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Know Your Body
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Kadria's Healthy Living

Weekly blog posts during my journey for a healthier future

Hello everyone! This is my first blog post, so bear with me. I've been trying to get healthier and I thought of making this blog so there can be a community of people helping each other out. I feel like the support from one another will really boost our morale on this journey. It would be great if we could all introduce ourselves. I'll start!

My name's Kadria and I was born on June 8th, 2000 in Flushing, New York. I am an Afghan-American. I spent most of my life in Queens, New York but when I was 15 I moved to Columbus, Ohio. My mom's side of the family are living in Columbus. I spent 2 years there and then I moved back to Queens.

This affected my high school experience because I went to two different high schools. I spent 9th grade in Francis Lewis High School. For 10th and 11th grade I went to Darby High School in Columbus. Then I went back to Francis Lewis High School to finish up high school. While I was going through these changes back then, I was stressed out due to the changing up of environments. I made a group of friends in 9th grade and got accustomed to the fast lifestyle there. Francis Lewis was very crowded and bustly. There were so many people in the hallways and it was a struggle to get from one classroom to the next. In these hallways, there was so much going on. I was constantly in a sensory overload state. One thing that still sticks with me is how loud it would be. The general murmur of the crowd was like nothing I heard and there would always be people yelling in the hallways. You always heard students fighting in the hallways. Usually it would be verbal but there were always physical altercations too. This was a given since this crowded school acted as a catalyst for high tension. Once school was over at 3:15pm, students were rushing out as one big tide. There was so much energy in the air. Everyone was so relieved to get out of school and leave the building. We were calling our friends, trying to see

where they were in the huge mass of people in front of the building. Once we finally found each other, we would talk about all the drama that happened throughout the day and complain about all the schoolwork we had to do. But before we had our parents calling us to see where we were, we hung out and just made the most of the time we had together. All in all, this school was full of energy.

On the other hand, Darby High School was vastly different from Francis Lewis High School. Darby had a very relaxed and easy going atmosphere. For the most part, everyone knew everyone else. There was a more homey feeling here, as compared to Francis Lewis where I felt like I was a guest in the halls. I was constantly on high alert in Francis Lewis but in Darby I walked around very relaxed. Initially the change of high schools stressed me out but once I made some friends, I started to feel like myself again. It was so much easier to meet up with my friends at Darby. There were no huge crowds that we had to navigate through since there were not a lot of students here. I also loved how a lot of my family were attending this school. I felt like I was seen in this high school and teachers definitely took more of an interest in their students here too.

Then moving back to Queens took another toll on me. Especially because I was finally well situated and accustomed to Columbus. I was planning on going to my senior year and graduating with all my friends there. We had such huge plans and aspirations together. We were applying to the same colleges so we could continue our friendships into college too. But life had other plans for me. When my parents told me that we were moving back to New York, I was honestly in shock. I was thinking to myself that I have to go through the whole adjustment period again. I just accepted that my life would be here in Ohio for the foreseeable future. But I knew

that I would adjust a lot quicker since I lived most of my life in Queens and I'm going back to my old high school. To this day, it still amazes me how everything worked out.

I went to Queensborough Community College right out of high school and started my journey to becoming a dental hygienist. After my third semester at QCC, I transferred into City Tech in the Spring of 2020. I came to this school for the dental hygiene program.

When I first looked over the prerequisites for City Techs dental hygiene program, I was confused as to why we had to take anatomy and physiology. My future career as a dental hygienist dealt with a limited scope of the human body. I was wondering how two courses on the human body would assist me in the future. But that was before I took AnP 1. Now that I'm at the end of this sequence, I realize how important it was for me to learn about the whole body. The body works as one whole system. There are so many things in the body that affect one another. For example, the parasympathetic and sympathetic systems have a vast reach throughout the body. These systems affect everything from the cardiovascular system to the digestive system to the urinary system. Additionally these courses made me realize how intricate and unique the human body is. There are so many interwoven systems and there are so many factors that can affect the functioning of the body. I'm a female that's 5'6 and 125 pounds, which equates to a BMI of 20.2, and my body works differently than a male who's 5'10 and 180 pounds. For instance, lung capacity is very different. My lung capacity is about 3400 mL and that male's lung capacity has the potential to be 6000 mL.

