

National Immunization Awareness Month and the connection to Heart Problems

There has been a massive uproar around the process of COVID-19 vaccination. With cases of **myocarditis and heart inflammation being reported among teenagers** with its impact on the COVID-19 vaccination, it has raised many concerns and given rise to many myths and misconceptions around the vaccination trial. This has brought CDC under the question to explain and support the entire procedure.



The verdict the **heart problems associated with vaccinations are** sporadic and should be the least of one's concern considering the impact of the global coronavirus.

In the light of the current events and the public perception around the vaccination trials, **the Center for Disease Control and Public Health Foundation** has developed toolkits with critical messages to spread correct knowledge, awareness, and importance of vaccination for adults while declaring August as the National Immunization Awareness Month (NIAM).

There's no two ways around the fact that stress and poor mental health are the number one triggers for the deterioration of heart health. With the COVID cases making rounds while impacting every household and the myths around vaccination, this amount of overwhelming information has undoubtedly struck the nerve of every person. The home isolation measures further aggravate the situation. It only makes sense why patients and people going for regular health checkups reached out to practitioners and clinics for **Stress ECG** tests and heart assessments.

*A study published in the **SAGE Journal** revealed that unnecessary stress and poor psychological health could decrease the vaccine's efficacy while reducing the strength of our immune system and lowering antibody count.*

Identifying and understanding the COVID-19 vaccine hesitancy is critical with future public health in mind. Considering the gravity of the impact, a study was conducted in the early phase of 2021 on the general adult population of Ireland and the United Kingdom to understand the psychology behind those resisting the vaccination procedure. This all the more justifies CDC and PHF's initiative towards NIAM.

What's important is to be fully aware of the situation. A few things that need to be considered as a fact are:

- Everyone is at a high-risk zone with or without the vaccine
- Those with higher levels of stress are more susceptible to heart diseases
- Stress will only worsen the body's response to the vaccination and make one more vulnerable to the novel coronavirus

*The prevalence of psychiatric symptoms and clinical diagnoses have increased during the pandemic, without a doubt. Due to the quarantine measures, **loneliness and lack of community support have further worsened one's immune system.***

A key point to note here is that our fellow scientific community has responsibly designed the vaccines. Additionally, the avant-garde technological advancements are in no way going to overlook the safety aspect of the COVID vaccines. Apart from this, clinics and healthcare centers need to be equipped with proper **Stress ECG** equipment and protocols to answer the health needs deftly.

FEW TIPS TO LOWER STRESS AND HEART RISKS

- Indulge in regular physical activity
- Maintain healthy body weight and lead a balanced lifestyle
- Stay away from misleading news and information online. Always seek a reliable source for any vaccine-related information
- Learn about the early warning signs and schedule an appointment with a physician



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