

# **Medical Science Faculty of Sagua la Grande, Villa Clara**

**Subject: English VII and VIII**

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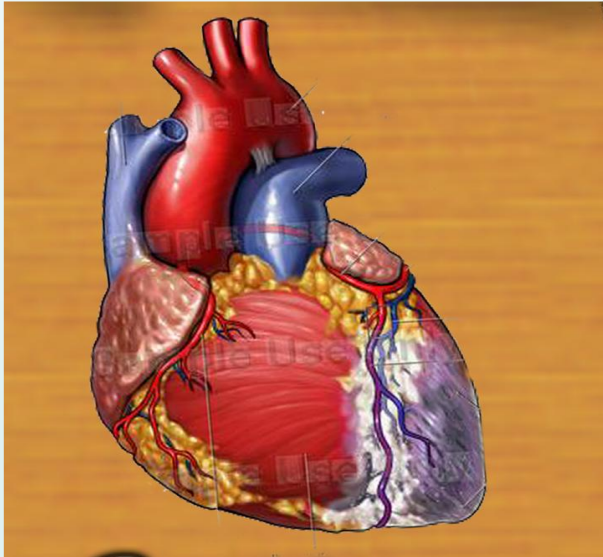
# Cardiovascular diseases

## **Objective:**

- **To describe different features of Cardiovascular diseases in order to prepare students to discuss a case in English**

Cardiovascular disease (CVD) includes all the diseases of the heart and circulation. It's also known as heart and circulatory disease.

## Cardiovascular diseases



Coronary heart disease

Congenital heart disease

Stroke

Angina

Heart attack

**Angina**, a pain or discomfort in the chest, occurs when the arteries may become so narrow that they cannot deliver enough oxygen-rich blood to your heart.

**Heart attack** occurs when a blood clot blocks your coronary artery and cuts off the supply of oxygen-rich blood to your heart muscle, your heart muscle may become permanently damaged.

**Stroke** occurs when a blood clot blocks an artery that carries blood to your brain, it can cut off the blood supply to part of your brain.

# Risk factors for CVD

- Smoking
- High blood pressure
- High blood cholesterol
- Being physically inactive
- Being overweight or obese
- Diabetes
- Family history of heart disease
- Ethnic background
- Sex - men are more likely to develop CVD at an earlier age than women.
- Age - the older you are, the more likely you are to develop CVD.
- Stress
- Alcohol intake

# Prevention

- Cessation of tobacco use
- Reduction of salt in the diet
- Consumption of fruits and vegetables
- Involving in regular physical activity
- avoiding harmful use of alcohol
- Drug treatment of diabetes, hypertension and high blood lipids (aspirin, beta-blockers, angiotensin-converting enzyme inhibitors, Statins)

# What are common symptoms of cardiovascular diseases?

## Symptoms of heart attacks

- Pain or discomfort in the centre of the chest
- Pain or discomfort in the arms, the left shoulder, elbows, jaw, or back
- Difficulty in breathing or shortness of breath
- Vomiting
- Feeling light-headed or faint
- Cold sweats
- Paleness
- Nausea

## The most common symptom of a stroke

- Sudden weakness of the face, arm, or leg, most often on one side of the body:
- Sudden onset of numbness of the face, arm, or leg, especially on one side of the body;
- Confusion, difficulty speaking or understanding speech;
- Difficulty seeing with one or both eyes;
- Difficulty walking, dizziness, loss of balance or coordination;
- Severe headache with no known cause; and
- Fainting or unconsciousness.



Surgical operations are sometimes required to treat CVDs.

- Coronary artery bypass
- Balloon angioplasty (where a small balloon-like device is threaded through an artery to open the blockage)
- Valve repair and replacement
- Heart transplantation
- Artificial heart operations

**After studying this condition, write a paragraph answering the following questions. Send the text to: [juliancm@infomed.sld.cu](mailto:juliancm@infomed.sld.cu)**

- ❖ What is Hypertension?**
- ❖ What is the classification of this condition?**
- ❖ What are the main signs and symptoms?**
- ❖ Who is at risk of this condition?**
- ❖ How is it diagnosed?**
- ❖ What is the differential diagnosis?**
- ❖ What are the possible complications?**
- ❖ What does the treatment include?**
- ❖ What is the prognosis?**

**( See also Useful Phrases Document that comes next to provide your answers)**

# Useful phrases to give information about a medical condition

## Concept

... is defined/known as...

.. is...

## Classification

-The classification of .....includes....

... is classified into ...

.....is the classification of ..

-Signs and Symptoms

-The most common signs and symptoms of \_\_\_\_\_include.....

\_\_\_\_\_,\_\_\_\_\_,\_\_\_\_and\_\_\_\_\_ are the most common signs and symptoms

## Risk factors

-Risk factors for ... include ...

-People with ... are at a higher risk for developing...

-In patients with a long history of ... ... is highly probable to suffer ...

\_\_\_\_\_, \_\_\_\_\_, and\_\_\_\_\_ are the main risk factors for developing

\_\_\_\_\_

## Diagnostic procedures/Exams and investigation/Lab tests

- The main diagnostic procedures/Exams and investigation/Lab tests for HBP are/include: \_\_\_\_\_, \_\_\_\_\_-and\_\_\_\_\_.
- HBP can be diagnosed by \_\_\_\_\_, \_\_\_\_\_, and\_\_\_\_\_.
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and\_\_\_\_\_are the main diagnostic procedures/Exams and investigation/Lab tests for HBP

## **Differential diagnosis**

- The possibility of \_\_\_\_\_ should not be excluded.
- \_\_\_\_\_ is a very likely/ highly probable/ diagnosis.
- \_\_\_\_\_ can cause pain of similar severity and radiation, but ...
- \_\_\_\_\_ is ruled out in this case because ...
- The differential diagnoses are/include \_\_\_\_\_ and \_\_\_\_\_.

## **Treatment/ management**

- The treatment (for this condition) include.....
- The treatment (for this condition) is based on .....
- \_\_\_\_\_ is the best treatment for this condition...
- The treatment consists on\_\_\_\_\_

## Prognosis

- The prognosis is good / poor / guarded / bad / reserved.
- The prognosis is good if the patient follows the treatment.

## Complication

- The complications of HBP are mainly ...
- The most common complication(s) is/ are...
- Other complications associated with HBP include... ..
- \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are the most common

complication of HBP

- ....are well-recognized complications of the first episodes of HBP

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**Thanks!**