

Case study: A**Q 1**

The ideal body weight for Brodie will be 67.6 - 82.5 kg and the waist circumference will be less than 36 inches that is less than 91.44 cm (Lumb 2016, pp: 32). This from the above observation, it can be said that Brodie is over-weight.

Being over-weight is associated with several health-related risks like cardiovascular disease and type 2 diabetes mellitus and high blood cholesterol level (Mitchell et al. 2014, pp: 13-18). The case study highlights that Brodie suffers from high blood pressure and high level of blood cholesterol. In order to decrease his health related risk of Brodie due to being over-weight, needs to make certain lifestyle changes like physical exercise. Since he has been detected with upper respiratory infection, for the time being he will not be able to continue doing physical exercise but can abide by healthy yet nutritional diet, which is free from fat and cholesterol and scores less in carbohydrate. This will help to work on his escalating weight (Johns et al. 2014, pp: 1158). The diet plan of Brodie will mainly emphasize on the reduce cholesterol intake within the body as he is already suffering from hypercholestromia. The cholesterol-free diet will mainly exclude butter, fat cheese, milk, cream, coconut, palm oils and coconut cream. Moreover, Brodie is also required to reduce his overall calories intake in order to reduce the conversion of extra calorie into fat. The reduction of calorie intake can be done via decreasing the amount of intake of carbohydrate. The carbohydrate on the other hand must be replaced with fresh fruits and vegetables in order retain the nutritional and vitamin value within the body (Evert et al. 2014, pp: 120).

Q 2

During cellular respiration, the mitochondria present within the skeletal muscle cells converts glucose from the blood into carbon dioxide and water while producing ATP. This is known as aerobic respiration.



Anaerobic respiration occurs in cell cytoplasm. It leads to the production of energy (ATP) and lactic acid from glucose. However, it produces less energy in comparison to aerobic respiration and does not require oxygen. It mainly occurs in tissues, which have high-

Anatomy Physiology Case Study Answer Key

Léo Pomar



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