Introduction to Health Careers

Health Careers Academy | Stockton, CA

**Atherosclerosis: Heart Disease**

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*Ms. Edmond*

*Purple – 2*

This MLA paper is about the Atherosclerosis which is a disease of the heart and this report was written by Valentino Joseph Silva, 9th grader at Health Careers Academy.

***This report got information from other sources.***

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21 November 2013

**Atherosclerosis**

What is exactly atherosclerosis? Atherosclerosis is a condition where there is a buildup plaque, mostly found on the walls of arteries. The buildup of plaque leads to a malfunction of your blood flow, around the whole body. What is atherosclerosis within the heart? We know that atherosclerosis is a buildup of plaque found on the walls of arteries. Now, in a heart that can lead to major damage the reasoning being your heart is the most important organ of the body. The heart pumps out blood, in and out. Just wondering, can that plaque pump in and out of your blood system? If this is true, that means your whole entire body is filled with plaque and that can lead to blood clots after that the next stage is a heart attack or a stroke. This information was gathered by Joseph Nordiques. July 14th, 2012, What Is Atherosclerosis? What Causes Atherosclerosis? Copyright: Medical News Today. Updated on August 23rd, 2013 Mr. Joseph Nordiques stated, *“The condition can affect the entire artery tree, but mainly affects the larger high-pressure arteries.”*  <http://www.medicalnewstoday.com/articles/247837.php>. From that following information plaque can be very dangerous. Tearing and entering that artery walls and narrowing it down. Later on leading onto a blood clot and once you get that blood clot you may get a stroke. That is not very healthy for your body.

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The following information was conducted by Mr. Joseph Nordiques. July 14th, 2012, What Is Atherosclerosis? What Causes Atherosclerosis? Copyright: Medical News Today. Updated on August 23rd, 2013. There are ways that you can prevent this from happening to you include, this is quoted from Mr. Joseph Nordiques along with the information above: “*Prevention of Atherosclerosis*

*The best way to prevent atherosclerosis is to eliminate any risk factors you might have. The best way to do this is by living a healthy lifestyle.   
  
Diet- Try to avoid saturated fats, they increase your levels of bad cholesterol. The following foods are high in unsaturated fats and can help keep bad cholesterol levels down:*

1. *olive oil*
2. *avocados*
3. *walnuts*
4. *oily fish*
5. *nuts*
6. *seeds”.*

A diet is a great way to help out our body as a whole. We can keep the body at the recommended weight, control out blood pressure and make sure every organ is functioning correctly. Other ways to prevent atherosclerosis are: not smoking and exercising. All play a big role for our body to handle everything correctly.

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Atherosclerosis can be triggered by:

* *High Blood Pressure*
* *High levels of cholesterol*
* *Smoking*
* *High levels of sugar in the blood*

This is stated in Mr. Joseph Nordiques article. July 14th, 2012, What Is Atherosclerosis? What Causes Atherosclerosis? Copyright: Medical News Today. Updated on August 23rd, 2013. If you have/do anyone of these you may be at risk. You want your heart to be performing at its best. Need to blood to be pure and not plaque anywhere, system of blood stream.

We learned that plaque is a bad thing to have on your heart and arteries. We can control it by take good care of our health. Without taking care of our body can lead to many things messing with our organs. Which we don’t want to happen, we all want to live a long healthy wonderful life. The malfunction of any organs may lead to death or other serious injuries to the body. Stay away from fatty foods, thank you for reading.

Work Sited

* The following information was conducted by Mr. Joseph Nordiques. July 14th, 2012, What Is Atherosclerosis? What Causes Atherosclerosis? Copyright: Medical News Today. Updated on August 23rd, 2013.

No other websites where used in this MLA paper. For this website contained all need information that Valentino J. Silva need and thought of for his paper. Once again thank you.

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