

Blood and healthy diet essay



**ASSIGN
BUSTER**

Name: Kimberly Steele Biology 182 Test 3 Answer 5 of the following. 5 points each

1. Explain why the hemoglobin concentration could appear deceptively high in a patient who is dehydrated.
2. Explain the correlation between sickle cell disease and malaria.
3. Describe the effect of an incompatibility between mother and fetus in Rh blood type.
4. What are antigens and antibodies? How do they interact to cause a transfusion reaction? * An antigen is a molecule that sometimes stimulates an immune response.

An antibody is a blood protein produced in response to and counteracting a specific antigen. Antigens are what causes a person to need a transfusion because their body is resisting their own blood. Antibodies are what accept the new blood to use as their own.

5. What can cause an abnormally high or low white blood cell count? * Leukemia can cause a person to make a lot of white blood cells. They don't do the work of normal white blood cells, they grow faster than normal cells, and they don't stop growing when they should. They no longer help your body fight infection. People with neutropenia have an unusually low number of cells called neutrophils.

Neutrophils are cells in your immune system that attack bacteria and other organisms when they invade your body.

6. Why should hemophilia patients resist using aspirin? * Hemophilia is a rare blood disorder in which the blood does not clot normally. Aspirin is an over the counter drug that thins your blood. If that person with hemophilia gets cut, the chances of them bleeding out are so much greater but there is nothing to stop it from bleeding.
- 7.

Outline the pulmonary circuit tracing the blood from the vena cava to the aorta.

8. Describe the O₂ and CO₂ levels in the right and left side of the heart.
9. Why are the capillaries the 'workhorse' of the circulatory system? *

Capillaries work in the same way as vessels and veins but they also help by receiving food molecules from the small intestine. And also if a vessel or vein get damaged, they can divert blood away from the injury to reduce blood loss. 10. Describe the role of diet in preventing coronary heart disease. – One step you can take is to adopt a healthy lifestyle.

Following a healthy diet is an important part of a healthy lifestyle. A healthy diet includes a variety of vegetables and fruits. It also includes whole grains, fat-free or low-fat dairy products, and protein foods, such as lean meats, poultry without skin, seafood, processed soy products, nuts, seeds, and beans and peas. A healthy diet is low in sodium (salt), added sugars, solid fats, and refined grains. Solid fats are saturated fat and trans fatty acids. Refined grains come from processing whole grains, which results in a loss of nutrients (such as dietary fiber).

The National Heart, Lung, and Blood Institute's (NHLBI's) Therapeutic Lifestyle Changes (TLC) and Dietary Approaches to Stop Hypertension (DASH) are two programs that promote healthy eating. If you're overweight or obese, work with your doctor to create a reasonable weight-loss plan. Controlling your weight helps you control CHD risk factors. Be as physically active as you can. Physical activity can improve your fitness level and your health. Talk with your doctor about what types of activity are safe for you. <http://www.nhlbi.nih.gov/health/health-topics/topics/cad/prevention.html>