

# [Cardiovascular disorder case studies example](https://assignbuster.com/cardiovascular-disorder-case-studies-example/)

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## Affiliate University

Question 1.
Ans . A
Question 2
His triglycerides levels are above the normal rate, which should be less than 150mg/dl. Triglycerides are stored type of fats which may pose a risk of stroke, heart attack, diabetes and other terminal diseases that my endanger his health (Kohli and Cannon, 2012). His Pattern B LDL need to be reduced as large percentage of Pattern B LDL increases the risk of coronary diseases.

## Question 3

They regulate the amount of cholesterol level, reduces the amount of triglycerides and lipoprotein in the body (Jafri et al., 2009).

## Question 4

CRP can be treated by use of Non-pharmacological methods of reducing CRP or Drug therap. Some of the non-pharmacological methods include aerobic exercises, healthy eating habits, avoiding cigarette smoking among other recommended methods. The drug therapy include the use of Statins, atorvastation, lovastatin.

## Question 5

A high risk of one getting a cardiovascular disease (CVD) in future.
Question 6
The common side effects of the niacin and statins use include the skin rashes and stomach problems
Question 7
Elevated homocysteine is associated with the reduced level of vitamin B6, B12 and has been thought to be a risk factor for heart diseases. Elevated homocysteine may speed up atherosclerosis, which is the basic cause for heart attacks, strokes, and intermittent claudication (Duan et al., 2002).

## Question 8

Animal proteins
Question 9
R. M need to reduce the intake of animal proteins, reduce the intake of alcohol and do more exercises
Question 10
The normal homocysteine level is 0. 54-2. 3 mg/L

## References

Duan, W., Ladenheim, B., Cutler, R. G., Kruman, I. I., Cadet, J. L., & Mattson, M. P. (2002). Dietary folate deficiency and elevated homocysteine levels endanger dopaminergic neurons in models of Parkinson's disease. Journal of neurochemistry, 80(1), 101-110.
Jafri, H., Karas, R. H., & Kuvin, J. T. (2009). Effects of niacin on LDL particle number. Clinical Lipidology, 4(5), 565-571.
Kohli, P., & Cannon, C. P. (2012). Triglycerides: how much credit do they deserve?. Medical Clinics of North America, 96(1), 39-55.