

## **Mental Health Awareness Month: understanding the relationship between depression and heart disease**

For centuries, depression and other mental health issues were regarded as something that existed “only in the mind.”

But after years of research in the area, it has been established that they are real health issues, the same as physical illnesses. And mental health issues can negatively affect our health, especially cardiovascular health.

Let’s find out how mental health is linked with heart health:

### **The two-way relationship between mental health and heart health**



[Studies and their findings](#) establish a clear link between depression and heart disease. It was found that symptoms of depression were three times more common in people who recently had a heart attack or have a history of heart disease than in the general population.

On the other hand, studies also discovered that depression itself is an independent risk factor for cardiovascular disorders and can increase the chances of developing heart disease, creating a two-way link between mental health and heart health.

Despite this, little to no attention is given to people with heart disease and are rarely medically evaluated for mental health issues or illness, including psychological distress, which is often a result of or contributor to heart disease.

Cardiologists monitored patients' heart health through [PC-based Resting ECGs](#) and brain activity through other devices and concluded that mental illness and psychological distress might trigger cardiovascular disorders. Similarly, poor heart health or an event of a stroke or heart attack can increase the risk of depression or mental distress in patients.

### **How depression and other medical health issues trigger cardiovascular disease**

According to the [American Heart Association](#), depression may accelerate atherosclerosis and cause or worsen the coronary risk factors of diabetes, hypertension, and increased levels of low-density lipoprotein (LDL).

The reason why depression has such an impact on an individual’s cardiovascular health may be its effect on the lifestyle. A person with symptoms of depression often gets isolated, becomes sedentary, indulges in unhealthy eating habits, sleeps less or more than required, starts smoking and drinking, all of which together take a toll on heart health.

### **How a cardiac event promotes depression**

Though depression and heart disease can coexist, it is somewhat difficult to prove how cardiac events lead to the first episode of depression among heart patients. This is because many patients with heart disease were not clinically diagnosed or evaluated for depression before the heart attack or other cardiac event.

### **Preventing heart disease**

The best way to prevent heart disease is to lead an active lifestyle that involves consuming healthy foods, exercising for 30 minutes a day, curbing the intake of alcohol, quitting smoking, and meditating to relieve stress. Besides, people should keep a check on their heart activity using a PC-based resting ECG. And, don’t forget to talk to family, friends and your healthcare provider if you are experiencing long-term mental health issues.

For state-of-the art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use [PC-based CardioCard ECG Systems today!](#)

What are you waiting for? [Request a demo today!](#)

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### **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](http://www.nasiff.com).*