Factors like my height are determined by genetics. I don't have much say in it. My blood type, A+, is also determined by genetics. This is something that's very important especially in the instance when someone needs a blood transfusion. If a person receives the wrong blood type,

their body is going to reject it. With that being said, it's also important to know your vitals like pulse and blood pressure. I know my pulse averages at 74. My blood pressure is 120/80 at rest and 130/78 when stressed. Having this baseline vital set allows me to monitor the health of my body. If I'm laying at bed at home and I start feeling off, I can measure my vitals to see if anything is happening inside my body. If I get a pulse of 104 and a BP of 150/90, I know I should be concerned because those values are way off from my normal vitals. EKG also known as the electrocardiogram measures the electrical activity of the heart. Additionally, my EKGs come back normal and my blood work comes back normal too, with the exception of my vitamin D levels. My vitamin D levels are low so I take supplemental vitamin D to support my body.

After taking time to learn about my body, I delved into my family history. I started off by talking to my parents and then asking my relatives. I learned a lot from my questioning. I found out that hypothyroidism runs in my family. A lot of my aunts on my mom's side have it. Anemia is also very prevalent in my family. My mom and brother both have anemia. A few family members, including me, have asthma. In my family there is a death history of strokes and heart attacks. This was a real eye opener for me and my health.

This whole COVID-19 pandemic really caused me a great deal of concern because it directly affects the respiratory system. For obvious reasons, asthma will only enhance the effects of this virus. Which in turn caused me to take a more in depth look of my lifestyle habits. I make sure everything I bring home is well sanitized and then I don't touch my face without cleaning my hands first. I'm wearing a mask and gloves while keeping as much distance as I can from other people. I can't risk catching this virus. I make sure I'm eating healthy and drinking enough

water. I know everything put together makes a big difference. Below is a chart of what I ate throughout the week (4/12-4/18).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	Cereal	Cereal	PBJ	Cereal	PBJ	Pancakes	Waffles
Snack	Apple	Yogurt	Banana	Protein bar	Granola bar	Apple	Apple
Meal 2	Chicken and rice	Beef and rice	Lasagna	Chicken and rice	Squash	Spinach	Chicken and rice
Meal 3	Chicken and rice	Pizza	Chicken sandwich	Spinach	Lasagna	Cheeseburger	Tuna
Snack	Salad	Ice cream	Chips	Chocolate	Yogurt	Cereal	Chips

As you can see, it's a very varied diet. I try my best to eat healthy but there's always the temptation of foods like chips and cheeseburgers. I average around eating 1800 calories in a day and burn about 2000 calories.

In the process of being healthy and well rounded, sleep also has to be given priority. When we don't get enough sleep, our bodies are fully able to recover. Cortisol levels increase and with that comes stress on the body. You can have the best diet and workout routine but if you don't get enough sleep, your body will suffer. That's why I aim to sleep 8 hours every day. I'm usually asleep by 1a and up by 10a the latest. I always put my phone away an hour before I go to bed too. If I stay on my phone, the chances of me staying up late increases. This becomes

an issue when I have to get up early the next day. I'm on my phone periodically throughout the day but I make sure to stay away from it before I go to bed.

I want to sign off on this blog by really emphasizing on our habits. Everything we do today will affect us in the future. I really saw it come into play as I was learning about my family history. A lot of my relatives wished that they had better eating and lifestyle habits when they were younger because it's a lot harder to do now when they are older and have kids. That made me analyze my habits and I can see how some of my habits have the potential of causing me problems down the road. One thing I have to work on is making sure I get all my necessary nutrients and minerals. I need to diversify my fruit intake and have more vegetables throughout the week. I should also be more active. I want to find a workout regime that i can stick to and it will help my body. Being fit and active will help me tremendously down the road. It will be a means of relieving stress and improving my vitality. I also need to watch my sugar intake and eat more organic foods. If I let it get out of control, I'm setting myself up for diabetes. If i keep eating fatty foods like cheeseburgers and pizza, it increases the potential of cardiovascular disease down the road.

Stay tuned everyone, in my next post I'm going to detail my plans for how I'm going to get healthier. I'm excited to have you guys along this journey and together we can all accomplish our goals. Let me know if you guys have any tips. Thank you for coming on this journey with me, we can accomplish our goals together!