

Diagnosis and Management Internal Disorders  
#1009 - Cardiovascular Disease

Title of Program: #1009 - Cardiovascular Disease  
Times: Saturday 9:00 am to 6:00 pm, Sunday 9:00 am to 1:00 pm  
Total CE hours: 12

Program Description:

This session provides an overview on the physiology, pathophysiology, patient work-up and management of the conditions and diseases that affect the cardiovascular system and are commonly seen in the internal disorder office.

Program Goals / Objectives:

- At the end of the session, the student will have a detailed understanding of:
- Structure and function of the different types of blood vessels
- Arteriole and atherosclerosis
- Coronary artery disease
- History and examination of patient's with cardiovascular disease
- Laboratory tests
- Quality of life issues
- Dietary choices and their impact
- Management of cardiovascular patients
- Nutritional disorders linked to cardiovascular issues

Program Topics:

- Vasculature
- Arteriole and atherosclerosis
- Coronary artery disease
- History and examination
- Laboratory testing
- Management of cardiovascular patients
- Nutrition/diet
- Quality of life
- Lifestyle management

Program Outline:

Saturday

9:00 am - 10:00 am  
Cardiovascular Disease

- Cause for cardiovascular disease identified
- Demand for natural therapies in health care
- Chiropractic and cardiovascular

10:00 am - 11:00 am  
The need for "Office of Alternative Medicine"

- Purpose of the council on chiropractic family practice
- Chiropractic and primary care
- The new millennium chiropractic: trend forecast for the chiropractic profession

11:00 am – 12:00 pm

The circulatory system

- General structure of blood vessels
- Three main divisions of arteries
- Elastic arteries
- Muscular arteries
- Arterioles
- Capillaries
- You're only as old as your arteries

1:00 pm - 2:00 pm

General cardiovascular disorders – arteriosclerosis/atherosclerosis

- The oxidative hypothesis of atherosclerosis
- Atherosclerotic antibodies
- Nutrition and LDL oxidation
- Hyper homocysteine and arterial plaquing
- Circulation studies by doppler ultrasound
- The veins
- Four pathological arteriosclerotic categories
- Pathogenesis of atherosclerosis
- Four stages of vascular pathology
- The fatty streak
- Fibrin filtration
- Mineral deposits
- Ulceration and thrombosis
- Peripheral vascular lesions
- Diabetes mellitus and atherosclerosis

2:00 pm - 3:00 pm

Coronary arteries and veins

- Chest Pain
- Myocardial infarction
- Brain attack (stroke)
- Pericarditis
- Congestive heart failure
- Chronic congestive heart failure
- Right heart failure
- COR pulmonale
- Type 2 diabetes mellitus and coronary heart disease
- Evaluating for cardiovascular disease
- History
- Physical Examination

- Spirometry
- Electrocardiography (EKG)
- Doppler Ultrasound
- Peripheral gradient blood pressures

3:00 pm - 4:00 pm

Examination

- Coagulation or prothrombin time
- Hair biopsy
- Urinalysis
- Urinary indican
- Body shape and flexibility

4:00 pm - 5:00 pm

History for cardiovascular disease

- A detailed interview
- A thorough examination
- Re-examination
- Documentation

5:00 pm - 6:00 pm

Laboratory Tests

- Multichannel blood chemistries
- Lipoproteins
- Coronary risk factor (CRF)
- Glucose

Sunday

9:00 am – 10:00 am

Importance of quality of life following treatment

- Chiropractic can lead the parade in natural health care
- Preventing and/or reversing cardiovascular disease through diet, nutrition, regular exercise and stress management

10:00 am – 11:00 am

Management of Cardiovascular Disease

- The dietary program
- Fats
- Carbohydrates
- Protein
- Dairy
- Nuts
- Cholesterol and heart disease

- Hyperhomocysteinemia and cardiovascular disease

11:00 am – 12:00 pm

Diet

- Modified pritingin diet, low fat/ no refined carbs
- Foods to eat liberally
- Foods to eat sparingly
- Foods to avoid
- Cholesterol handout

12:00 pm – 1:00 pm

Nutritional Disorders

- Awareness of high risk nutritional disorders
- Nutritional protocols
- Record keeping
- Justifying the need for care

Instructional Methods:

Lecture, practice demonstrations and case presentations

Assessment Methods:

Provide and review an article on a cardiovascular topic from current literature. Perform a VAP test and create a treatment protocol based on the results.