

Cad summary

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CAD Summary Affiliation Assignment Coronary artery disease (CAD) is the congestion of the walls of the arteries due to solid residues like cholesterol. The disease affected my father and there is reason to believe it was a genetic condition passed on from his parents. Kovacic and Bakran (2012) say that it is linked to several genetic aspects, which relate to that of my father. My grandmother was diagnosed with a myocardial infarction that caused CAD. Further, the CAD affecting my father is associated to an environmental factor, which is smoking. Further, he was a driver who inhaled smoke fumes day in day out. He did not undertake aerobic exercises and ate foods rich in cholesterol. NIH (2012) notes that the overall amount of cholesterol is higher than 240 mg/dL, less than 40 mg/dL for HDL, and more than 190 mg/dL for LDL in CAD. (Ondrus, et al. (2013) opine that CAD results from obstruction of the coronary arteries and supports the genetic and environmental factors causing the disease. Besides, Kakouros and Cokkinos (2014) add and say that smoking as my father did could hasten plaque formation, which hinders supply of oxygen to the cardiac muscles.

Assignment two

The patient could have an electrocardiogram and ultrasound as tools for screening. On the one hand Rumberger (2011) asserts that the ultrasound detects any changes in the arterial pressure due to obstruction. We (2010) indicates that the importance of the tool is that it is non-invasive and it can be utilized in subclinical arteriosclerosis screening if the condition is advanced. On the other hand Douglas, Garcia, & Haines (2011) is utilized in aiding asymptomatic clients; hence, because my father was exposed to the causative factors, then an ultrasound screening of the carotid plaque can be

conducted. Platts and Javorsky (2010) stipulates that ultrasound screening decreases the risk linked with other tools used in screening. The electrocardiograms would come in handy in the determination of the electrical levels of the heart of the patient in order to assess its functionality that aids in assessing if there are other illnesses affecting the patient.

References

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