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**ASSIGNMENT: PHYSIOLOGY**

**SUBMITTED TO : Ma'am kouser**

**Question number 2:**

**Symptoms of low blood pressure:**

* Dizziness or lightheadedness.
* Nausea.
* Fainting or syncope.
* Dehydration and unusual thirst.
* Lack of concentration.
* Blurred vision.
* Dehydration can sometimes cause blood pressure to drop.

**Symptoms oh high blood pressure:**

* Severe headache
* Nose bleed
* Vision problems.
* Chest pain.
* Difficulty in breathing.
* Irregular heart beat.
* Blood in urine.
* Fatigue or confusion.

**Question number 3:**

**Treatment of low blood pressure:**

* Stay hydrated by drinking more water throughout the day
* Drink less alcohol.
* Increase your salt intake.
* Eat smaller,healthy meals and limit carbohydrates.
* **Wear** compression stockings.
* Avoid standings for long period of time.
* **Fludrocortisone** increase the blood volume.
* **Midodrine ,** increases the blood presdure.

**Treatment of high blood pressure:**

* Eating a heart- healthy diet with less salt.
* Getting regular physical activity .
* Maintaining a healthy weight or losing weight when you are overweight or obess.
* Limit the amount of alcohol you drink.

**Question number 1:**

**Cardiovasculer system:**

* It is an organ system that permits the blood to circulate and transport nutrients , oxygen ,carbondioxide , hormones and blood cells to and from the cells on the body to provide nourishment and help in fighting diseases stabilize temperature and PH and maintain hemostasis.
* It includes heart , blood vessels and blood.