to body.

- # Veins = carry oxygen poor blood to heart , away from body .

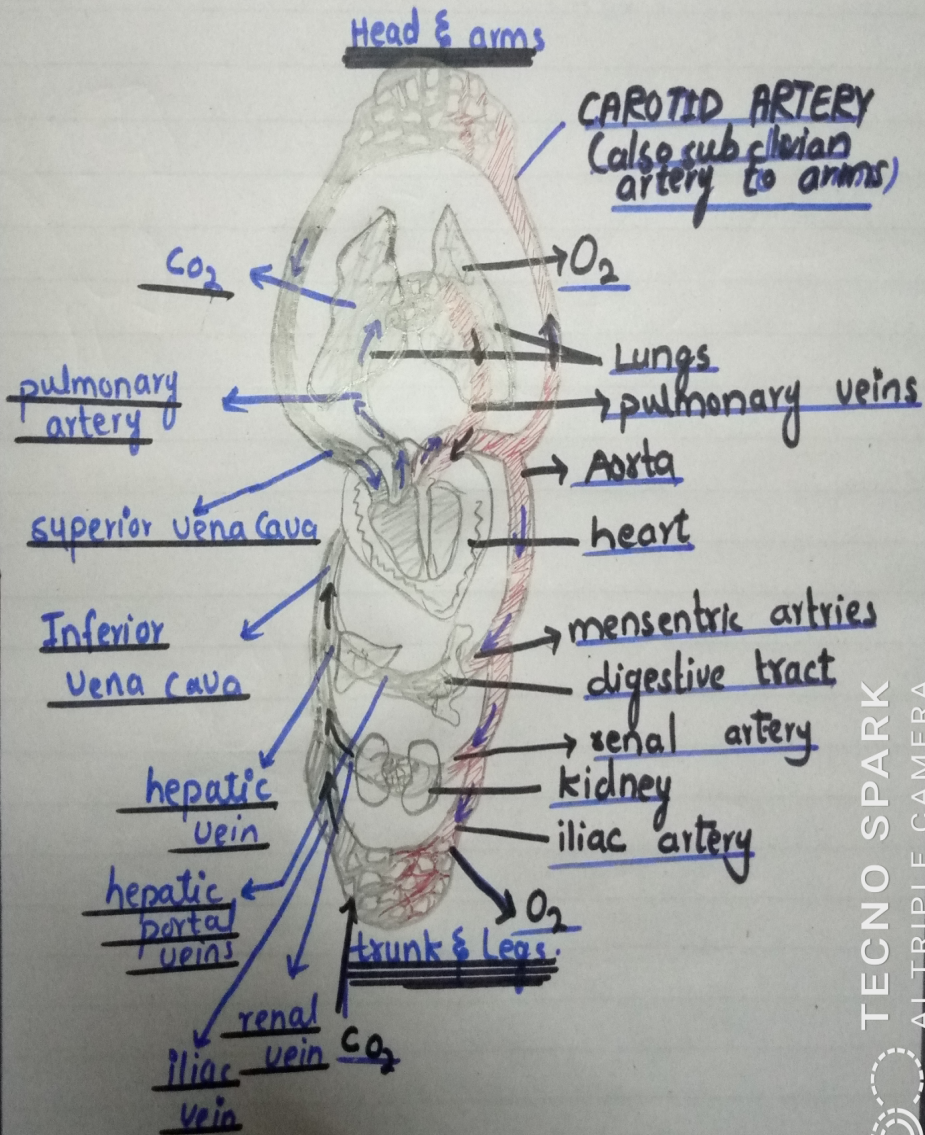
- # Capillaries = smallest vessels allow for exchange of oxygen and carbon dioxide to cells.

- **FUNCTION OF THE  
CARDIOVASCULAR SYSTEM #**

- Blood circulates through a network of vessels throughout the body to provide individual cells with oxygen and nutrients and helps dispose of metabolic wastes .
  - The heart pumps the blood around the blood vessels.
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- **DIAGRAM OF  
CARDIOVASCULAR  
SYSTEM#**



# CARDIOVASCULAR SYSTEM



## VALVES IN VEINS #

- Prevent backflow of blood in body
- Found in heart and veins.
- Blood returns to heart against gravity so backflow must be prevented.
- **ARTERY WALLS #**
  - Thick , elastic and muscular
  - Must withstand high blood pressure from pumping of heart.

## ● **PATH OF BLOOD**

- Vena cava. ( Deoxygenated blood )
- Right Artrium ( Deoxygenated blood )
- Right ventricle ( Deoxygenated blood)
- Pulmonary Artery ( deoxygenated blood)
- Lungs. ( Mixed blood )

- Pulmonary veins ( oxygenated blood )
- Left Artrium ( oxygenated blood )
- Left ventricle ( oxygenated blood )
- Aorta ( oxygenated blood )
- Body capillaries ( mixed blood )

## QUESTION # 1 PART ( B )

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### ● HIGH BLOOD PRESSURE :

#### ● SYMPTOMS :

- Dull headaches
- Dizzy spells
- Nosebleeds
- Severe anxiety
- Chest pain

- Vision changes
- Shortness of breath
- EMERGENCY HYPERTENSIVE CRISIS CAN RESULT IN SEVERE COMPLICATIONS, INCLUDING :
- Fluid in the lungs
- Brain swelling or bleeding
- A tear in the aorta , the body's main artery
- Stroke
- Seizures in pregnant women with eclampsia.

- **LOW BLOOD**

**PRESSURE :**

- **SYMPTOMS :**

- **Lightheadedness**
- **Dizziness**
- **Fainting ( syncope)**
- **Dehydration and unusual thirst**
- **Dehydration can sometimes causes blood pressure to drop . however dehydration does not always causes low blood pressure . fever , vomiting, severe diarrhea , overuse of diuretic and strenuous exercise can all lead to dehydration a potentially serious condition , in which your body loss more water than you take in . even mild dehydration ( a lose of as little as 1 percent to 2 percent of the body weight ) can cause weakness , dizziness , and fatigue.**
- **Lack of Concentration**
- **Blurred vision**
- **Cold , clammy ,pale skin**
- **Rapid , shallow breathing**
- **Fatigue**
- **Depression**

## QUESTION # 1 PART ( C )

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### ● HIGH BLOOD PRESSURE :

#### ● TREATMENTS:

- 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.
- Monitor your blood pressure at home and see your doctor regularly.



- Get support ( mean supportive family and friends can help improve your health ).

## ● LOW BLOOD PRESSURE :

## ● TREATMENT :

- **Use more salts** . Experts usually recommend limiting salts in your diet because sodium can raise blood pressure , sometimes dramatically.
- **Drink more water** . Because fluids increase blood volume and help prevent dehydration , both of which are important in treating hypotension.
- **Wear compression stockings** .the elastic stocking commonly used to relieve the pain and swelling of varicose veins can help reduce the pooling of blood in your leg.
- **Medication** . several medication can be used to treat low blood pressure that occurs when you stand up (arthostatic hypotension ) for example , the drug fludrocortisone , which boosts your blood volume , is often used to treat this form of

low blood pressure.

**THE END**

