5 MOST COMMON HEART PROBLEMS

1. Coronary Artery Disease: blocks flow to myocardium
2. Arrhythmia: pacemaker isn't working properly
3. Cardiomyopathy: heart is too big
4. Heart Infections: scarlet fever
5. Structural Defects: hole in the heart

CORONARY ARTERY DISEASE

Blood flow through coronary arteries that supply the heart is limited due the build up of plaque

Atherosclerosis: the build up of plaque

ATHEROSCLEROSIS



- A narrowing of the ARTERIES in any party of the body due to an excessive accumulation of plaque
- starts with damage to the ENDOTHELIUM

Causes:

- Hypertension: high blood pressure
- High Cholesterol: high lipids (fat)
- High Blood Sugar: stores excess fat
- Smoking: vasoconstriction (the narrowing of blood vessels) which increases blood pressure

CARDIOMYOPATHY

HEART INFECTIONS

CAUSE: infections by bacteria or viruses

AFFECT(S): the heart muscle or valves

EXAMPLE: ENDOCARDITIS is an infection of the lining of the heart chambers and/or valves

ATRIAL SEPTAL DEFECT (ASD)

DESCRIPTION: a hole in the wall between the RIGHT & LEFT ATRIA

AFFECT(S): allows mixing of oxygenated & deoxygenated blood

ALL FETUSES HAVE THIS OPENING
- usually closes after birth
- can be surgically repaired by surgery if it doesn't close by itself

VALVE DISEASE & HEART MURMURS

HEART VALVE DISEASE	HEART MURMURS
DESCRIPTION: the valve does not close properly	DESCRIPTION: unusual heart sound produced by abnormal blood flow
CAUSE: the heart is infected or aging	CAUSES: calcium deposits or thickening of the aortic or mitral valve due to ageing

the MOST COMMON type of murmur involves the MITRAL VALVE

ARTIFICIAL PACEMAKERS

PURPOSE: corrects heart arrhythmias

HOW IT WORKS: Inserted under the skin of chest & send out SMALL electric impulses to regulate the heartbeat

Arrythmia: a problem with the rate or rhythem of the heart

VARICOSE VEINS

EMBRYONIC HEART

4TH WEEK: the heart begins pumping blood

7TH WEEK: the heart is FULLY formed into a 4-chambered structure



DESCRIPTION: diseases of the heart MUSCLE that make it harder to pump blood
- Walls around the left ventricle could either a. enlarge & thicken or b. enlarge & weaken
CAUSES: infection or alcoholism

MYOCARDIAL INFARCTION / HEART ATTACK

DESCRIPTION: a section of heart muscle is dying

CAUSES: blood flow is blocked to an area of the heart muscle

SIGNS: pain in jaw, pain in left arm, dizziness, shortness of breath, & cold sweats

STROKE

DESCRIPTION: brain cells are starting to die

CAUSES: blood flow to an area of the brain is blocked

2 TYPES:
Ischemic Stroke:
- occurs when blood flow is BLOCKED by a blood clot
Hemorrhagic Stroke:
- occurs when a vessel BREAKS and there is bleeding in/on the brain (could cause pressure on brain)

DESCRIPTION: weakened VALVES in large veins (usually lower legs)

varicose veins are enlarged, twisted, & bulging

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