Discussion

Directions:
Your instructor will assign you certain questions to answer. You will need to make an initial post with your answers. Then, you will be able to interact with your peers to answer the remaining questions.

1. Define atherosclerosis, and the complications of this disease process.
2. Discuss risk factors associated with cardiovascular disease.
3. Define lipoproteins and their function.
4. Define the benefits of HDL, and the desired reference laboratory range.
5. Define the total amount of daily intake for cholesterol.
7. Discuss what is meant by “silent disease” in hypertension.
8. Discuss dietary recommendations for hypertension.
9. Define the term ischemia; infarct.
10. Define dietary recommendations for coronary artery disease, and dietary changes in the immediate post MI phase.
11. Describe the recommended breakdown of fat intake.
12. Describe the elements you will include in teaching a client to follow their sodium restriction.
13. What are the benefits of the DASH diet?