

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>: OSF Healthcare

4) http://www.healthsystem.virginia.edu/UVAHealth/adult_cardiac/glossary.cfm: University of Virginia Health Systems

