

Clinically significant cad case study

Business



This is when a heart attack ensues, also called a myocardial infarction. 2.

Calculate Mr.

. IBM(25 Potts)0 Mr.. G's IBM is 25.

77. I figured this out by using the equation in inches) 703 x 703 whether]
722] 3. Based on all the evidence do you think Mr. S has clinically significant
CAD? Explain 125 points)0 eased on all the evidence presented, I believe
that Mr..

S has clinically significant CAD. His blood pressure of 142/88 indicated that
he has isolated systolic hypertension. I know Mr.. S is overweight because of
his IBM reading being over 25, Inch also is a leading factor for type 2
diabetes.

Glucose has accumulated in his blood because of his type 2 diabetes and
cannot be picked up by insulin because it is deficient in his body. This
glucose accumulation can be built up and another factor for plaque build up
known as atherosclerosis. The fact that Mr.. S smokes two and a half packs
of cigarettes a day is also a factor that major contributes to CAD. Nicotine
and other toxins in cigarettes can build up and block blood flow to the heart
and therefore decrease Mr.

. S cholesterol level is 250 MGM/ODL, which is high along with his OLD and
Triglyceride level.

His HAD levels are low, which is bad because this is the DOD cholesterol for
the body. All of these lepidopterist levels contribute to coronary artery

disease because they build up in the innermost layer of the artery as explained above. Lastly, Mr..

S is experiencing chest pain, also known as angina pectoral. This pain is usually caused from poor blood flow in the arteries of the heart, and is a symptom for CAD. 4. Outline the lifestyle modifications you would recommend to improve the health of Mr. S. (25 points) Ad.

Where appropriate, provide specifics b. Explain the reason for each recommendation z.

What changes would you realistically expect to see during the first 6 months? A) The first little change that Mr.. S should mod TTY is the use to cigarettes . This can be very difficult for individuals undergoing stress, and Mr.

. S blames his chain smoking on the stresses of his Job. It might be better for him to not bring cigarettes to work, or to buy the vapor cigarettes for whenever he has an urge to smoke. The book states “ death from CAD has been shown to be about three times greater among heavy smokers” (43). As explained above, smoking contributes to plaque build up along with decreased oxygen in the blood and eventually CAD.

Smoking cessation can be very beneficial, and within a year of stopping can cut ones chances of coronary heart disease in half.

Therefore, after six months, a person would realistically see an improvement in inspiration rates and overall endurance with exercise. B) Another lifestyle modification Mr.. S should consider is a regular exercise schedule. Irish can <https://assignbuster.com/clinically-significant-cad-case-study/>

significantly reduce his systolic blood pressure levels and dilation of his arteries would occur. This is one of the best mechanisms that can happen because Mr.

. S most likely has intense plaque build up in his arteries and dilation would allow ore blood to flow.

Exercise will also in turn reduce Mr.. S weight, which is considered high right now. This reduction in weight will aid in his Type 2 diabetes and high Cholesterol levels.

If Mr.. S maintained an exercise routine for six months, he would realistically see a decrease in weight and blood pressure, which could lead to less angina pectoral. The book writes, “ systolic and diastolic pressures fall an average of 5-7 meg in response to regular aerobic exercise” (peg 54). Z) One last lifestyle modification I would recommend to Mr.

. S is to maintain a healthier diet.

His cholesterol, OLD, and triglyceride levels are significantly higher then normal, which as stated above leads to atherosclerosis. Lowering his intake of saturated fats in meats and trans-fatty acids in hydrogenated fats would lower his OLD levels considerably. Foods such as fruits, vegetables, fish, and leafy substances Nil also lower his OLD level.

The Printing Program is a fast acting diet that Mr.. S could participate in, which the book states “ improves OLD-C, triglycerides, and total cholesterol mostly likely within the first two weeks” (peg 66). This diet focuses on eating low fat, high fiber, and is mainly vegetarian.

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