



TT

CVD

Cardiovascular Disease ()

1 2 3 4 5

CVD:

e.g.

RISK FACTOR	HOW FACTOR AFFECTS RISK OF CVD
BMI / Weight	
Cholesterol / LDL's / Saturated fat	
Alcohol + Salt	
Inactivity	
Smoking	→ → →
Ageing	→ →
Gender	→ ↳
Genetics	→ → →



Atherosclerosis

1 2 3 4 5



TT

Thromboplastin

Prothrombin

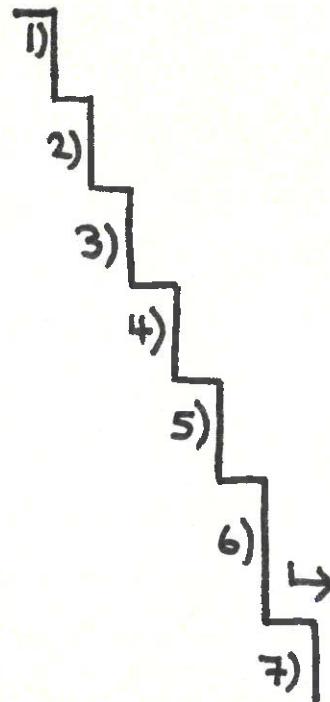
Thrombin

Fibrinogen

Fibrin

Blood Clotting-

1 2 3 4 5





Cholesterol, HDL's & LDL's

1 2 3 4 5

Cholesterol

Cholesterol:



HDL's



LDL's

:

:

:

()

()

()



e.g.



Treatments for Cardiovascular Disease

1 2 3 4 5

Treatment	Benefit	Risk
e.g.	→ → → ↳	→ → → →
e.g.	→ ↳	→ → → →
e.g.	→ →	→ → → →
e.g.	→ ↳	→ → → →



Energy Budget & Diet

1 2 3 4 5

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Obesity Indicators

