

Basic Information about the person

Diane

Caucasian Female

Age: 52

Medical Information

Ashley: Do you have any version of heart disease, if so what is it?

Diane: No

Ashley: Do you smoke or did you live with anyone that smoked?

Diane: No

Ashley: How often do you smoke?

Diane: N/A because I don't drink

Ashley: Do you drink alcohol?

Diane: No

Ashley: How often do you drink alcohol?

Diane: N/A Because I don't smoke.

Ashley: Have you ever done drugs?

Diane: No

Ashley: Do you have a history of heart disease in your family?

Diane: Yes, my grandmother had heart attacks and heart surgery.

Ashley: Do you have diabetes or a family history of diabetes?

Diane: Yes, my father has diabetes and his mother.

Ashley: Do you have high blood pressure or a family history of high blood pressure?

Diane: No

Ashley: Do you have high cholesterol or a family history of high cholesterol?

Diane: I have prodline high cholesterol and my father has high cholesterol.

Ashley: Do you have sleep apnea?

Diane: No

Ashley: How many hours of sleep do you get each night about?

Diane: I get about 9 hours of sleep each night.

Ashley: Do you have a high sensitivity c-reactive levels (CRP)?

Diane: No

Ashley: Do you eat too much sodium?

Diane:No I have been cutting back on sodium since 1984 after I had my first daughter was born.

Ashley: Are you obese or overweight?

Diane: My doctor says I am about 10 pounds overweight for my height.

Ashley: Do you have a high amount of stress in your life?

Diane: I have some amount of stress. But when my father comes to the company my stress level goes higher.

Ashley: Do you have a high triglycerides?

Diane: No

Ashley: Do you have homocysteine?

Diane: No

Ashley: Do you have any kidney problems?

Diane: No, but I have had one kidney stone.

Ashley: Do you have thyroid problems?

Diane: No

Ashley: Do you have defect in your blood vessels?

Diane: No

Ashley: Do you take any over the counter medicines?

Diane: No

Ashley: Have you ever had heart attack or a stroke?

Diane: No

Ashley: Do you have any breathing issues?

Diane: No

Ashley: Do you have any other health issues that I did not state above?

Diane: No

Diet and Physical Activity

Ashley: Do you eat the daily amount of vegetables?

Diane: I am probably short a serving or two.

Ashley: Do you eat the daily amount of fruit?

Diane: Yes

Ashley: When do you eat your largest meal of the day?

Diane: My largest meal is at 5:30 which is dinner.

Ashley: About how many snacks do you have a day or how often do you snack in a day?

Diane: I eat one snack a day and that is in the afternoon after work.

Ashley: About how often do you believe you eat things that have high amounts of sugar or fat in them?

Diane: I have one time a day if that.

Ashley: Do you know any warning signs for a heart attack?

Diane: Yes chest pains, numbness down the arm, stomach upset sometimes, tightness in chest and pressure on the chest. It can be anyone of them.

Ashley: Do you have a nutritional imbalance?

Diane: No

Ashley: Do you have low magnesium levels?

Diane: No

Ashley: Do you have low vitamin D levels?

Diane: No

Ashley: Do you have low potassium?

Diane: Doesn't know

Ashley: Do you have a sedentary lifestyle which is little to no physical activity or you basically just sit around?

Diane: No

Ashley: Are you physically inactive?

Diane: No

Ashley: How often do you exercise a week and for about how long?

Diane: I exercise about 3 to 4 times a week and about three hours.

Ashley: What does things do you do each day that are physically active?

Diane:I do volleyball, work out on the elliptical, and a weighted hula hoop.

Heart Disease General Questions

Ashley: How many people in America do you think have heart disease of what percent do you think has heart disease?

Diane: I think about 45% of Americans.

Ashley: What do you think makes a healthy diet for someone who has heart disease?

Diane: I think it would be a low sodium and low fat and high protein diet.

Ashley: Do you think there is anything in your life you need to change to help further you from getting heart disease and if so what do you think you personal need to change?

She says she needs to lose the ten pounds and low sodium and eat smaller portions and possible exercise some more.

Ashley: What do you think heart disease is or what do you is consider heart disease?

Diane: I think it would be considered high Blood pressure, heart murmur, obesity.

Ashley: How do you think we can work to prevent heart disease in America?

Diane: I think we can reduce the risk of heart disease in America by reducing sodium in foods, and making food actually real foods not chemicals that are made to taste and look like the really version of food and food with a lesser amount to no sugar in them.

How her interview connects to society in America?

Diane is of the people that I have interviewed and is a female who does not have heart disease but is at risk to getting heart disease. She is at risk for heart disease because she has high cholesterol due to genetics. This makes her part of the 73.5 million adults in America which have high cholesterol. It also makes her two times more likely to get a form of heart disease. So by her having this she needs to watch her diet and make sure she is eating healthy and trying to reduce the cholesterol in her diet as much as she can and also being physically active by continuing to do volleyball along with doing and working in her garden. Doing things will help her be at less at risk of getting heart disease and being part of the 610,000 to 630,000 people that have heart disease in America already. She could be added to society's number one killer in the United States but luckily that is decreasing as technology is increasing to save lives and also people learning more about what a healthy diet is even more. So she is also being added to society's growing number of people that have high cholesterol. Diane is also overweight by ten pounds which doesn't help because it keeps her at risk for heart disease and also puts her in the 78 million adults in America which are overweight or obese and also puts her into the 60% of women in America which are obese and overweight. This makes her more at risk to get heart disease.

Why I choose to take the photo the way I did and who inspired me?

The photographer who inspired me to take her photo the specific way I did was Yousuf Karsh

even though all of his photos were basically taken of famous people but he still inspired me to take Diane's picture the way I did. I looked at the picture of one of the pictures which was of Audrey Hepburn. It was a black and white picture but it should be happy a little bit but it also should have a slightly sad side. She is looking away and which it kinda makes her look like she is hiding her emotions or at least you don't really see any emotions in her face. So I did Diane's photo as slightly portraying a little bit of happy by having a slight smile with an open mouth and then eyes that are just kinda lost but know that she is a little sad for the fact that she is slightly at risk for heart disease. Her photo was trying to portray a little sadness but also happiness and a very emotional face.