

# [Good essay on learning points from the critical analysis](https://assignbuster.com/good-essay-on-learning-points-from-the-critical-analysis/)

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[Institution Title]

## Learning Points: Education from Cardiovascular System

Given the case of the 52 year old Irish American patient suffering from malignant essential hypertension and beginning symptoms of history-related Type 2 Diabetes Mellitus, the following learning points had been acquired:
- Angina symptoms include severe chest pain associated with labored breathing and diaphoresis.
- This is often mistaken for a heart attack because the substernal and crushing pain that radiates to the neck.
- A fasting blood sugar of 140 is not normal. It is only normal two hours after eating. However, for fasting blood sugar it has to be around 70 to 100.
- Patient with history of Type 2 Diabetes Mellitus are at a higher risk of developing the same medical condition. Thus, it is advised that patient with such condition should take preventive measures.
- Lifestyle modification is necessary to prevent the further progression of existing medical condition. This includes avoiding smoking, strict compliance to medical orders and eating a healthy diet.
- Patients should always immediately consult a physician at the onset of medical symptoms to prevent it from progressing.
- Patients who have received any surgical procedure should be advised to seek medical consultations for feedbacks and follow-up of their condition.
- Patients should always have a support system available to assist them should the symptoms become unmanageable for them to go to the hospital or call help.
- Patient should adhere to strict medical compliance of the prescribed treatment and medication to help prevent complications especially in the case of hypertension and Type 2 Diabetes Mellitus.
- Patients should avoid making self-diagnosis and self-prescriptions because it can further aggravate the situation.

## Reference

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