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## Basic anatomy of heart pdf

Mark Strozier / iStock Muscles Lift sofa straighten the carpet at the bottom, perform a soda case from the car ... and you can feel a shot of pain so strong you think you have broken your back. Much more likely: You have tension, sprain, or spasm - a very common cause of back pain. And while you may be in agony, these simple muscle aches are usually eased within two weeks and disappear within six. Discs After years of wear (or, rarely, sudden trauma) gelatin pads, which act as cushions between the bone vertebrae, can become thinner, leaving the back bones with less natural shock absorbers. The vertebral crisis converges and moves from one side to the other, causing additional tension to the joints and muscles and ligaments that support the spine. The disc can also begin to swell, or the gel may begin to leak out of the rupture - a condition officially known as herniated, although often referred to as slipping (and if the disc presses the nerve, sometimes by names that cannot be printed here). If it's the buttock nerve that hit, you'll feel it down your legs like sciatica - which is painful but rarely permanent. Herniated discs tend to shrink independently, which reduces the pain-causing pressure. It may feel like three centuries, but in three months, even 90 percent of sufferers feel much better. Joints spin has small joints connecting the vertebrae, which allows you to bend and twist. If the cartilage of these joints is worn out - due to injury or simply use over time - the bones after rub together, causing pain and swelling: spinal arthritis. This usually happens in the neck (with pain sometimes felt in the shoulder area) or lower back (pain can be in the buttocks or legs). Bone arthritis, as well as aging or herniated disc, can cause growth of vertebrae called bone spurs, which crowd the space through which the spinal cord and nerves run. This narrowing - stenosis - does not always cause problems. But when it does, you may develop chronic back pain, muscle weakness, and, rarely, nerve damage. Next: If the surgeon says Act, you say... Four questions are submitted to the doctor when the S word appears. Before you leave, make sure you are completely satisfied with the answers. What would happen if I waited? While there are some rare conditions in which surgery is needed quickly (your spine has become unstable, for example, or you have neurological complications), there is usually time to give other things the opportunity to work. How can I be sure surgery would be my best condition? You want evidence; to request statistics and studies. At the ethicaldoctor.org you can find reviews of many back procedures along with a star rating system that shows how reliable research is. What can I try instead? A good surgeon should be with other treatments - and comfortable discussing them What are the risks? If the doctor rejects possible complications, or does not recognize that the problems can crop up after that, run (or hobble) to another specialist. This content is created and maintained by a third party and imported into this page so that users can provide their e-mail addresses. More information on this and similar content can be found piano.io Medically reviewed by Gerhard Whitworth, R.N. - Written by Jill Seladi-Schulman, Ph.D. April 16, 2019Heart AnatomyWhat is the heart orheart conditionsLifestyle tipsBottom lineThat you've ever wondered if your heart is a muscle or an organ? Well, that's kind of a trick question. Your heart is actually a muscular organ. The organ is a group of tissues that work together to perform a specific function. In the case of your heart, this function pumps blood throughout the body. In addition, the heart mainly consists of a type of muscle tissue called the heart muscle. This muscle contract when your heart beats, causing blood to pump through your body. Read on to learn more about the structure and function of this vital muscular organ, the conditions that can affect it, and how to keep it healthy. The walls of your heart are composed of three layers. The middle layer, called myocardium, is mainly the muscles of the heart. It is also the thickest of the three layers. Heart muscles are a special type of muscle tissue that is found only in your heart. Coordinated heart muscle contractions, controlled by special cells called pacemaker cells, allow your heart to pump blood as a single functional unit. There are four cameras in your heart. The two top chambers are called atria. Atria receives blood from other parts of the body. The lower two chambers are called ventricles. They pump blood to other parts of your body. For this time, the walls of the ventricles are thicker, which contain more heart muscles. The interior of your heart also has structures called valves. They help to keep blood flow in the right direction. Your heart is absolutely necessary for your body's overall health and function. Without pumping action on your heart, blood would not be able to move through your circulatory system. Other organs and tissues in your body could not function properly. Blood gives your body cells and tissues vital oxygen and nutrients. In addition, such wastes as carbon dioxide