

ASSIGNMENT FOR VIVA..Dental sec b 2<sup>nd</sup> semester

Supervisor: Kousar Shah Jehan

Student name\_\_Faisal Khan\_\_\_\_\_ ID\_\_\_\_16846\_\_\_\_\_

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

### Cardiovascular System :

The cardiovascular system refers to the heart, blood vessels and the blood. Blood contains oxygen and other nutrients which your body needs to survive. The body takes these essential nutrients from the blood. At the same time, the body dumps waste products like carbon dioxide, back into the blood, so they can be removed. The main function of the cardiovascular system is therefore to maintain blood flow to all parts of the body, to allow it to survive. Veins deliver used blood from the body back to the heart. Blood in the veins is low in oxygen (as it has been taken out by the body) and high in carbon dioxide (as the body has unloaded it back into the blood). All the veins drain into the superior and inferior vena cava which then drain into the right atrium. The right atrium pumps blood into the right ventricle. Then the right ventricle pumps blood to the pulmonary trunk, through the pulmonary arteries and into the lungs. In the lungs the blood picks up oxygen that we breathe in and gets rid of carbon dioxide, which we breathe out. The blood becomes rich in oxygen which the body can use. From the lungs, blood drains into the left atrium and is then pumped into the left ventricle. The left ventricle then pumps this oxygen-rich blood out into the aorta which then distributes it to the rest of the body through other arteries. The main arteries which branch off the aorta and take blood to specific parts of the body are:

**Carotid arteries**, which take blood to the neck and head

**Coronary arteries**, which provide blood supply to the heart itself

**Hepatic artery**, which takes blood to the liver with branches going to the stomach

**Mesenteric artery**, which takes blood to the intestines

**Renal arteries**, which takes blood to the kidneys

**Femoral arteries**, which take blood to the legs

The body is then able to use the oxygen in the blood to carry out its normal functions. This blood will again return back to the heart through the veins and the cycle continues.

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

### Symptoms of Severe High Blood Pressure

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

Severe headaches.

Nosebleed.

Fatigue or confusion.

Vision problems.

Chest pain.

Difficulty breathing.

Irregular heartbeat.

Blood in the urine.

Pounding in your chest, neck, or ears.

People sometimes feel that other symptoms may be related to high blood pressure, but they may not be:

Dizziness.

Nervousness.

Sweating.

Trouble sleeping.

Facial flushing.

Blood spots in eyes.

### Symptoms of low blood pressure

Dizziness or lightheadedness.

Nausea.

Fainting (syncope)

Dehydration and unusual thirst.

Dehydration can sometimes cause blood pressure to drop. However, dehydration does not always cause low blood pressure. ...

Lack of concentration.

Blurred vision.

Cold, clammy, pale skin.

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

#### Treatment of Hight blood pressure :

- 1: Walk and exercise regularly
- 2: Reduce your sodium intake
- 3: Drink less Alcohol .
- 4: lose weight
- 5: Quit smoking
- 6: Eat calcium- rich foods
- 7: Take natural supplements
- 8: Try meditation or deep breathing.

#### Treatment of low blood pressure :

- 1: Drink of plenty of water
- 2: Eat smaller meals
- 3: limit or avoid Alcohol
- 4: Eat more salt
- 5 : Check Your blood sugar
- 6: Take medications

7: Treat infections .