

## Chapter 19 Circulation Study Guide

- Key terms:
  - o Arrhythmia: abnormal heart rate or rhythm
  
  - o Atherosclerosis: hardening and narrowing of arteries due to plaque buildup in vessel walls
  - o Homans' sign: pain when the affected leg is dorsiflexed, usually associated with deep phlebitis of the leg
  - o Physical deconditioning: decline in cardiovascular function due to physical inactivity
  - o Postural hypotension: decline in systolic blood pressure of 20 mm Hg or more after rising and standing for 1 minute
- 2: List factors that promote cardiovascular health
  - o Proper nutrition
    - Reduce intake of fried foods, animal fats
    - Increase intake of complex carbs and fiber
    - Use monounsaturated oils
    - Omega 3 and 6
    - Reduce intake of red meat, sugar, and highly processed foods
    - Limit alcohol
    - Nutritional supplements: Vitamin B6, Vitamin B12, Vitamin C, Selenium, Magnesium, Calcium, Chromium, Potassium, Fish oil
  - o Adequate exercise
    - Traditional aerobic, strengthening, and balance exercises, yoga and t'ai chi
  - o Cigarette smoke avoidance
  - o Stress management
  - o Proactive interventions

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**Daniela Niemeyer**



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