

Circulatory issues



Project Number: 2022-2-SK01-KA220-ADU-000102228

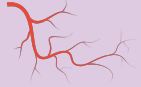


**Co-funded by
the European Union**

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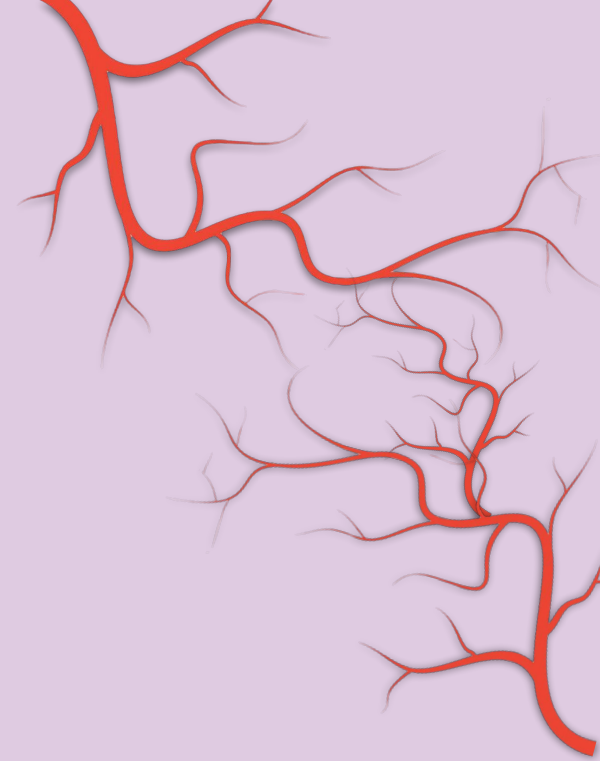
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What is circulatory system?

The circulatory system (CS), also called the cardiovascular system or vascular system, **has the job of moving nutrients, gases, and waste products to and from body tissues.** Humans have a closed CS with two main parts: **the pulmonary circulation and the systemic circulation.**

The pulmonary circulation (or "small" circulation) moves **blood between the heart and lungs.** It starts in the right side of the heart. Then it sends blood to the lungs through the pulmonary artery. In the lungs, blood picks up oxygen and then returns to the left side of the heart.

The systemic circulation (or "large" circulation) moves **blood between the heart and the rest of the body.** It delivers nutrients and oxygen to the body's cells. Blood flows from the left side of the heart through the arteries and the aorta to all parts of the body. Then it returns through veins to the right side of the heart and continues into the pulmonary circulation.



Circulatory issues

Risk Factors:

- ✗ high blood pressure
- ✗ high cholesterol
- ✗ smoking
- ✗ overweight and obesity
- ✗ poor diet
- ✗ diabetes
- ✗ intense stress
- ✗ family history



Most common circulatory system problems

- **Stroke (cerebrovascular accident)**

Usually, this happens **when blood suddenly cannot flow into a part of the brain because a blood clot partly or fully blocks the flow.** The brain then doesn't get the oxygen and nutrients it needs.

Symptoms:

- Weakness or paralysis on one side of the body (the person may not be able to lift an arm, move a leg, or may have trouble walking);
- Paralysis on one side of the face, often with one corner of the mouth drooping;
- Difficulty speaking or understanding speech (the person may seem confused);
- Problems with balance and coordination;
- Feeling dizzy and sick to the stomach;
- Severe headache;
- Sudden vision problems, like blurry vision or loss of part of their sight.

If you have these problems, call an ambulance immediately!



Most common circulatory system problems

- **High Blood Pressure (Hypertension)**

At first, high blood pressure often has no symptoms. Later on, symptoms may include:

- **Feeling very tired;**
- **Strong headaches;**
- **Problems with vision;**
- **Irregular heartbeat;**
- **Blood in urine;**
- **Difficulty breathing;**
- **Chest pain.**

- **Heart diseases**

Heart diseases include:

- **Atherosclerosis;**
- **Angina pectoris;**
- **Heart attack;**
- **Heart stroke;**
- **Ischemic heart disease.**



What to do ?

Prevention

To help reduce these problems, you can:

- have **regular medical check-ups** for blood pressure, cholesterol, and blood sugar;
- **eat lots of vegetables, fruits, and whole grains;**
- **eat less sugar, salt and unhealthy fats;**
- **exercise regularly** to maintain a healthy weight and improve circulation;
- **limit alcohol and smoking;**
- **manage stress** (try meditation, yoga, or deep breathing);
- get enough sleep;
- drink enough water.



Specialists



Different specialists, for different problems



Cardiologist

A cardiologist is a doctor who specializes in diagnosing and treating heart and blood vessel conditions. They perform tests like echocardiograms and stress tests to check heart health. Cardiologists also give advice on lifestyle changes and medications to help improve your heart health.



Pediatric cardiologist

Studies and treats heart diseases in children and newborn babies.



Internist

An internist is a doctor who treats internal organs, such as the heart, kidneys, and liver. They address a wide range of health issues, including problems with the circulatory system and heart.



Phlebologist

Phlebologists treat problems with veins in the body. They help with issues like varicose veins, which are swollen veins that can be painful, and blood clots. They use different treatments, like special injections or lasers, to help improve blood flow.

Specialists



Different specialists for different problems



Vascular surgeon

A vascular surgeon is an expert in surgical procedures related to blood vessels, including operations on arteries and veins.



Cardiovascular radiologist

A cardiovascular radiologist is a specialist who uses imaging methods, like as ultrasound (*ultrasound is a medical imaging technique that uses high-frequency sound waves to create images of the inside of the body*) or angiography (*angiography is a medical imaging technique used to visualize the inside of blood vessels and organs, typically to detect blockages or abnormalities*), to diagnose and monitor vascular diseases.



Angiologist

An angiologist is a doctor who specializes in diagnosing and treating diseases related to blood vessels, including arteries and veins.



Useful Resources

- Use the section “Health Library” at **Cleveland Clinic** website where you can search for symptoms, diseases, treatments and procedures for the whole body health
<https://my.clevelandclinic.org/health>
- Use the sections “Global” and “Region” at **WHO website** to learn more about health topics and data in different continents
<https://www.who.int/>
- More videos to learn more about circulatory system and your whole body at
[FreeMedEducation Youtube Channel](#)



TO FIND OUT MORE

