

How poor mental health is related to heart disease

There are many reasons to take care of your mental health, and a healthy heart is one of them. Mental health issues like depression and anxiety are capable of aggravating heart conditions. People who do not take mental well-being seriously increase their chances of developing cardiovascular diseases. Mental health is a holistic parameter using which one's overall wellness can be determined. Its impact is profound on the body, be it your blood pressure or heart rate. Getting regular checkups is one way to know how your heart is doing, and a **PC based ECG** test from a good clinic is important.



The connection between mental health issues and cardiovascular diseases

Individuals experiencing stress, depression, anxiety among other mental health disorders regularly are also prone to experiencing physiologic effects triggered from the same on their body. For example, increased blood pressure and heart rate, alarming levels of cortisol, and reduced flow of blood to the pumping organ- all of which is bad news as with time these result in a buildup of calcium in the arteries, heart and metabolic disease.

CDC says experiencing cardiac diseases like a heart attack or a stroke may lead to the emergence of mental health issues like PTSD and depression. Factors like fear of disability, pain, and even worrying about the associated financial burden that usually accompanies heart diseases are the reason why **PC based ECG** test will help you keep a tab on your heart health.

Here are a few mental health disorders that enhance risk factors and are dangerous for your heart health:

1. PTSD or Post Traumatic Stress Disorder- Surviving a traumatic experience in life is not something that can be taken lightly. Sometimes years fly by and the memory lives on. Those who undergo such an experience often face psychological repercussions. Natural disasters and war are two instances that can result in PTSD.
2. Mood Disorders and Anxiety Issues- A person's mood is directly related to his/her mental well-being. Likewise, anxiety is neither good for your mind nor your body. From panic disorders to phobias and everything in between, anxiety is something that you need to see a doctor about.
3. Stress- Suffering from chronic stress means being in a constant state of emotional upheaval that translates into behavioral and physiological changes over time. The level of cortisol in the body increases when a person is under stress which adversely affects cardiovascular health.

How to fight mental health issues

There are various things that you can do for improving your mental well-being. Start by taking care of your body - eat right, drink enough water, exercise, get proper sleep, and say NO to smoking. Stay away from negative self-talk and surround yourself with family and friends who care for you. Most importantly, don't shy away from seeking help and go for regular checkups.

To improve 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.