

**Faculty of Nursing , Pharmacy, & allied Health Sciences**

**Course: Adult Health1 (NURS2301)**

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**Section: 2**

**Question:**

**Compare the difference on risk of heart disease between male and female with rationalization?**

**Answer:**

## Low Testosterone: A risk factor on men higher than women

## Rationale : The level of Testosterone hormone in the men is higher than women , So Having a low testosterone level is increasingly seen as being linked to heart disease and type 2 diabetes, because “low T” can be considered a cardiovascular and metabolic risk factor.

## Hyperlipidemia : A risk factor on men higher than women

## Rationale: young women have a much lower risk of cardiovascular disease due to the protective role of the estrogen hormone , which tends to increase HDL (good cholesterol) levels.

## But when the women get in the menopause The risk foctors of heart disease on them higher than men

## Rationale: estrogen production is declined after menopause, women's good levels decrease greatly,So after the age of 55, women tend to have higher bad levels than men. Both of these changes increase a woman's chances of heart problems after menopause.

1. **Lack of Physical Activity : A Risk Factor higher on women than men**

**Rationale: Socioeconomic level was positively associated with leisure time physical activity in both genders. A positive dose response between age and inactivity was found in men, but not among women, So The cardioprotective benefits of exercise include reducing adipose tissue, which decreases obesity; lowering blood pressure, lipids, and vascular inflammation; improving endothelial dysfunction, improving insulin sensitivity, and improving endogenous fibrinolysis,In addition, regular exercise reduces myocardial oxygen demand and increases exercise capacity, translating into reduced heart disease risk factors.**

## Smoking: women are more susceptible to serious tobacco related disease.

## Rationale: stress has a larger effect on women smoking than men, & Smoking has also been associated with an early menopause So the women reach for cigarettes much more quickly than men and they smoke them much more intensely, So they inhale more deeply and they also take more puffs from a cigarette, so they will have more risk for Heart diseases such as Myocardial Infarction.