

Chapter 19 Circulation Study Guide

- Key terms:
 - o Arrhythmia: abnormal heart rate or rhythm
 - o Atherosclerosis: hardening and narrowing of arteries due to plaque buildup in vessel walls
 - o Homans' sign: pain when the affected leg is dorsiflexed, usually associated with deep phlebitis of the leg
 - o Physical deconditioning: decline in cardiovascular function due to physical inactivity
 - o Postural hypotension: decline in systolic blood pressure of 20 mm Hg or more after rising and standing for 1 minute
- 2: List factors that promote cardiovascular health
 - o Proper nutrition
 - Reduce intake of fried foods, animal fats
 - Increase intake of complex carbs and fiber
 - Use monounsaturated oils
 - Omega 3 and 6
 - Reduce intake of red meat, sugar, and highly processed foods
 - Limit alcohol
 - Nutritional supplements: Vitamin B6, Vitamin B12, Vitamin C, Selenium, Magnesium, Calcium, Chromium, Potassium, Fish oil
 - o Adequate exercise
 - Traditional aerobic, strengthening, and balance exercises, yoga and t'ai chi
 - o Cigarette smoke avoidance
 - o Stress management
 - o Proactive interventions

Circulation Study Guide Key

Jack Mogab



Circulation Study Guide Key:

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Invitation to Oceanography , Teacher's Wraparound Edition: Twe Biology Everyday Experience Albert Kaskel, 1994-04-19

Resources in Education , 1985-08 *Study Guide for Man, Nature, and Society* Theodore W. Pohrte, L. Jack

Pierce, 1975 **Human Anatomy and Physiology Coloring Workbook and Study Guide** Paul D. Anderson, 1990

Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease Barbara Janson

Cohen, Memmler, 1996 **Student Guide for Cycles of Life** Gerarld L. Kellogg, 2006 *Student Study Guide to Accompany Biology and Human Concerns, by E. Peter Volpe* Peter A. Rosenbaum, 1993 *Learning Guide for Tortora's*

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