Response to Kayty

Thankyou Kayty for your informative response. You have discussed the importance of family history in diagnosing and best possible health care. In this case 58-year-old male patient with a family history of high blood pressure and high cholesterol coming into a clinic with chest pain. As a rule, diseases of the cardiovascular system are caused not by a single cause, but by a combination of several risk factors. The influence of risk factors on the occurrence of cardiovascular diseases has long been proven. A risk factor is a negative personal or environmental effect that stimulates the development of atherosclerosis and causes cardiovascular diseases. Reduced physical activity. Exercises have a numerous effect that assistance the heart and blood flow, including affecting cholesterol and BP and preserving weight. Individuals who lead an inactive lifestyle are nearly double as probable to suffer from heart attacks as linked to individuals who exercise habitually. You said that, “ We would also teach them not to administer more than 3 tablets in a 15-minute time frame, and after the second pill to call 911 if it isn’t helping”. Regarding this I have found that Aspirin and other disaggregates Anticoagulant drugs are used at all stages of heart disease. They are divided into antiplatelet or anticoagulants. They are used along with thrombolytics, as well as for the prevention of heart attack. Anticoagulant therapy is associated with the risk of bleeding and stroke. According to Brown (2018)”, “Fragmentation and discoordination of health care is an important source of inappropriate care and improved health-care expenses”.(Brown,2018). Patients can reduce the risk of recurring heart attack by following certain preventive measures, which are explained at discharge from the hospital. Observing a healthy lifestyle, in particular a certain diet, is important in preventing heart attacks and must be respected.

References

Brown, M. M. (2018). Transitions of care. In Chronic Illness Care (pp. 369-373). Springer, Cham.