

Most common cardiac valve disease in women?

- Mitral valve prolapse is the most common valve disorder in the U.S. with a prevalence estimated at 3%, MVP tends to be most prevalent in young women pg. 1094
- Common in young women, leaflets of valve prolapse into atrium- may cause mitral regurgitation, back flow of blood-murmur
- <https://youtu.be/Q84DwBABbY0>
- At risk for stroke and endocarditis
- Left ventricle become hypertrophied- pulmonary hypertension- right sided heart failure
- Valve repair and surgery may be warranted

Dermatomes: are spinal cord levels that are associated with a specific area

- <https://youtu.be/CYZBH6NX8wg>

Agnosia: is when an individual is unable to visualize or recognize objects due to injury

When myocardial ischemia may be reversible?

- If blood flow is restored within 20 min **** Key to perfusion
- Many individuals with reversible myocardial ischemia exhibit a normal physical examination between episodes.
- Physical examination of an individual experiencing myocardial ischemia may disclose tachycardia, extra heart sounds (gallops or murmurs) and pulmonary congestion indicating impaired left ventricular function.
- Unstable angina is the result of reversible myocardial ischemia and is a harbinger of impending infarction
- Pt with coronary artery disease may experience ischemia during mental emotional or body stress like exercise.
- Ischemia is low blood supply- cells are alive but starving- do not functions normally

Symptoms of Stable Angina:

- Atypical chest pain, palpitations, sense of unease, severe fatigue, angina pectoris, radiation to neck, lower jaw, left arm, left shoulder, or occasionally back or down right arm.
- <https://youtu.be/7XkOuo5DwAU>
- Gradual luminal narrowing, heart can not meet the demands- chest pain develops- with rest it subsides.
- Relieved with Nitroglycerin
- Pain eases with rest- gold standard

Orthostatic Hypotension:

- BP changes from lying to sitting or standing position
- Decrease of systolic BP by at least 20mmHg and diastolic by at least 10mmHg within 3 minutes of standing.
- When it occurs patients feel syncopal, fainting, dizziness, and loss of vision.