

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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