

Intense Negative Thoughts in Seniors Can Cause the Rupture of Blood Vessels in Fragile Areas

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Submitted : 04 Jan 2024 ; Published : 25 Jan 2024

Citation: Bistriceanu, S. (2024). Intense Negative Thoughts in Seniors Can Cause the Rupture of Blood Vessels in Fragile Areas.. I J cardio & card diso; 5(1):1-1.

Background

Seniors living alone are more vulnerable and often exert great effort to perform daily activities.

Aim

Highlight the impact of intense negative thoughts on the blood vessels of seniors.

Material & Method

The author conducted a qualitative study in 2023 within the community, exploring the significance of mental health among older adults and its impact on bodily function.

Findings

In the autumn of 2023, a 93-year-old patient experienced stress for four consecutive days, as she was unable to carry out certain seasonal activities. She was also anxious that people did not respond promptly to her request to collect her products. On the morning of the fifth day, she noticed a red spot on her right eye's sclera.

Patient's health history: cholecystectomy, 1970.

Patient's family health history: parents, brothers: arterial hypertension.

Actions were taken

The patient contacted her family doctor regarding redness in her right eye. The doctor diagnosed a subconjunctival haemorrhage in the patient's right eye; she prescribed medication and provided information on behaviour changes. She advised the patient and her family about maintaining positive thoughts for proper blood vessel functioning. Additionally, the doctor suggested that the family extend their support and help during seasonal activities to avoid any similar incidents in the future.

Results

After ten days, the patient was well-recuperated. No relapse was reported.

Conclusion

Persistent negative thoughts alter blood vessels functioning in fragile areas. Informative programs are required.

Discussion/Implication

This patient, before experiencing a subconjunctival haemorrhage in her right eye, displayed blood pressure and heart rate within normal limits, and there was no report of sneezing, coughing, vomiting, crying, or rubbing of her eyes. However, the patient's negative and discouraging thoughts about her inability to perform daily activities dominated her mind during that time. These negative thoughts can have adverse effects on health, causing blood vessels to break due to persistent, aggressive, and inappropriate thoughts' energy. This can result in haemorrhages in fragile areas of the body.

It is common for seniors to require assistance with working on the land and collecting its products. Still, other family members or community members are responsible for caring for such activities.

Therefore, we must consider the benefits of positive and reflective thinking for individual health, especially seniors. Informative programs can be developed to promote such practices to maintain and improve life quality and expectancy.

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