

The Effects of Improper Communication on the Brain, Heart, and Blood Vessels

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People interact through words, music, attitudes, or images, making to think about them. Human energy transfer to each other modulates the individual response interacting. Info perception and processing generate personal mental and physical activity. Social norms of people interaction facilitate individual well-being; deviation from normal limits for people collaboration represents the point start of various disorders, according to the magnitude of unsafe interaction, time exposure, and vulnerability of the intended recipient.

Usually, offensive communications generate conflict, disagreement, and contesting attitudes from the intended recipient; these actions imply activation of the adrenergic pathway and consequently raise blood pressure. Transitory and intense unsafe communication produces blood pressure variation, and fluctuation of blood volume through the cells alters their functionality. Exceeding limits of blood vessel control determined by excessive exposure to unsuitable people interaction leads to transitory, then permanent arterial hypertension. According to time action and cell vulnerability, permanent arterial hypertension changes blood vessel structure and function, including a new heart configuration. In addition, arterial hypertension and air energy changes are connected to atrial fibrillation in an exposed individual. Activation of the adrenergic pathway by info misconduct ranges from minor to significant levels and disturbs mind functioning; excessive reaction to inadvertency in communication determines suddenly [more] increasing blood pressure, and friable vessels, typically those with an atheromatous plaque, easily can break up, generating minor, moderate, or significant bleeding in that area with corresponding clinical signs, sometimes attenuated or exacerbated by other individual medical data including genetics.

A small group of people responds silently, only in their minds, to inappropriate collaboration. Depression is a common manifestation of such groups; their thought's improper energy diminishes the blood flow through the cells.

Therefore unskilled communication can increase blood pressure and decrease the blood volume through the cells. These different facets of people's improper communication effects on blood vessels must be considered in clinical practice.

The heart, nervous, and respiratory systems are essential for survival. Brain energy is altered by unsafe communication and affects bodily functions. Distress generated by wrong verbal and nonverbal communication styles hurts personality traits and may lead to people transitory or definitive separation.

Ill-mannered interactions with other parties decline personal perspectives. Individual expertise in the domain prepared for and communication skills with people with different backgrounds from different industries are necessary for a successful professional, social, and cultural life. Professionalism in all industries assures individual work efficiency and social progress. Inappropriate collaboration of business partners and excessive debates can lead to disaster – brain haemorrhage in vulnerable individuals; lack of skills for delivering bad news also leads to brain haemorrhage.

In a large family, different generations have different opinions; persistent, intense, contradictory discussions may initiate and accelerate the evolution of dyslipidaemia, type 2 diabetes, and other endocrine disorders that alter the blood vessel structure and functioning.

By contrast, the luxury of communication enhances well-being and improves people's life quality and expectancy. Kindness, generosity, and compassion act as medicine and support a fast recovery.

Well-educated behaviour elements assure communication comfort and welfare. Educational programs with a hybrid model and artificial intelligence supply are helpful instruments to correct harmful communication, ensuring human safety for a better life in an unceasingly changeable environment.

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