

Diseases case studies example

[Experience](#), [Failure](#)



Philosophy

Heart Disease as the Largest Health Threat

In our current period, I feel that heart disease is the largest health threat globally. This class of disease has been the deadliest if not one of the leading causes of death around the world based on the statistics and research done by many doctors and scientist. There have been some recent studies done by the American Heart Association showing statistical results including its risk factors. In addition, the results also showed that heart disease is still the leading cause of fatality among adults in the United States (San Luis, 2013). I feel that these research outcomes are reliable as many people within the American societies suffer from obesity, which directly affects their heart function. As I have observed, many Americans are not taking extra care when it comes to their food intake. Many available foods out in the market may not have a better taste without the chemical additives. These chemicals may have been one of the main contributors of such disease.

During the past five decades, significant progress has been made when it comes to understanding the causes of heart disease including the development of some of the evidence so as to gain effective strategies to detect, prevent, or even control chronic heart disease. Patrick Remington and Ross Brownson (2011) argue that by the 1960s, major research such as Seven Countries Study, British Doctors Study as well as the Farmingham Heart Study began identifying the primary causes of chronic diseases such as the heart disease. They have identified diet, cigarette smoking, high blood pressure and physical inactivity elucidated their relevance to the major

cause of deadly disease. As the years go by, many more studies helped in determining causes of this disease as well as the treatment against it.

Diagnosis (Congestive Heart Failure)

Causes - The most common cause of Congestive Heart Failure is the dysfunction of the heart's left ventricle. Usually, when the heart pumps, there is a contraction in the left ventricle and ejects about sixty percent of the blood into aorta (healthcommunities. com).

Signs and Symptoms - The usual signs and symptoms of Congestive Heart Failure are palpitations or heart rate increase, fatigue, loss of appetite, nausea, memory loss or sometimes confusion and edema or the swelling of some bodyparts such as legs, feet or abdominal part. In some cases, the patient would feel shortness of breath as well as constant wheezing or coughing.

Diagnosis - Once the symptoms are present, various tests will be done to see if there are abnormalities of the left ventricle or heart valves function. This is along with the physical examination such as detection of unusual heart sounds. The physician would also check for edema on neck, legs and abdomen, followed by additional heart tests.

Prevention - Congestive Heart Failure can be prevented by also preventing its risk factors such as smoking drinking alcohol, and even using cocaine. Also, change in habits would prevent this disease such as regular exercise and eating healthy diet with less cholesterol.

Treatment (Congestive Heart Failure)

Treatments Options- Aside from changing eating habits, the physician will recommend some medicines to help treat the symptoms and prevent the disease from getting worse. Surgeries such as coronary bypass operation may be needed depending on the seriousness of the case.

Prognosis - This disease is controllable through medication along with lifestyle change and treating its causes. Congestive Heart Failure can get worse if medicine will not be taken correctly, eating salty foods and even due to other illnesses or infections. This disease gets worse overtime in most cases. If this happened, medications and surgeries may no longer help during this stage.

Epidemiological Studies - It shows that the long-term survival rates for people who suffer from this disease were worse compared from clinical trials (Jaarsveld et al., 2006). There is also need for researches describing the care needed by CHF patients that include type of care, quality of care, care provider and the outcome.

CHF's effect on body's homeostasis - Cardio vascular system of the body helps in maintaining homeostasis by providing the nervous system, brain as well as the spinal cord with glucose and oxygen. It is the natural reaction of the body's homeostasis if a person suffers from congestive heart failure.

References

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