

Section 3 - Circulatory System

3.1. State TRUE or FALSE for the following statements about The Heart.

3.1.1. The heart pumps 5 litres of blood every minute and around 7200 litres per day

- True | False

3.1.2. Diastole is the contracting phase of the heart

- True | False

3.1.3. Its made up of a special type of muscle called cardiac muscle which contracts in response to an electrical signal

- True | False

3.1.4. Heart muscle receives its own supply of oxygen and nutrients from the coronary circulatory system

- True | False

3.1.5. The heart is divided into two chambers and has 2 valves in total

- True | False

3.1.6. The heart beats more than 3 billion times in a lifetime

- True | False

3.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Blood.

3.2.1	Red blood cells	A	Has a fluid part call plasma and a cellular part made of up red cells, white cells and platelets
3.2.2	White blood cells	B	Produce a hormone which stimulates bone marrow to make to make red blood cells
3.2.3	Platelets	C	Transport oxygen from the lungs to all tissues of the body
3.2.4	Blood	D	Make up the immune system and consist of granulocytes and agranulocytes
3.2.5	Kidneys	E	Help with the clotting of blood to prevent bleeding

3.3. State TRUE or FALSE for the following statements about Iron Deficiency Anaemia.

3.3.1. Its common during rapidly growing children and adolescents, in those who absorb iron poorly or women with heavy menstruation

- True | False

3.3.2. Risk factors for maternal iron deficiency include teenage pregnancy and having multiple pregnancies

- True | False

3.3.3. Typical symptoms include, fatigue, headache, breathlessness, depressive symptoms, immunodeficiency, brittle nails and hair loss

- True | False

3.3.4. Maternal iron deficiency is the most common nutritional deficiency in pregnant women worldwide affecting around 56 million women worldwide

- True | False

3.3.5. Plant based iron (non-haem) iron is much easier to absorb than iron in animal products

- True | False

3.3.6. Bio-Strath effectively maintains haemoglobin of pregnant women throughout pregnancy and increases the absorption of iron by 5 times

- True | False

3.4. State TRUE or FALSE for the following statements about The First 1000 days of life

3.4.1. The first thousand days is from birth until the child is 1000 days old

- True | False

3.4.2. This is the period from the onset of pregnancy until the child turns 2 years of age

- True | False

3.4.3. Insufficient iron during this period may cause brain iron deficiency

- True | False

3.4.4. 'Blood over brain' is when limited iron is used first to make red blood cells rather than to supply the growing brain

- True | False

3.4.5. Bio-Strath effectively maintains haemoglobin of pregnant women throughout pregnancy and increases the absorption of iron by 5 times

- True | False

3.4.6. Research confirms that brain iron deficiency affects behaviour, memory, concentration and IQ and if not corrected by age 2, it becomes irreversible

- True | False

3.5. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Problems of the Circulatory System.

3.5.1	Heart attack	A	Has symptoms such as palpitations, missed heartbeats, fluttering, short breath, dizziness and lethargy
3.5.2	Coronary artery disease	B	'one way valves' in the heart which leak or don't open properly
3.5.3	Angina	C	When blood supply to the myocardium is interrupted for protracted periods of time, damage is irreversible
3.5.4	Disturbance of heart rhythm	D	Presents as enlarged heart, fluid around the lungs, swelling in the legs
3.5.5	Heart failure	E	One of the coronary arteries becomes blocked, caused by stress, smoking, high blood pressure, poor diet
3.5.6	Valvular heart problems	F	A reversible condition with spasm of the heart muscle when there is a lack of blood supply.

3.6. State TRUE or FALSE for the following statements about A. Vogel Crataegus Oxy

3.6.1. Is made exclusively from fresh Crataegus (Hawthorn) leaves

- True | False

3.6.2. Is a Western Herbal cardiac and circulatory tonic which helps maintain and/or

- True | False 3.6.support heart and cardiovascular health

3.6.3. Should not be given with any other heart medicines

- True | False

3.6.4. Has been shown to improve breathlessness, exercise tolerance, quality of life and fatigue in cardiac patients with heart failure

- True | False

3.6.5. The standard dose for adults is 30 drops three times daily

- True | False

3.6.6. Can safely be given with other heart medication

- True | False

3.7. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to products for the circulatory system and what they can be used for.

3.7.1	A. Vogel Ginkgoforce	A	A Western herbal medicine (horsechestnut) used for the support of healthy veins and venous circulation
3.7.2	A. Vogel Circulation Formula	B	A Western herbal cardiac tonic made from fresh Hawthorn berries
3.7.3	A. Vogel Venaforce	C	A homeopathic medicine for supportive treatment of rectal venous congestion with pain, discomfort, itching and bleeding
3.7.4	A. Vogel Crataegus Oxy	D	A Western herbal medicine which supports peripheral circulation and cognitive health
3.7.5	A. Vogel Anucare	E	A homeopathic medicine for poor peripheral circulation i.e. cold, pale, blue and numb extremities
3.7.6	Oxiprovin	F	A health supplement containing grape seed extract (source of antioxidants) for preservation of good health and venous health

3.8. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to disorders of the arteries.

3.8.1	DASH Diet	A	Crataegus oxy, Nephrosolid, Oxiprovin, Valeriana, VegOmega-3, Multiforce
3.8.2	Hypertension	B	Helps lower cholesterol, is a Mediterranean Diet plus, almonds, sticky fibre, soy, plant sterols and legumes
3.8.3	Portfolio Diet	C	When blood flow to a part of the brain is compromised (ischemic or haemorrhagic) – BEFAST!
3.8.4	Stroke	D	Systolic blood pressure greater than 140 and diastolic pressure greater than 90
3.8.5	Supportive products for high blood pressure	E	Dietary Approaches to Stop Hypertension
3.8.6	Products to support healthy cholesterol levels	F	Boldocynara, VegOmega-3, Oxiprovin