

Cardiovascular disease

Using specific examples to illustrate your answer, critically evaluate how the development of atherosclerotic lesions may lead to a variety of symptoms.

Describe risk factors in the development of cardiovascular disease, paying particular attention to those you have identified in this case (70%).

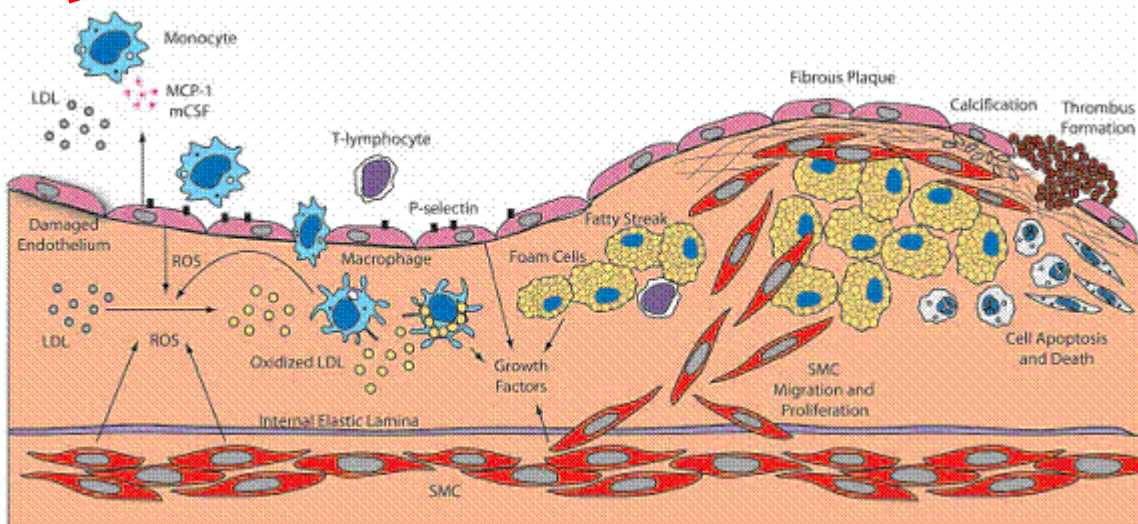
Outline how the incidence of cardiovascular disease in the United Kingdom has changed over the last forty years, go on to relate the major cause of most cases of cardiovascular disease and critically evaluate the role of risk factor modification in bringing about the observed changes in incidence of the disease.

Will CVD continue to decline?

Intro

- This disease is particularly relevant because it is the most common cause of premature death in the UK (before age 75): 28% of premature deaths in men and 19% in women.
- 33% of all deaths are a result of CVD.
- In Europe this number is even greater: 47%
- Coronary heart disease is the primary cause of death in the UK.
- Women are 3% (10% chance) more likely to die of stroke than men.
- Men are 5% (17% chance) more likely to die of cardiovascular disease than women.
- Deaths caused by CVD under the age of 75 are less frequent in women as oestrogen helps to prevent it.
- **Symptoms:** coldness, pale colour (pallor), blue colouration (cyanosis) pain and loss of sensation.
- This often leads to ischemia and infarction (this is defined as regional necrosis).
- The result of this can be myocardial infarction, cerebral infarction (stroke), gangrene, aneurysm and intermittent claudication. This is pain and cramping in the lower leg muscles due to restricted flow in the vessels during exertion or exercise.

Cause



- **Atherosclerosis:** Is the hardening of medium and large arteries. It mostly occurs in the tunica intima: the innermost layer of the arteries. Thickening and loss of elasticity.
- 80% of heart attacks are a result of atherosclerosis.