

Sabrina Albert

Professor Niloufar Haque

Bio 2312 Lab OL57

Tuesdays, 2:30 pm-5:00 pm

Know Your Body

Name: Sabrina Albert

Sex: Female

Age: 19 years old

Ethnicity: White

Height: 5'2

Weight: 92 lbs

BMI: 16.8

Underlying Health Conditions: None

Pulse: 84 bmp

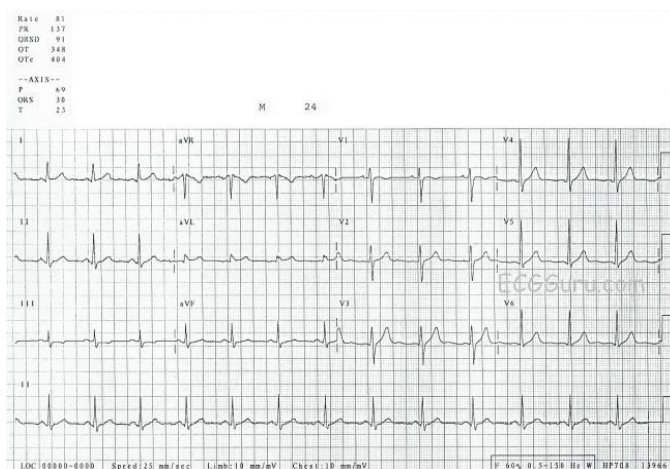
Pulse, or heart rate, is the amount of times your heart beats per minute. As the heart pushes blood through the arteries, the arteries expand and contract with the flow of blood. Checking the pulse not only measures your heart rate, but it also indicates heart rhythm and the pulse's strength. The normal pulse for healthy adults ranges from 60 to 100 beats per minute, however it may fluctuate with illness, exercise, injury, or emotions. The pulse can be found on the side of the neck or at the wrist. You can check your pulse by pressing firmly on the arteries at the wrist or neck, using your first and second fingertips. Count the number of beats in 15 seconds and multiply by 4 to calculate the number beats per minute(pulse). My heart rate is usually in the range of 65-90, however when I get anxiety or am stressed, I noticed my heart rate can increase

up to 110 bpm. The significance of knowing one's pulse is to see how well the heart is working and to be aware of any health/heart issues.

Blood Pressure: 97/71 mm Hg

Blood pressure is the force of the blood pushing against the artery walls during contraction and relaxation of the heart. Each time the heart beats, it pumps blood into the arteries, resulting in the highest blood pressure as the heart contracts. When the heart relaxes, the blood pressure falls. When measuring blood pressure, 2 numbers are recorded as mm Hg(millimeters of mercury). The top, or higher number, referred to as the systolic pressure, is the pressure inside the arteries inside the artery when the heart contracts and pumps blood through the body. The bottom, or lower number, referred to as the diastolic pressure, is the pressure inside the artery when the heart is at rest and filling with blood. The normal blood pressure is systolic of less than 120 and diastolic of less than 80. The significance of knowing one's blood pressure is to control it when it gets too high, also known as hypertension(above 130/80 mm Hg), to make sure you aren't in danger of developing a heart attack or stroke.

EKG:



An electrocardiogram is a test that measures the electrical activity of the heartbeat. With each beat, an electrical impulse (or “wave”) travels through the heart. This wave causes the muscle to squeeze and pump blood from the heart. A normal heartbeat on an EKG will show

the timing of the top and lower chambers. The right and left atria or upper

chambers make the first wave called a “P wave” — following a flat line when the electrical impulse goes to the bottom chambers. The right and left bottom chambers or ventricles make the next wave called a “QRS complex.” The final wave or “T wave” represents electrical recovery or return to a resting state for the ventricles. The significance of getting an EKG is for doctors to see whether electrical activity of the heart is normal or slow, fast or irregular and if parts of the heart are too large or overworked.

Lung Capacity: Lung capacity is the maximum amount of air the lungs can hold. It is measured through spirometry, a test that provides different measures of lung capacity such as: forced vital capacity(the maximum amount of air you can forcibly exhale from your lungs after fully inhaling) and forced expiratory volume(the amount of air you can exhale with force in 1 second). Your lungs mature by the time you are about 20-25 years old. After about the age of 35, it is normal for your lung function to decline gradually as you age. Muscles like the diaphragm can get weaker, lung tissue that helps keep your airways open can lose elasticity, which means your airways can get a little smaller, and your rib cage bones can change and get smaller which leaves less room for your lungs to expand all may cause a decline in lung capacity as you age. Factors such as smoking and lack of exercise can worsen lung capacity and cause disease, so people should stop smoking, stay active, and stay up to date on vaccinations. Lung capacity is important because it predicts health and respiratory mortality and is used as a tool for general health assessment.

