

ASSIGNMENT FOR VIVA..Dental sec b 2nd semester

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

ANS: **An Introduction to the Cardiovascular System**

The cardiovascular system can be thought of as the transport system of the body. This system has three main components: the heart, the blood vessel and the blood itself. The heart is the system's pump and the blood vessels are like the delivery routes.

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

Ans: **Symptoms**

For some people, low blood pressure signals an underlying problem, especially when it drops suddenly or is accompanied by signs and symptoms such as:

- Dizziness or lightheadedness
- Fainting
- Blurred or fading vision
- Nausea
- Fatigue
- Lack of concentration

SYMPTOM OF HIGH BLOOD PRESSURE:

Symptoms of Severe High Blood Pressure

- Severe **headaches**.
- Nosebleed.
- Fatigue or confusion.
- Vision problems.
- Chest pain.
- Difficulty breathing.
- Irregular heartbeat.
- Blood in the urine

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

ANS: What Are the Treatments for Low Blood Pressure?

For many people, chronic low blood pressure can be effectively treated with diet and lifestyle changes.

Depending on the cause of your symptoms, your doctor may tell you to increase your blood pressure by making these simple changes:

- Eat a diet higher in salt.
- Drink lots of nonalcoholic fluids.
- Limit alcoholic beverages.
- Drink more fluids during hot weather and while sick with a viral illness, such as a cold or the flu.
- Have your doctor evaluate your prescription and over-the-counter medications to see if any of them are causing your symptoms.
- Get regular exercise to promote blood flow.

TREATMENT FOR HIGH BLOOD PRESSURE:

Treatment with medication is recommended to lower blood pressure to less than 130/80 in people older than age 65 and those with risk factors such as diabetes and high cholesterol.

Treating high blood pressure involves lifestyle changes and possibly drug therapy.