

Cardiovascular disorder case studies example

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



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 may 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.