

Cuevas Lopez, Rosa

BIO2312 D057

Professor Haque

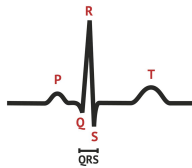
April 28, 2020

Know Your Body

The human body is the formation of a human being. It is made of many different kinds of cells that all together create tissues and, subsequently, organ systems. In this lab report, I will be developing about how different types of things can affect my body. What diseases I am prone to get because of my family history. Another thing I will talk about is how my lifestyle can affect either positive or negative my body and many other things.

I am a Hispanic female, 21 years old. My height is 5'5, and my weight is 145lbs. BMI or Body Mass Index is used to determine adults and adolescents that have an unusual weight in proportion to their height. BMI below 18.5 means you are underweight. 24.9 signifies that you are in the healthy weight range, and between 25-29.9, you are in the overweight range. The calculation of BMI is your height divided by weight. After I did the calculations, I found out my BMI is 24.3kg/m². That means that I have an optimal amount of body fat and also that I am in the healthy weight category. However, I have to be careful not to fall into the overweight category. Let's say my height is 5'5, and my weight is 170lbs. My BMI will be 28.2kg/m², which means I am obese, and I will most likely develop cardiovascular disease, high blood pressure, and many other diseases. Otherwise, let's say my height is 5'5, and my weight is 100lbs. My BMI will be 16.64kg/m², which means that I am underweight and might suggest that I have malnutrition, an eating disorder, or more health problems.

Pulse is a rhythmic beating in the arteries that is produced by the beating of the heart. It can be felt in your neck or wrist. The importance of checking your heartbeats is because you can feel if your heart is functioning properly. In an emergency circumstance, your pulse rate can determine if your heart is transporting sufficient blood. Heart rate is the speed of heartbeat per minute. An abnormal heartbeat is when the heart is beating too fast above 100bpm, which is described as tachycardia, yet, a slow heartbeat that is below 60bpm, is described as bradycardia. In contrast, Blood pressure is the enforcement of blood circulating on the walls of blood vessels. The normal blood pressure in teenagers should be 120/80 mmHg, blood pressure below 140/90 is the pressure in people up to 80 years old. Electrocardiogram (EKG or ECC) is a graph voltage. It displays P waves, T waves, and QRS complex. A normal EKG should look like this:



An abnormal EKG can represent many things. It can usually detect heart disease, heart attack, or uncommon heart rhythms that may cause heart failure.

Lung capacity is the limit amount of air that your lungs can hold. There are some factors that can affect your lung capacity, but there are also some things that can help people to improve their lung capacity. Some of the things that can affect lung capacity are; sex, age, smoke, and many others. In opposition to, there are other things that can improve lung capacity, such as; aerobic exercise, stop smoking or avoid secondhand smoke, eat healthily, maintain a healthy weight, and many others. I personally do not smoke, but sometimes I am around people who do so. Also, I do not exercise or eat healthy food. If my lung capacity is lower than normal, I can develop lung conditions such as asthma, emphysema, etc. Nevertheless, Overtime lung function

can decrease as we age, some conditions as chronic obstructive pulmonary disease, which leads to problems breathing and shortness of breath.

Sleep is very important for the body because it helps us repair and restore our organ system, including muscles, immune systems, it also plays an essential role in memory and many other things. Food is also necessary for the body because we need the energy to support our daily activities. My food and my sleep records are not that good. To begin with, I am the kind of person that stays up all night and wakes up late. I habitually go to sleep around 4 AM and wake up around 10 AM, which, as you can see, is not many hours of sleep. Young adults between 18-25 need at least 7-9 hours. People who sleep six or less hours a day can develop cardiovascular problems, poor immune health, and sleep disorders, just to name some. I also eat lots of fast food and sugars, which can affect me in a negative way. If people eat very lots of sugar, they can lead to weight gain and blood sugar problems. Likewise, fast food, as we know, are higher in fat, calories, cholesterol, and many others. Eating too much of it can increase health problems like high blood pressure, heart disease, and obesity.

Some health issues in my family that I am prone to have is diabetes. My sister has diabetes type 1 because of my grandfather. Diabetes is a disease that happens when your blood glucose is too high. Insulin is a hormone produced by the pancreas. It can manage the amount of glucose in the blood. People who have diabetes their body is unable to produce insulin that is why they have to inject it. What is considered a normal blood sugar level is 100 or a little less. Sometimes when my sister has her blood sugar low, around 60, she eats something sweet, which will cause her blood sugar to rise more than normal. Rarely her blood sugar is too high, almost 200, and she needs to inject insulin so it can go down to normal. My grandmother had a thyroid

disease. A couple of years ago, I had thyroid cysts, which are enlarged fluid-filled regions of the thyroid, perhaps small or less than 1 cm. I took pills for it, and it went away, but sometimes if this grows, it can be removed.

To wrap it up, after looking through all this information and my family history, I can conclude that the way I see myself in 10 years is a person not very healthy. I have to stop eating so much sugar like chocolate, very sweet coffee, lots of candy because I can end up with diabetes, obesity, or another health disease. Before I did this report, I did not know that BMI was that important, but now that I know and I know how to measure my body mass index, I can not exceed more than 25-29.9 because I can develop high blood pressure diseases. Everybody is prone to have a disease. We can not avoid that, but we, in fact, can do things that can prevent them. We need to take care of our bodies when we are teenagers because It may not have an effect now when we are young, but those effects will eventually show when we are old.