

Overtiredness Alters The Human Equilibrium.

Sofica Bistriceanu, MD, Ph.D

*Academic Medical Unit –CMI Dr. Bistriceanu, S., NT, ROU.**APHC [Academy for Professionalism in Health Care],**EPCCS [European Primary Care Cardiovascular Society].****Correspondence author****Sofica Bistriceanu, MD, Ph.D.**

APHC [Academy for Professionalism in Health Care],

EPCCS [European Primary Care Cardiovascular Society].

Submitted : 24 July 2023 ; Published : 10 Aug 2023

Citation: Bistriceanu, S. (2023). Overtiredness alters the human equilibrium. I J cardio & card diso 4(2): 1-1.**Background**

Harmonized mental and physical activities ensure individual health. Young people are more exuberant, vigorous, and cheerful than seniors; they may tolerate transitory workouts exceeding limits, but middle-aged and old persons usually experience worsening health in such conditions.

Aim

Reveal the effects of prolonged and intense mental activities and sleep deprivation on middle-aged people's health and how to correct them.

Material & Methods

A qualitative study performed by the author in the community, 2020 to 2023, relating to lifestyle influence on individual health.

Findings

A patient, 44, experienced a period of more intellectual and emotional engagement from 2020 to the spring of 2023, which caused disruptions to her sleep schedule. In April 2023, the patient suddenly presented symptoms such as heart palpitations, headache, sweating, chest discomfort, fatigue, and anxiety.

Patient Health History

Haemorrhagic duodenal ulcer, 2012; moderate anaemia, from 2012; overweight, from 2020.

Patient Family Health History

parents: hypertension.

Actions were taken

The alarmed patient checked her blood pressure and pulse and noticed an increased heart rate of 145/min, and blood pressure [BP]:135/90 mmHg; she immediately informed her family doctor, who recommended drugs and referred the patient to the emergency department in the hospital for heart-monitoring including tests: electrocardiogram, blood tests, and an echocardiogram to gather more information. After twelve hours, the patient was discharged home. The medical team used drugs, communication skills and behaviour-change information.

Results

Clinical outcomes were improved in two weeks. No relapse was reported.

Conclusion

Engaging in prolonged and excessive mental activity, experiencing sleep disturbance, and having a modified lipid profile and anaemia harm heart function. People must be informed about the importance of a healthy lifestyle for their overall well-being. An educational program hybrid model is required.

Discussion/Implication

The human-centricity approach offers another perspective for disorders management; a deep look at the origins of the clinical manifestation of the illnesses and utilizing advanced technologies to address them can aid in recovery. Excessive workload, prolonged sleep disruption, anaemia, and dyslipidaemia alter bodily functions. These cumulative risk factors, their magnitude, interdependence, time actions, and vulnerability of an individual predict their adverse effects on people's equilibrium. An unhealthy lifestyle alters the mind and heart function. Informative programs are needed.

Copyright: ©2023 Sofica Bistriceanu. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.