Learning Guide: Cardiovascular Diseases

Study Guidance: Students should understand the basic structure and function of the cardiovascular system, the hereditary and environmental risk factors that lead to heart disease and measures to combat heart disease. Students should also be familiar with various types of heart diseases (e.g., angina, pulmonary embolism).

Be able to discuss each of the following:

- Structure and function of cardiovascular system
- Risk factors for cardiovascular diseases (e.g., chemical, biological, behavioral)
- Identify different forms of heart disease
- Treatment of heart disease and impact on public health
- Methods of cardiovascular disease prevention

Be able to define, identify, and differentiate the terms found in lectures and glossary with respect to cardiovascular diseases. Here are just some examples.

- circulatory system
- angina
- heart attack
- COPD
- systemic loop
- pulmonary loop
- arteries
- veins
- coronary arteries
- Sinus node
- AV node
- arrhythmias
- rheumatic heart disease
- heart failure
- myocarditis
- cardiomyopathy
- congenital heart disease
- MRI
- echocardiogram
- CT scan
- angiography
- hypertensive heart disease
- Stroke
- tachycardia
- coronary heart disease

Required Readings: None
Additional Readings and Information Used for Lectures and Glossary

1) Heart Disease for Dummies: By James M. Rippe, MD, chapters 1, 2, 3, 4, 5, 6, 7, 20, also skim chapters 8, 9

2) http://www.healthline.com/galecontent/cardiovascular-diseases (page 1 and 2)

3) http://www.stayinginshape.com/3osfcorp/libv/h15.shtml I: OSF Healthcare