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Impact of Disrespectful Family Cooperation on Individual Health

Sofica Bistriceanu, MD., PhD

Academic Medical Unit –CMI Dr. Bistriceanu, S., NT, ROU.
APHC [Academy for Professionalism in Health
Care], EPCCS [European Primary Care Cardiovascular
Society]

*Corresponding Author

Sofica Bistriceanu, MD., PhD,
APHC [Academy for Professionalism in Health Care],
EPCCS [European Primary Care Cardiovascular
Society].

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Abstract

Background: People often share opinions and ideas with collaborators, friends, and loved ones to improve their lives. An individual's views on various subjects depend on their education, experiences, interests, and personal feelings.

Aim: Highlight how conflicting discussions among people in a relationship within a large family can negatively impact heart health in vulnerable individuals.

Materials & Method: The author conducted a qualitative study in the community in 2025, examining how communication style affects individual health.

Findings: One day during a summer weekend in 2025, a 24-year-old patient visited a medical center because of health issues she had been experiencing over the past three weeks. She reported experiencing chest pain that began three months ago, usually after some conflicting discussions with her mother-in-law and other relatives. Over the past week, she also experienced headaches that accompanied the chest pain. During these episodes, she checked her blood pressure and heart rate, noting an increase to 146/92 mmHg and a heart rate of 119 beats per minute. Additionally, she reported sleep issues over the last week.

Patient Family Medical History: Father- arterial hypertension, 2023.

Actions were taken: The family physician managed the situation using drugs and behavior change information. The author also launched educational programs in the community to raise awareness about how unsafe communication affects their lives.

Results: Medications improved clinical outcomes.

Conclusion: Unsafe communication with others negatively affects heart health. Management of an individual's unhealthy behavior implies multidisciplinary teams.

Discussion/Implications: Different perspectives vary across generations. Individual fact analysis changes based on demographic characteristics, genetics, and interests. Tolerance of other opinions is acceptable within certain limits. Exceeding these limits can hurt the nervous system and heart function in vulnerable individuals.

Avoidance of stressful collaborations is preferred.

Prolonged exposure to inappropriate words energy, and unconventional behavior can lead to blood vessel dysfunction, as well as impaired heart and nervous system function.

Community programs that promote kindness and respectful relationships are necessary.

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