ASSIGNMENT FOR VIVA..Dental sec b 2nd semester

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

Ans

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. Blood can be thought of as a fluid which contains the oxygen and nutrients the body needs and carries the wastes which need to be removed. The following information describes the structure and function of the heart and the cardiovascular system as a whole.

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

Symptoms Low blood pressure

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

Symptoms of high blood pressure.

Most diabetics with high blood pressure have no symptoms.

However, very high blood pressure or rapidly rising blood pressure can cause:

Headaches

Vision problems

Nose bleeds

Trouble breathing

Fits

Black-outs

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

ANSWER

Treatment of low blood pressure.

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.

Be careful when rising from lying down or sitting. To help improve circulation, pump your feet and ankles a few times before standing up. Then proceed slowly. When getting out of bed, sit upright on the edge of the bed for a few minutes before standing.

Elevate the head of your bed at night

Avoid heavy lifting.

Avoid straining while on the toilet.

Avoid standing still in place for long periods of time.

Avoid prolonged exposure to hot water, such as hot showers and spas. If you get dizzy, sit down. It may be helpful to keep a chair or stool in the shower in case you need to sit; to help prevent injury, use a nonslip chair or stool designed for use in showers and bathtubs.

High blood pressure treatments.

Changing your lifestyle can go a long way toward controlling high blood pressure. Your doctor may recommend you make lifestyle changes including:

Eating a heart-healthy diet with less salt

Getting regular physical activity

Maintaining a healthy weight or losing weight if you're overweight or obese

Limiting the amount of alcohol you drink

But sometimes lifestyle changes aren't enough. In addition to diet and exercise, your doctor may recommend medication to lower your blood pressure.

Your blood pressure treatment goal depends on how healthy you are.

Your blood pressure treatment goal should be less than 130/80 mm Hg if:

You're a healthy adult age 65 or older

You're a healthy adult younger than age 65 with a 10 percent or higher risk of developing cardiovascular disease in the next 10 years

You have chronic kidney disease, diabetes or coronary artery disease