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
ehocardiogram
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](http://www.healthline.com/galecontent/cardiovascular-diseases) (page 1 and 2)
4) [http://www.healthsystem.virginia.edu/UVAHealth/adult_cardiac/glossary.cfm](http://www.healthsystem.virginia.edu/UVAHealth/adult_cardiac/glossary.cfm): University of Virginia Health Systems