

NUTRICIOLOGY

**for 4 course students 22 Public health 226 «Pharmacy, industrial pharmacy»,
educational program «Pharmacy for foreign students»
ФМ17*(5,0д) англ 1, 2 groups**

13.05 - groups 1, groups 2

PRACTICAL CLASS. Topic: « Nutritional correction for gastro-intestinal tract and cardio-vascular system diseases»

OBJECTIVE.

Know the definition of the term “**Gastro-intestinal tract and cardio-vascular system diseases** ”, classification, symptoms, strategy of treatment, diet, life style, dietary supplements.

RELEVANSE

Diseases of cardiovascular system take the first place in the world. They include: atherosclerosis, hypertension, heart failure, heart stroke, ischemic disease and others. Due to life style and especially diet develop many of them. Metabolic disorder (to which belong cardio-vascular disorders) is highly specific for nowadays. To support patients with these problem we have to recommend special diet and DS.

CONTROL QUESTIONS

1. Give the definition of "esophagitis" and recommendations for special diet.
2. Give the definition of "peptic ulcers" and recommendations of special diet.
3. Give the definition of "gastritis type B" and "gastritis type A, and recommendations for special diet.
4. Give the definition of "reflux" and recommendations for special diet.
5. Give the definition of "chronic pancreatitis" and "acute pancreatitis", recommendations for special diet.
6. Give the definition of "cholelithiasis" and recommendations for special diet.
7. Give the definition of "dyskinesia of the biliary tract" and recommendations for special diet.
8. Give the definition of "liver cirrhosis" and recommendations for special diet.

9. Give the definition of "chronic enterocolitis" and recommendations for dietary nutrition.
10. Give the definition of "Botkin's disease" and recommendations for special diet.
- 11.. Give the definition of "bowel dysbiosis" and recommendations for dietary nutrition.
12. Specify and characterize the numbered diet with intestinal dysbiosis.
13. DS -ingredients for the treatment of diseases of organs of a GIT.
14. List diseases of the cardiovascular system.
15. The main reasons of diseases of the cardiovascular system.
16. Factors contributing to the development of atherosclerosis.
17. Consumption of which nutrients are recommended and not recommended for atherosclerosis.
18. What foods and beverages should be excluded from the diet when coronary heart disease
19. What diet is recommended for chronic heart failure?
20. Give a definition of hypertension.
21. Describe a diet for persons with hypertension.
22. Which foods and beverages need to be excluded from the diet in hypertension.
23. What are the main reasons of myocardial infarction?
24. Curative food for coronary artery disease.
25. Basic principles of nutrition for hypertension, heart failure, myocardial infarction, and others.
26. DS-agents for the treatment of CVD.

Tests

1. Choose food which is **not** recommended for hypertension:

white bread	Milk	Junk food
brown bread	Apple	Fast food
fat meat, fat fish	Vegetarian soup	Cheese
dairy	Tomato juice	Tea, coffee
pickles	cucumber	eggs

2. Indicate which foods are **not** recommended for hepatitis:

white bread	Milk	alcohol
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brown bread	Mashed potato	Fast food
fat meat, fat fish	Vegetarian soup	Cheese
dairy	Fried meat	Tea, coffee
pickles	Smoked food	eggs
mineral water	cucumber	

3. Indicate which foods are **not** recommended for colitis:

white bread	Milk	alcohol
brown bread	Mashed potato	Fast food
fat meat, fat fish	Vegetarian soup	Cheese
dairy	Fried meat	Tea, coffee
pickles	Smoked food	Eggs
mineral water	cucumber	Cabbage
		bean

4. Indicate norm of total cholesterol in blood:

- A. 200 mg/dL
- B. 400 mg/dL
- C. 500 mg/dL
- D. 700 mg/dL
- E. 800 mg/dL

5. Indicate: hypertension start with the number

- A. 120 mmHg / 60–80 mmHg
- B. 160 mmHg / 90 mmHg
- C. 180 mmHg / 90 mmHg
- D. 140 mmHg/ 80 mmHg
- E. 200 mmHg / 100 mmHg

6. Indicate norm of cholesterol intake daily

- A. Less than 100 mg
- B. Less than 300 mg
- C. Less than 50 mg
- D. Less than 500 mg
- E. Less than 800 mg

7. Indicate norm of sodium chloride intake daily for healthy person:

- A. 8-10 g /day
- B. 12-15 g /day
- C. 1-2 g /day
- D. 3-4 g /day
- E. 20-25 g /day

8. Choose how much liquid should drink person with hypertension (A) and cardio- insufficiency (B)

Not more than 1,2 l/day

Not more than 2 l /day

Not more than 1 l /day

Not more than 2,5 l /day

Not more than 3 l /day

9. Choose which especially mineral-containing dietary supplements are actual for persons with cardio-vascular diseases

- A. K, Mg, Ca
- B. Fe, Na, P
- C. Fe, I, F
- D. Zn, V, Ca
- E. Na, P, Fe

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10. Choose which dietary supplements ingredients are actual for person with high cholesterol level

- A. Garlic
- B. Fish oil
- C. Valerian
- D. Peppermint
- E. Mellisa

PRACTICAL TASKS.

You have to fill in your laboratory hand-book on the topic: *Nutritional correction for GIT and CVD. Diet and Dietary supplements for these diseases.*