Food Diary:

<u>Day</u>	<u>Meal</u>	<u>Beverage</u>	<u>Calories</u>	<u>Total Calories</u>
Thursday, November 12th	<u>Breakfast:</u> 2 pieces of avocado toast with everything bagel seasoning and red pepper flakes <u>Lunch:</u> Chicken noodle soup <u>Dinner:</u> Macaroni and cheese <u>Snacks:</u> Acai bowl, 1 chocolate candy, slice of banana nut bread	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Water <u>Snacks:</u> Water	<u>Breakfast:</u> 660 calories <u>Lunch:</u> 136 calories <u>Dinner:</u> 310 calories <u>Snacks:</u> 394 calories	1,500 calories
Friday, November 13th	<u>Breakfast:</u> 2 pieces of french toast with honey <u>Lunch:</u> Turkey sandwich <u>Dinner:</u> Crabmeat sandwich, chocolate lava cake <u>Snacks:</u> 1 chocolate candy	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Creme Brulee Milk Bubble Tea <u>Snacks:</u> Water	<u>Breakfast:</u> 298 calories <u>Lunch:</u> 350 calories <u>Dinner:</u> 460 calories <u>Snacks:</u> 73 calories	1,181 calories
Saturday, November 14th	<u>Breakfast:</u> 1 piece of french toast with honey <u>Lunch:</u> Chicken noodle soup <u>Dinner:</u> 2 slices of grandma pizza <u>Snacks:</u> Hazelnut crepe	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Creme Brulee Bubble Tea <u>Snacks:</u> Water	<u>Breakfast:</u> 149 calories <u>Lunch:</u> 136 calories <u>Dinner:</u> 570 calories <u>Snacks:</u> 570 calories	1,425 calories
Sunday, November 15th	<u>Breakfast:</u> Grits oatmeal with raspberries <u>Lunch:</u> Meatball soup <u>Dinner:</u> None <u>Snacks:</u> Banana nut bread	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Water <u>Snacks:</u> Water	<u>Breakfast:</u> 207 calories <u>Lunch:</u> 170 calories <u>Dinner:</u> 0 <u>Snacks:</u> 110 calories	487 calories
Monday, November 16th	<u>Breakfast:</u> Pancakes with honey <u>Lunch:</u> 6 oz steak	<u>Breakfast:</u> Earl Grey Tea	<u>Breakfast:</u> 258 calories <u>Lunch:</u> 200	888 calories

	<u>Dinner:</u> 1 Hot pocket <u>Snacks:</u> Banana nut bread	<u>Lunch:</u> Water <u>Dinner:</u> Water <u>Snacks:</u> Milk	calories <u>Dinner:</u> 320 calories <u>Snacks:</u> 110 calories	
Tuesday, November 17th	<u>Breakfast:</u> 2 pieces of avocado toast with everything bagel seasoning and red pepper flakes <u>Lunch:</u> House salad with croutons, meatball soup <u>Dinner:</u> Belgian waffle with nutella <u>Snacks:</u> None	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Milk <u>Snacks:</u> Water	<u>Breakfast:</u> 660 calories <u>Lunch:</u> 350 calories <u>Dinner:</u> 420 calories <u>Snacks:</u> 0	1,430 calories
Wednesday, November 18th	<u>Breakfast:</u> Everything bagel with cream cheese <u>Lunch:</u> House salad with croutons, meatball soup <u>Dinner:</u> Belgian waffle with nutella <u>Snacks:</u> None	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Milk <u>Snacks:</u> Water	<u>Breakfast:</u> 320 calories <u>Lunch:</u> 350 calories <u>Dinner:</u> 420 calories <u>Snacks:</u> 0	1,090 calories
Thursday, November 19th	<u>Breakfast:</u> 1 piece of avocado toast with everything bagel seasoning and red pepper flakes <u>Lunch:</u> Clam linguine pasta <u>Dinner:</u> House salad with croutons <u>Snacks:</u> Hazelnut crepe	<u>Breakfast:</u> Earl Grey Tea <u>Lunch:</u> Water <u>Dinner:</u> Water <u>Snacks:</u> Water	<u>Breakfast:</u> 330 calories <u>Lunch:</u> 242 calories <u>Dinner:</u> 180 calories <u>Snacks:</u> 570 calories	1,322 calories

Sleep Diary:

	Thursday, November 12th	Friday, November 13th	Saturday, November 14th	Sunday, November 15th	Monday, November 16th	Tuesday, November 17th	Wednesday, November 18th	Thursday, November 19th
Time I woke up	11:00 am	10:10 am	8:40 am	10:30 am	8:45 am	7:50 am	8:00 am	8:20 am
Time I went to sleep	1:15 am	1:00 am	12:30 am	11:45 pm	11:30 pm	11:00 pm	11:30 pm	11:45 pm

Family History: There are a couple health issues in my family. My mom has one older sister and my dad has one older brother, who do not have any health conditions. My grandma from dad's side, before she passed away from Covid 19 this year, and grandpa from dad's side, who passed away 30 years ago, had no health issues as well. However, my mom has been suffering from hypothyroidism for 19 years, since the age of 32, after she gave birth to me. She takes Synthroid pills daily, with the active ingredient, levothyroxine sodium, which help restore thyroid levels by replacing the amount of thyroxine that your body is missing. My dad has had benign prostatic hyperplasia(enlarged prostate) for 4 years, since the age of 50. He takes Flomax pills daily, which help relax the muscles in the prostate, making it easier to urinate. My grandpa from my mom's side has no health issues, however, my grandma from my mom's side, has been suffering from high blood pressure for a year, since the age of 78. She takes Enalapril pills daily, which help relax and widen blood vessels, which lowers blood pressure and makes it easier for your heart to pump blood around the body.

Conclusion/Take home message: Based on all the data collected, In 10-20 years, health wise, I see myself as being underweight, with anxiety and mood swings. The food I

eat on a daily basis lacks protein and has a lot of sugar. In the future, I will incorporate more protein and more healthy foods into my diet and try to gain and maintain a healthy weight. As for my sleep schedule, I believe it works for me and I get enough sleep each night as of now, however in the future, I will try to go to sleep a little earlier. For my career, I want to be a labor and delivery nurse, which will most likely be the cause of my anxiety, since it is a tough, stressful job, but I will try to manage it by exercising, eating healthy, and keeping up a positive mindset, which will make it easier for me to move past any obstacles I might face.

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