

3

Health & Medicine



**ASSIGN
BUSTER**

Increased Importance for Starting Diet, Quit Smoking and Increase Physical activity Patient X needs to realize that if he does not control his hypertension, this can result in damaging of his organs, in addition to being left prone to a number of illnesses, like aneurysm, renal failure, heart failure, stroke, or even worse, a heart attack. Obesity coupled with his metabolic syndrome, is making it hard for his body cells to react to insulin, and since his body is not able to generate sufficient insulin to supersede the resistance, his blood sugar level will increase considerably. Thus, this can result in diabetes elevated serum cholesterol, leading to augmented coronary atherosclerosis, and eventual development of coronary heart disease (Chobanian and et al, 2560). Furthermore, his elevated blood pressure exposes him to hastened brain aging, due to developing brain injury. Continued smoking will noticeably increase his risk of experiencing heart disease, since the nicotine raises his blood pressure considerably, even as his arteries narrow. Moreover, his fasting glucose of 172 can lead to pathogenesis of his hypertension, through enhancement of kidney disease, or otherwise vascular stiffness. The deterioration of his Lipid is due to his dietary habits, possibly use of diverse dietary fats, greater use of refined sugar, coupled with lack of physical activity.

Therefore, the main objective of treatment for Patient X is to lower his blood pressure to around 140/90 and even lower, given that he has diabetes. Treating hypertension is vital for reducing Patient X risk of undergoing stroke, heart attack, or even heart failure.

Some Approaches That Might Make Patient X Employing These New Behaviors

Accordingly, a plan of weight loss in conjunction with moderate, but self

<https://assignbuster.com/3/>

directed physical activity, offers a good groundwork by convincing him that such measures are beneficial. Weight loss will enable him to increase his HDL cholesterol, and as a result decrease harmful form of LDL cholesterol plus triglycerides. It is therefore important to encourage him that, even a modest level of weight-loss of around 5-10 percent of his entire weight, may positively reduce his blood pressure and increase his body sensitivity to insulin, in addition to reducing his central obesity (National Heart, Lung, and Blood Institute, 7).

An individualized eating plan will be helpful, since it is tailored to his personal likes plus dislikes. Aerobic exercise will help him to maintain and put in lean body mass, muscle tissue, and simultaneously losing fat. For instance, a walking program is easier, like walking 40 minutes daily for a few days within a week, as this will lower his blood pressure, lower his appetite, and reduce his LDL cholesterol. A combination of diet and aerobic exercises will lessen risk factors rather than diet only. Hence his diet needs to be rich with fruits, vegetables and with lower saturated fats. Even though halting smoking could be hard, he can use nicotine supplements, but it is crucial that he identifies and avoid activities which are associated with his smoking. Smoking cessation will lessen mortality plus morbidity of his coronary artery ailment.

Desired outcome

Physical fitness will lead to reduction in Patient X likelihood of additional atherosclerosis and cardiovascular events. Furthermore, his serum lipid fraction will improve, in addition to increase in his High-density-lipoprotein cholesterol due to the exercises. Triglyceride levels will lessen, since small but thick atherogenic LDL particles are reduced to more desirable and

buoyant particles. Also, he will experience small, but predictable lessening of his arterial blood pressure (National Heart, Lung, and Blood Institute, 9).

Works Cited

National Heart, Lung, and Blood Institute. Your guide to lowering blood pressure with DASH. 2012. 6 November 2012 .

Chobanian, A V and et al. " he seventh report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure." New England Journal of Medicine 289 (2003): 2560.