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## Disrespectful Communication Alters Heart Function

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## Abstract

**Background:** Humans must continuously interact in their interest. Individuals exhibit respectful or disrespectful communication toward others, depending on their appreciation and the intent behind it. How they interact influences their lives, including personal health.

**Aim:** Highlight the detrimental effects of improper communication on heart function.

**Materials & Method:** The author conducted a retrospective observational study in the community from 2022 to 2025, examining the impact of various communication styles on individuals' lives.

**Findings:** Since 2022, a 74-year-old patient has periodically exhibited disrespectful communication toward a 63-year-old community member, resulting in eight instances of inappropriate behavior. After each occurrence of such impolite communication, the offended individual experienced an increased heart rate of 100-110 beats per minute, transient arterial hypertension of 150-160/100 mmHg, and headaches. In April 2025, following another incident of verbal aggression, she additionally experienced chest pain.

**Patient aged 74, Medical History:** Arterial hypertension, 2010; alcoholic hepatitis, 2017; epilepsy, March 2025; brain hemorrhage, May 2025, resulting in right hemiplegia.

**Offended Individual's Medical History:** Anaemia, 2012.

**Actions were taken:** The offended person made the offender aware of social norms, then discussed the matter with his wife, suggesting interdisciplinary collaboration.

**Results:** No behavioral improvement was observed in the offender before May 2025.

**Conclusion:** Repetitive inappropriate communication disturbs heart function.

Management of an individual's unhealthy behavior implies multidisciplinary teams.

**Discussion/Implications:** Unsafe interactions with others can result from a lack of education and medical conditions that impact mental health. Addressing unacceptable behavior within the community requires a multi-faceted approach to remediation. Educational programs that emphasize the adverse effects of poor communication on individuals' health are vital for the community.

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