

## Case Study I

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The patient is a sedentary worker, with symptoms of angina pectoris, has difficulty in walking and climbing stairs, and is also overweight.

Suggestions for improving the blood picture, appropriate form of exercise and other investigations:

1. Avoid foods rich in cholesterol and oily, fried foods.
2. Increase the intake of fibre in the diet.
3. Reduce the intake of salt to less than 5 grams per day.
4. Avoid all foods rich in sodium.
5. Start on a weight-reducing diet.
6. Reduce or avoid simple sugars in the diet.
7. Go for long walks but not at brisk pace.
8. Prefer the use of lift, avoid using staircases.
9. Take the doctor's advice for medication and further investigations.

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The McGraw Hill logo is displayed in white text on a red rectangular background. The text is arranged in three lines: "Mc" on the top line, "Graw" on the middle line, and "Hill" on the bottom line. The font is a bold, sans-serif typeface.