



Make Sure You Don't Stress Your Heart Out During This FIFA World Cup

As the 2018 FIFA World Cup has entered the quarterfinals with England being the last country to book the spot, the excitement is reaching to its climax. Undoubtedly, the emotions run high, on and off the ground, during a Football World Cup match, but did you know that watching a football match can lead to severe and sudden heart conditions?

According to a study by Canadian Journal of Cardiology, a person's heart rate increases by 75% when they watch exciting sports encounter on the television and by 110% when they watch in person, which is equal to the cardiac stress caused by a rigorous workout.

Several other studies state that watching any thrilling sports event such as Football World Cup can stress the heart and worsen the heart problems, at least temporarily. The excitement from rooting on a football team can cause increased heart rate and elevated blood pressure, which can put someone's life at risk if not taken care of. At last, researchers found that although watching a regular football game won't be dangerous, rooting on your favorite football team in a nail-biting match can result in a heart attack and increase the chances of high blood pressure due to the emotional response.

Though watching football can create heart problems, it doesn't mean you need to stop. The best way to prevent any mishaps while watching a FIFA World Cup match is to keep a regular check on your stress levels. And how do you exactly do that? Well, a [PC based Resting ECG](#) is the solution when it comes to checking the stress level and making sure that your heart is in a perfect condition.

A PC based resting ECG is the first complete and full-featured 12 lead PC cardiology system that allows you to perform and manage tests while saving money and working with your existing equipment such as Laptop. Being EMR compatible with an unlimited database, it is durable, reliable, and easy to learn and gives you an insight into your body's stress level and heart rate through an [electrocardiograph](#).

If you are rooting for your favorite football team this world cup, make sure you don't stress your heart out and put yourself at risk. It's always advisable for health experts and doctors to keep a close check on heart rate and stress level to reduce the risk of any mishaps when watching any exciting sports events.

Hurry! [Request a demo today!](#)

[Nasiff PC Based CardioCard®
Stress ECG System](#)



#####

About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.