are also carried away by blood, which must be removed from the body. Let's follow your blood as it moves through the heart:Oxygen poor blood from the tissues of your body enters the right atrium of your heart through large veins of superior and inferior vena cava. Then the blood moves from the right atrium to the right ventricle. Then it is pumped into the lungs to get fresh oxygen and get rid of carbon dioxide. Now oxygen-rich blood heart from the left atrium lung. Then the blood moves from the left atrium to the left ventricle, where it is pumped out of the heart through a large artery called aorta. Oxygen-rich blood can now travel through the whole body. There are many conditions that can affect the heart. Let us consider some of the following common ones: Coronary artery diseaseCoronic artery disease occurs when the supply of blood to the tissues of the heart is disrupted. This happens when a waxy substance called plaques accumulates on the walls of the arteries, supplying blood to your heart, so they become narrower or even blocked. Risk factors include such things as: high cholesterol in the history of blood pressurefamilyPeople with coronary heart disease are at risk of developing other heart diseases, such as heart attack, heart failure and arrhythmia. Symptoms may include angina pectoris, which is a sensation of pain, pressure or tightness that occurs with physical activity. As a rule, it begins in the chest and can spread to other areas, such as hands, jaw or back. Other symptoms may include things like fatigue and nervousness. Treatment depends on the severity of the condition and may include medications, surgery, and lifestyle changes. High blood pressureBlood pressure is the pressure that the blood exerts on the walls of the arteries. When the blood pressure is too high, it can become dangerous and pose a risk of heart disease or stroke. Risk factors for high blood pressure may be: family historyobesitychronic conditions such as diabetesHigh blood pressure often have no symptoms, so it is often identified during a routine doctor's visit. Medications and lifestyle changes can manage it. ArrhythmiasArrhythmias occurs when your heart beats too fast, too slowly, or irregularly. Many things can cause arrhythmia, for example: damage to the heart tissue or scars of coronary artery disease high blood pressureSome people with arrhythmia have no symptoms. If symptoms are available, they may include such things as a feeling of puffing in the chest, shortness of breath or chest pain. Treatment depends on the type of arrhythmia available. This may include: medicationprocedures or surgeriesimplantable devices such as pacemakerHeart failureHeart failure is when the heart is not pumping blood as well as it should be. Conditions that overpay or damage the heart can lead to heart failure. Some examples: coronary artery diseasethigh blood pressurediabetesGeneral symptoms of heart failure can include fatigue, short breathing, and swelling in the lower parts of the body. Treatment may depend on the type and severity of heart failure. This may include medications, lifestyle changes and possibly surgery. Heart attack Heart attack occurs when blood flow to the heart is blocked. Coronary artery disease is often heart attacks. Some common warning signs include things such as: pressure or or chest, which can spread to the neck or nausea or indigestion breathing Difficulty heart attack is an emergency care that requires immediate medical attention. In the hospital, drugs can be used to treat a heart attack. In some cases, surgery may be needed as well. You can help keep your heart healthy by following the following tips: Reduce sodium. Too much sodium-rich diets can contribute to high blood pressure. Eat fruits and vegetables. It is a good source of vitamins, minerals and fiber. Adjust the sources of protein. Choose fish, lean cuts of meat, and vegetable proteins such as soybeans, lentils, and nuts. Add foods that contain omega-3 fatty acids to your diet. For example, fish (salmon and mackerel), walnuts and flax seized oil. Avoid trans fats. They can increase LDL (bad) cholesterol levels while reducing HDL (good) cholesterol. Trans fats are often found in things like biscuits, cakes or fries. Read food labels carefully. They can provide you with valuable information about calories, sodium and fat content. Use. Try to perform aerobic exercise for 30 minutes most days of the week. Quit smoking. Also try to stay away from the used smoke. Avoid sitting for a long time. If you need to sit for a long time during work or travel, be sure to unsophe and pull off from time to time to stretch and move. sweet dreams. Try to get seven to eight hours of sleep each night. People who do not get enough sleep may be at risk of cardiovascular disease. Your heart is an organ that is mainly composed of muscle. It has a vital function to work to pump blood into the organs and tissues of your body. For this, it is very important to take good care of your heart. Remember that it is never too late to change the lifestyle that promotes heart health. Exercise, eat a healthy diet, and quit smoking to keep your heart healthy. Last medically reviewed on 16 April 2019

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