

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: The Biology Everyday Experience Albert Kaskel,1994-04-19

Resources in Education ,1985-08 *Study Guide for Man, Nature, and Society* Theodore W. Pohl, 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** Gerald 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 Principles of Human Anatomy* Kathleen Schmidt Prezbindowski, Gerard J. Tortora,1983 **The musculature. The organs of circulation. The lymphatics** Sir Henry Morris,1907 **Study Guide to Accompany Structure and Function of the Body** Linda Swisher,2000 This comprehensive resource provides a variety of exercises for readers to apply and test their knowledge It contains matching fill in the blanks crossword puzzles word find unscramble the word application questions diagrams and page number references in the answer key December 2003

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