

Q1:- Part (i) :-

Ans :- Cardiovascular System :-

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.

Function of 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 ~~pressure~~ vessels.

The circulatory system works closely with other systems in our body. It supplies oxygen and nutrients to our bodies by working with the respiratory system. At the same time, the circulatory system helps carry waste and carbon dioxide out of the body.

Q1 Part (ii)

Ans:- Definition:-

A blood pressure reading lower than 90 millimeters of mercury (mmHg) for the top number (systolic) or 60 mmHg for the bottom number (diastolic) is generally considered low blood pressure.

Explanation:-

(a) High Blood Pressure:-

Hypertension, or high blood pressure, is dangerous because it can lead to strokes, heart attacks, heart failure, or kidney disease. The goal of hypertension treatment is to lower high blood pressure, and protect important organs, like the brain, heart and kidneys from damage.

Treatment of hypertension has been associated with reductions in stroke (reduce average of 35%-40%), heart attack (20%-25%), and heart failure (more than 50%), according to research.

High blood pressure is now classified as a systolic blood pressure greater than 130 and diastolic over 80.

Symptoms of High Blood Pressure:

- Severe headaches.
- Nose bleeding.
- Fatigue or Confusion.
- Vision problems.
- Chest pain.
- Difficulty breathing.
- Irregular heart beat.
- Blood in the urine.

"Prevention high blood pressure"

To prevent high blood pressure, everyone should be encouraged to make lifestyle modifications, such as eating a healthier diet, quitting smoking, and getting more exercise.

Treatment of 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.

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

Q1 Part (ii) "b"

Symptoms of low Blood Pressure:-

- ~~feeling~~ Fainting (syncope)
- Dizziness.
- A feeling of lightheadedness
- Chest pain.
- Blurred vision.
- increase thirst.
- Nausea.

Low blood Pressure:-

Low blood pressure might seem desirable, and for some people, it cause no problems.

However, for many people, abnormally low blood pressure can cause, ~~low~~ dizziness and ~~feeling~~ fainting. In severe cases, low blood pressure can be life threatening.

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Q1 Part
Alina

Treatment of High blood Pressure?

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Q1 Part

(iii)

Here are 10 lifestyle changes you can make to lower your blood pressure.

→ Lose extra pounds.

→ 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

Q 1 Part (iii) b

Ans:

→ Treatment of Low Blood Pressure:

→ USE more salt. Experts usually recommend limiting salt in your diet because sodium can raise blood pressure, sometimes dramatically.

→ Drink more water. Fluids increase blood volume & help prevent dehydration, both of which are important in treating hypotension.

→ Wear Compression Stockings.

→ Medication.