

## WEIGHT AND HEART HEALTH



### Summary & Psychology

It is common knowledge that being overweight can cause high blood pressure or diabetes, though it is less known how to effectively prevent these conditions and reverse them if the condition already exists.

Work has to be put in to either lose or gain weight. Both sides in extremes can cause heart muscle injury and lead to heart disease. The underlying problem is often a psychological issue that affects how a person behaves (activity level) and how they eat (dietary intake).

The therapies known are that you must eat,

sleep, and move on healthy levels, but why is that often a problem, and what happens as these variables change.

Often an event or psychological change demotivates a person, causing them to react negatively to not only the direct things affecting their life, but everything as well.

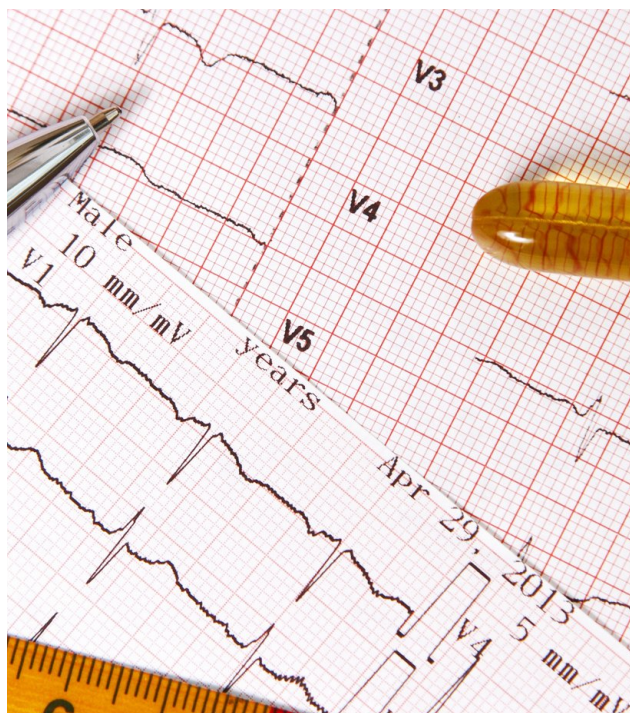
Stress, sadness, and anxiety are known issues that can cause overeating and low activity. Why? Eating food, kicking up your feet, and watching half a dozen episodes of your favorite TV show makes a person comfortable and happy. (...)

These impulse behaviors may help comfort a person or benefit the overworked, but if used as a main reaction mechanism to discomfort for too long, these reactions cause physical health problems.

The correct response to discomfort seems to be balance. Allowing yourself to take time to be comfortable while also having a plan; made by the individual and managed by a health professional.

Realization of the satisfaction that comes with health helps too. Knowing that the foods that are healthy taste way better than the foods that hurt me, and that walk around the block doesn't only look like my favorite movie, but it will make me look like that main character too.

Being underweight can affect the mind and



body negatively as well. Anorexia is known to cause Heart Disease and even Death.

Stress, sadness, and anxiety can also be the psychological reasons for this disorder, making this complication preventable.

Being malnourished and having less body mass makes it difficult for the body to fight off diseases, as the immune system suffers and the body is more susceptible to infection and even cancer.

### Testing

ECG Tests are given to most patients at risk for Heart Disease in order to unobtrusively look for problems such as ventricular instability, arrhythmia, and other abnormalities that are often caused by high blood glucose damage alone.

If a patient falls into extremes, Doctors often first look for signs of damage.

A testable enzyme called Troponin T. can be-



Measured in the bloodstream. It is released when Heart Muscle is injured and is common in those at risk for a heart attack.

Troponin levels have been shown to strongly correspond to BMI and a person's risk for heart failure.

### **Risk Factors**

High Blood Pressure is also caused by those who are overweight. This irregular blood flow increases a person's risk for heart attack, stroke, and sudden cardiac death.

High Cholesterol is caused by poor diet and excess weight. These fats can build up as plaque against damaged artery walls causing clots and ultimately stroke.

Being overweight makes a person more -



likely to develop diabetes, a large risk factor for heart disease.

Fat cells, especially those in the abdomen are active metabolically and cause inflammation in the body. This inflammation is measured by the amount of C-reactive protein in the blood, another risk factor for heart disease.

### **Fix & Prevent**

The key elements to a person's body weight and metabolism are diet, sleep, and activity.

Diet is what fuels the body. The body requires carbohydrates, proteins, fats, vitamins, and minerals in order to function properly. The types of food eaten determines the quality of the fuel and body.

For instance, a hamburger and fries may leave you feeling and looking terrible because the bread has no fiber, the vitamins and minerals are added after as a powder, and the meat is high in saturated fats. While a (...)



sandwich may leave you feeling fueled and on your feet because the bread is whole with fiber, vitamins and minerals, and the meat is lean and not as inflammatory.

It is also important to add key foods like fruits and vegetables to a person's diet, in those you gain vital vitamins and minerals, some that are not found in other foods especially those that are processed.

Sleep is important in order to maintain metabolic function. It is a key piece in a person being healthy, and affects a person's mood, motivation, and happiness. Eight hours is a healthy enough amount to allow a person REM sleep, a good morning, and enough day time hours.

A person's activity level corresponds the most to a person's metabolic rate, how -



many calories are burnt within a 24 hour period, their mind state, and even how efficiently they heal from injury.

Walking some distance throughout every day, and exercising two to three times a week makes a major difference in how just about any person looks, feels, and performs in their everyday tasks.

Drinking enough water for hydration, fruit juices for vitamins, and milk to calm the nerves increases skin quality, immune strength, and mental and physical attitude.

Regular appointments with a Doctor allow for accurate health testing, professional advice, preventative medicine, and disease reversing treatments.

Being social even when socially distanced is important as well, not only for the mind but for the body. Getting out, walking, and talking increases metabolism and stimulates the mind in important ways that are not often enough said to be needed.





Doctors today are armed with the knowledge and tools to actively fight diseases and prevent them from happening within healthy and unhealthy populations. It is important that everyone who has access to any sort of healthcare uses the connections wisely. The use of Health Care systems makes a major difference in

the health of just about every person's life. Often alone, no matter how intelligent, it takes an educated individual with the correct knowledge and tools to make that real difference in a person's health. Real help comes from the professionals who have dedicated their lives to helping others in the most effective and efficient ways possible.

*“A Full 12 Lead ECG will show if there are any signs of heart disease, define, and locate it. That information will help you identify the current cardiovascular state of your patient's heart, and affect what diet or exercise program you may recommend to your patient. You will want to monitor your patient's heart alongside any programs you may recommend to your patient over time.” - Roger E. Nasiff Ph.D.*



## Resources Linked

[Weight: A Silent Heart Risk](#)

[The Psychology of Obesity](#)

[From Anorexia to Obesity: How Weight Affects Your Heart](#)

