

Know Your Body

Mallory Dunlap

NYC College of Technology

BIO2312 D057: Anatomy & Physiology 2 Lab

Professor Niloufar Haque

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Know Your Body

Name: Mallory Dunlap

Sex: Female

Age: 25

Ethnicity: Caucasian

Height: 62 Inches

Weight: 112

BMI: 20.5

Underlying health conditions: None

Pulse: Resting Heart rate: 61

Blood Pressure: 107/70

Heart Health

In order to stay active and healthy, I aim to achieve at least 10,000 steps daily and exercise in either cardiovascular or strength training 2-4 days a week depending on time constraints. My resting heart rate when I was much more sedentary 6 months ago was around 65-67 and since staying more active has been lowered to 59-61. Athletes or more physically active individuals have much lower heart rates, possibly in the 50s because their heart is better able to pump their blood with less effort. Our heart is one of the crucial life sustaining organs and if not taken care of it can progress into chronic disease. Slightly elevated blood pressure or high cholesterol may be easy to neglect and seem harmless at present but over time they can progress into a deadly or life threatening condition. Having worked with many patients already who have either taken great care of their cardiovascular health and who have neglected it, I am consciously directing my life towards the former. Those outcomes are determined by a foundation of health set in our 20's and 30's.

EKG

I had a 12 Lead electrocardiogram performed on me by a coworker. My heart rate at the time was 76, slightly elevated from my resting due to being at my workplace and under slight stress. My EKG showed my heart is beating with normal sinus rhythm, normal intervals, and P wave elevations. Getting an EKG performed is crucial in knowing what your heart function is at baseline so if abnormalities occur or disease progresses a clinician can easily spot this and intervene.

Lung Health

Using a pulse oximeter, my measured oxygen saturation level was 98%. Normal range of oxygen saturation is between 95%-100% . I also regularly participate in aerobic exercise like running outdoors. While I have not had any pulmonary function tests performed, I subjectively feel fairly competent with my lung function. I am able to run several miles without feeling any struggle to breathe or winded. I have no history of smoking or obstructive diseases like asthma which would hinder my lung functioning at this point.

Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Almond milk + Chex 210 calories	English muffin+Jam, bacon 270 calories	Almond Milk + chex 210 calories	Apple 100 cal	English muffin, jam 105 calories	Chex, almond milk 324 calories	Apple, english muffin 200 calories
Lunch	Apple, Turkey +Cheese Sandwich 600 calories	Taco Salad 715 calories	Tortilla chips,cheese, turkey,lettuce 452 calories	Jersey Mikes deli sandwich, baked lays 540 calories	Sandwich, salami, cheese, wheat thins, apple 741 calories	Salad w/ walnuts, tortilla chips, chicken, cheese, tomatoes	Sweetgreen salad with hummus 508 calories

						340 calories	
Dinner	Lasagna 756 Calories	Turkey burger, mayo, tomatoes 247 calories	Lasagna 756 calories	Chicken with broccoli 843 calories	Lasagna 605 calories	Salad w/ parmesan, olives, chicken, cheese, triscuits 627 cal	Bean +rice burrito 230 calories
Daily Caloric intake	1566	1232	1418	1684	1451	1291	938

