

## Learn about Heart Disease Detection and Stress Management This is Cardiac Awareness Month: Women Edition

Although heart diseases are often associated with men, unfortunately, they aren't gender-biased, and this misconception couldn't be farther from the truth. This month is cardiac awareness month and we decided to spread awareness about the prevalence of cardiac diseases among women.

### Stress, work and gender, the trifecta of cardiac health

Sudden cardiac arrest is one of the leading causes of death that can strike anyone at any age, irrespective of their gender. Women are often cornered from this discussion because the signs of poor heart health do not appear early in them. However, the combined effect of stress from social interactions and jobs/work increases the likelihood of coronary heart disease by **21 percent**. The same study also revealed that the high-stress life events led to developing coronary heart disease among women by 12 percent.



Another critical aspect is that the same issue that might show early symptoms or detection among men might not be possible in the case of women. This shows why at **least 25.4 percent of females suffered from cardiac arrest at night versus 20.6 percent** of their male counterparts.

There seems to be a psychosocial connection between stress, emotions, and cardiac health, pronounced in women. However, it is still unclear how different psychosocial factors impact women's cardiac health.

Another vital thing to note here is that psychosocial stress can also be linked with behavioral patterns such as alcohol consumption, minimal physical activity, and smoking. Apart from these, certain medical conditions like blood pressure issues, hypertension, and diabetes also affect the risk of cardiac arrest.

Another **study** revealed that women are more prone to document high average stress levels and include other stress symptoms such as exhaustion and depression.

### Detection and stress management

In light of this, it sounds fair if you schedule regular checkups with your doctor for your heart health. However, do not get confused between the terms ECG and EKG. Both are used to denote the same test, electrocardiogram. Your healthcare professional will book an appointment for EKG/ ECG for you to get the following information:

- Nerve conduction pathways
- Size and thickness of certain chambers
- Sinoatrial node
- Atrioventricular node
- Rate and rhythm of the heart

Apart from this, a **Stress EKG** is another basic, no-frills test conducted to measure the fitness of heart health. It is a quick and straightforward procedure that usually takes 3 minutes to complete. There is nothing to worry about, and your healthcare professional will right away walk you through the steps.

Now coming to stress management, while symptoms of poor heart health don't right away become visible, women need to be aware of the risk factors and take proactive preventative measures.

- Incorporating a regular exercise routine to release endorphins and serotonin for fighting stress, anxiety, tension, and depression
- Spending time with your loved ones and share your emotional burden with them
- Ensuring quality sleep with 7 to 9 hours of sleep every day
- Indulging in creative hobbies to stimulate your mind while having fun
- Maintaining an overall positive attitude while journaling your thoughts

A significant lack of self-awareness is what making poor heart health more prevalent among women. What's more shocking is that despite handling authoritative and important roles in different industries and job spheres while taking care of their loved ones, still many women place their needs at last. Therefore, this cardiac arrest awareness month, choose self-care, schedule a simple heart checkup with **Stress EKG** test, and discuss with your other fellow women friends as well.



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