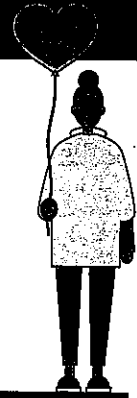


Cardiovascular Conditions

Cardiovascular conditions affect the heart and blood vessels. Two examples of these conditions are **coronary heart disease** and **cerebral vascular accident**.



Coronary heart disease

Task 1 Read through each of the statements in the table below. If you think the statement is correct, tick the True box. If you think it is wrong, tick the False box.

Statement	True	False
Coronary heart disease is where the heart's blood supply has been blocked by fatty deposits.		
Coronary heart disease is life-threatening.		
If you exercise regularly, you are more at risk of developing coronary heart disease.		
Having low blood pressure can lead to coronary heart disease.		
A person with coronary heart disease will require lifestyle changes to manage their condition.		
Aspirin can be used to treat coronary heart disease.		
All individuals with coronary heart disease will require surgery at some point.		
A low-fat, high-fibre diet is recommended to help prevent coronary heart disease.		
You have a greater chance of developing coronary heart disease if you have diabetes.		
If arteries become completely blocked, it can cause a heart attack.		

Cardiovascular Conditions

Task 2 Read the paragraph below about John and his lifestyle.

John is 55 years of age and works full time as a teacher. Although he enjoys his job, he finds it stressful and regularly works long hours. He smokes 20 low tar cigarettes a day and drinks between 15 and 20 units of alcohol on Friday nights and between 30 and 35 units of alcohol on Saturday nights. He does not drink alcohol on any other days. His diet is mainly high carbohydrate and high fat, and low in fibre, vitamins and minerals. The only exercise John gets is playing a friendly game of football with his friends on Sundays. He does not train for this.



Identify three **risk factors** for John developing coronary heart disease.

1)

2)

3)

Coronary heart disease is more common in people over 50. The risk of developing it increases as you get older.



Task 3 Based on the risk factors you chose, fill in the table below with **improvements** John could make to his lifestyle to reduce these risks in the **short term** and **long term**.

Risk	How to reduce this risk in the short term	How to reduce this risk in the long term
1		
2		
3		

Cardiovascular Conditions

Cerebral vascular accident

Cerebral vascular accident is the medical term for a **stroke**. A stroke is when the blood flow to a person's brain is **stopped**. This is due to either a blockage or a burst blood vessel.

Task 1 It's important to recognise the **symptoms** of a stroke as the earlier it's treated the better. A handy way of remembering the symptoms is to think **FAST**. Complete the table below with an outline of what each letter of FAST stands for.



F	Face	Can they smile? Has their face fallen on one side?
A
S
T

Task 2 Have a read of the paragraph below about Ken.



Ken is 74 years old and lives alone in his house in Cumbria. Until recently, Ken was an active and independent man, regularly attending his local bowls club and heavily involved in the Rotary Club. Three months ago, Ken suffered a major stroke. He was quickly admitted to hospital and given emergency treatment and specialist care which saved his life.

Mind map the **practitioners** who may have been involved in Ken's care at the hospital. For each, add some details about what **care** or **support** they will have provided.