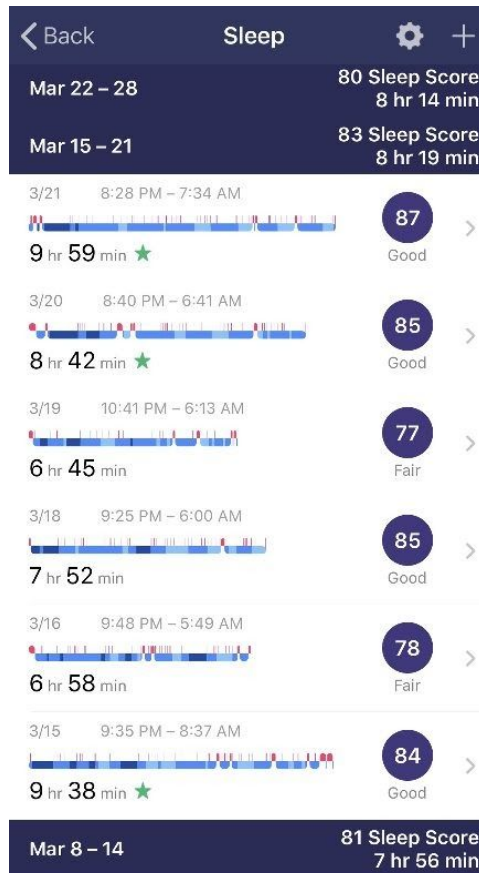
Water

For water intake, I aim to drink 4 liters of water daily. At work, this number is typically much lower due to how busy 12 hour shifts are. On school or free days, this number is higher. Additionally, in wintertime when the air is dryer I consume more to replenish some of the moisture in my body and mucous membranes.

Sleep Record

Using FitBit Sleep tracking software, my average length of sleep nightly is 8 hours 19 minutes. The National Sleep Foundation recommends adults 18-64 sleep 7-9 hours for optimal health and metabolism functioning. On a given day, I feel much more mentally alert and energized when I go to bed between 9:30 and 10:30. Chronic sleep disruptions and lack of adequate sleep can take a huge toll on the body metabolically and the brains overall functioning. In a world where we are expected to work constantly and be endlessly stimulated by technology we are sleeping less than we should be generally. Researchers are finding that this lack of rest is causing overstimulation of our sympathetic nervous systems, hormonal imbalances, and chronic

states of inflammation. (Sharma & Kavuru). The importance of good sleep hygiene and adequate rest is something that should not be forgotten based on the huge impact it has on our long term health and well being.



Urine Analysis

Using a urine dipstick measuring 11 parameters showed the following results. My low specific gravity indicates that I am keeping well hydrated. The absence of white blood cells or nitrates shows that I do not have any urinary tract infections occurring. The absence of glucose in my urine shows that there is no undiagnosed or uncontrolled diabetes underlying. My ketone

measure was negative, as I do not partake in a ketogenic low carbohydrate diet and am not in a starvation mode.

	Normal	My Sample
Leukocytes	Neg	Neg
Nitrite	Neg	Neg
Urobilinogen	Neg	Neg
Protein	Neg	Neg
pH	6.0	6.0
Blood	Neg	Neg
Specific Gravity	1.000	1.005
Ascorbate Ketone	Neg	Neg
Bilirubin	Neg	Neg
Glucose	Neg	Neg

Family History

In my immediate family, there are relatively few cases of chronic lung, heart, kidney, liver disease. On my mother's side, there was one case of late-onset early stage breast cancer in my grandmother. Her side of the family is fairly healthy, active, and stay mentally sharp until old age. My great grandparents lived independently until 97 and 98 years old when they passed away. On my father's side of the family, his family has several cases of hypertension and hypercholesterolemia as well as heart failure.. My father has been taking Statins for his

cholesterol for many years to compensate for a poor lifestyle. His family members had a shorter lifespan with the eldest living into their late 70s, early 80s.

Mental Health

Physical health is highly impacted by mental health and vice versa. When I can, I use apps like HeadSpace or other video meditations to calm down my racing mind or refocus on my breathing. I was able to recognize a few years ago how much I physically manifest stress in my body and this led to muscle tension, jaw pain, hair loss, and more. There is plenty of research coming out that show the benefits of meditation go past just mental clarity and even can help reduce blood pressure and IBS related symptoms. (NCCIH) As equally as important as my physical health, I take precautions to destress and become more aware of my emotions and my behaviors. Recognizing how I act when feeling certain emotions, what behaviors come out of this, and if these actions benefit or diminish my health overall. Exercising regularly also doubles as a therapeutic activity for me.

Conclusion

As a very health conscious person, I have always tried to maintain a balance in my physical, mental, emotional health for longevity purposes. My mother, as a Nurse Practitioner, has always been educating my siblings and I about the importance of lifestyle in maintaining our health. Not only living a long life, but one that is lived with great quality as well. All of the choices we make in our earlier years will cumulate to create the second half of our life and it is very important to be conscious of this and make educated decisions. I will continue to push myself to exercise, eat well, take care of my emotional health, and socialize with loved ones. If i

continue to live with balance and moderation I believe I will avoid most chronic avoidable conditions later on.

References

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