

Basic Information about the person

Caucasian Female

Age: 47

Medical Information

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

Dorsey: No

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

Dorsey: No

Ashley: How often do you smoke?

Dorsey: N/A because I don't smoke.

Ashley: Do you drink alcohol?

Dorsey: No

Ashley: How often do you drink alcohol?

Dorsey: N/A because I don't drink alcohol.

Ashley: Have you ever done drugs?

Dorsey: No

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

Dorsey: Yes, my grandmother had heart disease and heart surgery.

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

Dorsey: Yes, my father has diabetes and also his mother.

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

Dorsey: No

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

Dorsey: Yes, I have high cholesterol and my father and my sister have high cholesterol also.

Ashley: Do you have sleep apnea?

Dorsey: No

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

Dorsey: I get about 6-8 to hours of sleep each night.

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

Dorsey: No

Ashley: Do you eat too much sodium?

Dorsey: Yes

Ashley: Are you obese or overweight?

Dorsey: Yes I am overweight.

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

Dorsey: Yes

Ashley: Do you have a high triglycerides?

Dorsey: Yes

Ashley: Do you have homocysteine?

Dorsey: No

Ashley: Do you have any kidney problems?

Dorsey: No, but I do get kidney stones.

Ashley: Do you have thyroid problems?

Dorsey: Yes, I had my thyroid removed so now I am on medicine to keep my thyroid levels in range.

Ashley: Do you have a defect in your blood vessels?

Dorsey: No

Ashley: Do you take any over the counter medicines?

Dorsey: Yes, vitamins

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

Dorsey: No

Ashley: Do you have any breathing issues?

Dorsey: No

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

Dorsey: Yes, her right eye has three muscle paralyzation and the optic nerve is damaged which causes me to be legally blind in my right eye.

Diet and Physical Activity

Ashley: Do you eat the daily amount of vegetables?

Dorsey: No

Ashley: Do you eat the daily amount of fruit?

Dorsey: No

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

Dorsey: I eat my largest meal at dinner.

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

Dorsey: I don't snack normally.

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

Dorsey: I eat about 3 to 4 things with high amounts of sugar or fat in them.

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

Dorsey: Yes, pain on the left arm, shortness of breath, chest pain and chest tightness, cold and clammy, and heart could be fast and they are weak.

Ashley: Do you have a nutritional imbalance?

Dorsey: No

Ashley: Do you have low magnesium levels?

Dorsey: No

Ashley: Do you have low vitamin D levels?

Dorsey: Yes

Ashley: Do you have low potassium?

Dorsey: Yes and I take a potassium pill every other day.

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

Dorsey: No

Ashley: Are you physically inactive?

Dorsey: No

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

Dorsey: I exercise about one to two times a week for about 30 minutes.

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

Dorsey: Walk

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?

Dorsey: I think about 75% of Americans have heart disease.

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

Dorsey: I think a low cholesterol and low sodium and fat 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?

Dorsey: I need to change my diet and exercise more and lose the weight.

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

Dorsey: I think heart disease is a disease that affects the heart and the arteries around the heart.

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

Dorsey: I think providing better school lunches that are low in cholesterol and in sodium.
Providing children with moore physical activities after school which are more realistic and easy to do and fun.

How her interview connects to society in America?

Dorsey interview connects back to the American society very much. She is a prime example of someone who is majorly at risk for getting heart disease. She has high cholesterol which makes her one of the 73.5 million people that have high cholesterol along with her being part of the 48.1% percent which is getting treated for high cholesterol in some way. She is getting treatment by taking medicine for high cholesterol which is how most people who have high cholesterol get treated. She is also overweight if the country which has the highest rate out of any country for people being either obese or overweight. Her being overweight makes her part of the 60% of women in the American society which is obese or overweight. So she is high risk for heart disease like most Americans because we are a rich country and the style of life with is not healthy at all.

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

Well to start off I would say the person who inspired me take the portrait of her face a specific way was by the photographer Dmitry Ageev. He is a famous Russian portrait photographer that takes both colored and black and white styled photos. But the reason his work really inspired me was the way that he contrasted so many different forms or styles of lighting in a black and white photo to portray certain things. The most important thing that sticks out is the way the photographs focuses on the eyes and how the eyes show so much emotion like in the picture that has a little girl with freckles in it show so much emotion off of the eyes it shows sadness and you can see the expressionless face which goes with it because it shows just straight faces with a sadness brought about the picture. It is a very emotional picture and his photography style is

emotional which makes his work very meaningful along with a little overwhelming at certain points. This what I want in her photo because she majorly at risk for heart disease and want her to have sadness in her eyes only with a little bit of carefree spirit like some attitude that express that she is sadden by the fact and she wants to change things in her life to make it better. But she also has to live the fact the fact that she most likely going to get heart disease. So he inspired me to take the picture this way to portray emotional aspect in a black and white photo which is really hard to do.