

Basic Information about the person

Caucasian Male

Age: 46

Ashley: Where do you work at or are you retired?

Glenn: I work at Specialty Testing and Development Company.

Medical Information

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

Glenn: No

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

Glenn: Yes, I lived with my mother for 20 years of my life and she smokes so that leads to me having second hand smoke occurring in my life.

Ashley: How often do you smoke?

Glenn: N/A because I don't smoke

Ashley: Do you drink alcohol?

Glenn: No

Ashley: How often do you drink alcohol?

Glenn: N/A Because I don't drink alcohol

Ashley: Have you ever done drugs?

Glenn: No

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

Glenn: Yes, and my family does have a history of heart disease. My father and my mother both have heart disease and also my grandmother did and that is my mother's mom.

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

Glenn: Yes, I have diabetes and there is no family history on my mother's side but I unsure of my father's side.

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

Glenn: Yes, I has high blood pressure and my mother has a blood pressure which not a controlled number for blood pressure because it will be up really high and then down really low at certain points and I don't know for his father's side.

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

Glenn: Yes, I have high cholesterol but my mother doesn't have high cholesterol but I am unsure of my father's side.

Ashley: Do you have sleep apnea?

Glenn: No

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

Glenn: I gets between 6 to 7 hours of sleep each night.

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

Glenn: Not that I know of.

Ashley: Do you eat too much sodium?

Glenn: Yes I do.

Ashley: Are you obese or overweight?

Glenn: I am over overweight.

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

Glenn: Yes I have a high amount of stress because of having a teenage daughter and a 21 year old son, and also a wife.

Ashley: Do you have a high triglycerides?

Glenn: Yes, I have high triglycerides.

Ashley: Do you have homocysteine?

Glenn: I am unsure if I have homocysteine.

Ashley: Do you have any kidney problems?

Glenn: No

Ashley: Do you have thyroid problems?

Glenn:No

Ashley: Do you have defect in your blood vessels?

Glenn: No

Ashley: Do you take any over the counter medicines?

Glenn: Yes, I take aspirin since my doctor has advised that I take it to prevent certain things that can occur within the heart since I am a diabetic and this has been stated to help me.

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

Glenn: No

Ashley: Do you have any breathing issues?

Glenn: No

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

Glenn: No not that I know of.

Diet and Physical Activity

Ashley: Do you eat the daily amount of vegetables?

Glenn: Not Always

Ashley: Do you eat the daily amount of fruit?

Glenn: Not Always

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

Glenn: I eat the largest meal of the day for dinner.

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

Glenn: Yes, I have about 2 snacks a day. It is actually advised by my doctor to eat multiply snacks a day because it helps keep my sugar levels at lower level because I am not always eating large amounts and spiking my sugar levels instead of keep them kinda more consistent.

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

Glenn: I believes that I eats things with high amounts of sugar about a couples times a day.

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

Glenn: Pain in the chest, numbness in the left arm, sweating, nausea,problems breathing, and paleness in the face.

Ashley: Do you have a nutritional imbalance?

Glenn: I do not always have a nutritional imbalance.

Ashley: Do you have low magnesium levels?

Glenn: I don't know.

Ashley: Do you have low vitamin D levels?

Glenn: I don't know.

Ashley: Do you have low potassium?

Glenn: I don't know.

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

Glenn: I don't exercise as much as I should exercise each day

Ashley: Are you physically inactive?

Glenn: No

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

Glenn: I exercises about 2 to 3 times a week for about an hour each time.

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

Glenn: I try to do walking and it also depends on what I am doing at work that day. Like if I am at Lancaster running the test strips or put a desk together then my day is more active but if I am cutting test strips out of stuff like that I am sitting down then most of the day unless I am getting an order ready to ship.

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

Glenn: I think that about 25% of Americans have heart disease.

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

Glenn: I think that a person who has heart disease their diet should look like a high fiber and low fat diet. Also have a lot of non-fatty proteins with lots of fruits and vegetables.

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?

Glenn: I need to improve things in my life, like I need to have a health diet and also exercise a lot more than I am doing now.

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

Glenn: I would say anything that is involving or affecting the heart in a negative way.

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

Glenn: I believe that we as a country need to educate people on proper eating habits at an early age. Also start by educating children in schools. And making sure that your child stays physically active in their youth by doing things like gym class and different sports to help them stay active. Along with making sure that your child is having a healthy eating habits.

How her interview connects to society in America?

Glenn is highly at risk for heart disease with everything that is occurring in his health part of his life. To start off he is a diabetic which is one of three major causes to getting heart disease. He has been a diabetic for the past two to three years and he has worked on exercising more and also eating a lower carb diet but he is part of the 30.3 million Americans that live with diabetes in their daily life. Also he has high cholesterol which is a major health risk for getting Cardiovascular disease. This makes him part of the 31 million Americans which have a higher level than 240 mg/dl this is also makes him two times more likely to get heart disease than a normal everyday person. Glenn also has second hand smoke for 20 years straight which makes him even more likely to have heart disease because of all the second hand smoke and that being also part of the major three things on the list. If you any of these things you are more likely to get heart disease than other average day people. He has high blood pressure which is the last one of the major three that make you seriously at risk to getting heart disease since all three of the major risk factors he has hit. With him having high cholesterol that makes him part of the 75 million adults in America that have it high blood pressure and part of the 1 out of 3 people America. Glenn is also overweight which makes him $\frac{3}{4}$ of the males in America that are either obese or overweight. This effects him majorly because his weight causes him to have diabetes along with the things he eat which make him have high cholesterol which causes health issues that he has.

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

A portrait photographer that inspired me to take my dad's photo the way I did of him looking at with a straight face and slight sadness in our eyes knowing he has a major risk of heart disease. I choose also Yousuf karsh style of photographer even though he just takes portraits of famous people but the picture of Ernest Hemingway from 1957. He is in this picture showed him as being straight faced along with a kinda lack of emotion but there is a little sadness in the face that you can interpret. He is very relaxed but the look kinda looks a little stressed and worried. I want Glenn to have that look because he is stressed and a little worried about the possibility of having heart disease. I am trying to have an emotional connect through all my pictures that connects back to the interview questions and the research.