

# Good essay on learning points from the critical analysis

[Health & Medicine](#), [Diabetes](#)



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## **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**

Durstine, L., Moore, G., Painter, P., & Roberts, S. (2009). ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition. Champaign, Illinois: Human Kinetics Publishing.

National Health, Lungs and Blood Institute. (2014, November 5). Aim for a Healthy Weight. Retrieved from National Health, Lungs and Blood Institute Website: [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)