'Young Hearts Under Pressure: The Impact of Contemporary Living on Cardiovascular Health'

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ABSTRACT

The incidence of cardiovascular disease (CVD) among young adults has escalated significantly, marking a concerning shift in global health trends. This article explores the multifactorial causes behind this surge, focusing on how modern lifestyle factors—including sedentary behaviour, poor dietary habits, elevated stress, substance abuse, and inadequate sleep—contribute to early onset heart conditions.

Technological advances and urban living, while offering convenience, have inadvertently reduced physical activity and increased exposure to fast food and processed meals. The COVID-19 pandemic has further exacerbated this crisis by disrupting routines and deterring timely medical care. Evidence suggests a rise in postviral cardiac complications, particularly among previously healthy youth. Additionally, legal and ethical considerations related to cardiology, such as informed consent, medical negligence, and organ transplantation laws in India, are examined. The article advocates for proactive preventive strategies, including public health reforms, youth-centered screening programs, lifestyle modifications, and workplace wellness policies. By integrating medical insights with legal accountability and behavioral change, it is possible to mitigate the growing cardiovascular burden in India's younger population.

This paper underscores the urgent need for interdisciplinary collaboration and policy advocacy to protect the heart health of future generations. It serves as a call to action for clinicians, educators, policymakers, and families to recognize the silent epidemic brewing in the hearts of the young.

Keywords: Cardiovascular disease, Young adults, Lifestyle risk factors, Preventive cardiology, India

INTRODUCTION

The modern lifestyle of today's youngsters has drastically changed from the lifestyle of their predecessors. With the advent of technology and the availability of modern amenities, the lifestyle of young people has become increasingly sedentary, leading to a higher prevalence of obesity and other lifestyle-related diseases. One such disease is heart attack, which is becoming increasingly common in young people.

The impact of today's lifestyle on the cardiovascular health of young people is a growing concern in India and worldwide. Poor dietary habits, lack of physical activity, and increased stress and anxiety levels are some of the key factors that contribute to the risk of heart attack among young people.

Furthermore, the COVID-19 pandemic has further exacerbated the impact of today's lifestyle on young eople's heart health. The pandemic has led to changes in daily routines, increased stress and anxiety levels, and educed access to healthcare services, which can impact the diagnosis and treatment of heart-related conditions.[1]

[1] https://my.clevelandclinic.org/health/articles/23011-covid-heart-damage.

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As a result, there is an urgent need for young people to adopt healthy lifestyle habits that promote cardiovascular health[2], such as regular exercise, a healthy diet, stress management, and avoidance of unhealthy habits like smoking and excessive alcohol consumption. It is also crucial for young people to seek prompt medical attention if they experience any symptoms of a heart attack, such as chest pain or discomfort, shortness of breath, or dizziness. The modern lifestyle of today's youngsters has drastically changed from the lifestyle of their predecessors. With the advent of technology and the availability of modern amenities, the lifestyle of young people has become increasingly sedentary, leading to a higher prevalence of obesity and other lifestyle-related diseases. One such disease is heart attack, which is becoming increasingly common in young people.

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Cardiology is a medical specialty that deals with the diagnosis and treatment of diseases and disorders of the heart and circulatory system. The heart is a vital organ that pumps oxygenated blood to every part of the body, and any problems with the heart or the circulatory system can have serious consequences for the rest of the body.

Cardiologists are medical doctors who specialize in the diagnosis, treatment, and prevention of heart and circulatory system diseases. They are trained in a wide range of procedures, from non-invasive diagnostic tests to complex surgeries.[3]

Common problems:

- Coronary artery disease (CAD): A condition where the blood vessels that supply the heart with oxygen and nutrients become narrowed or blocked, which can lead to angina (chest pain), heart attack, and other complications.

- Arrhythmias: Irregular heartbeats that can cause palpitations, dizziness, fainting, or even sudden cardiac death.

- Heart failure: A condition where the heart cannot pump enough blood to meet the body's needs, leading to fatigue, shortness of breath, and fluid build-up in the lungs or legs.

- Valvular heart disease: A condition where the heart valves become narrowed or leaky, causing symptoms such as shortness of breath, chest pain, or fainting.

- Congenital heart disease: A range of abnormalities in the heart's structure or function that are present at birth and may require lifelong monitoring and treatment.

Cardiologists use a variety of diagnostic tools to assess the health of the heart and circulatory system, like:

- **Electro cardiogram (ECG):** A test that measures the electrical activity of the heart and can detect abnormalities such as arrhythmias, heart attack, or heart damage.

[2] https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease.
[3] https://stanfordhealthcare.org/medical-conditions/blood-heart-circulation/lifestyle-risk-factors-for-heart-disease.html.

- **Echocardiogram:** A test that uses ultrasound waves to produce images of the heart and its valves, chambers, and blood flow, allowing cardiologists to assess the structure and function of the heart.

- **Cardiac stress test:** A test that measures the heart's response to physical activity or medication, to assess its capacity to meet the body's needs.

- **Cardiac catheterization:** A procedure that involves inserting a thin tube (catheter) into a blood vessel in the arm or leg and threading it up to the heart to measure blood pressure, oxygen levels, and other parameters.

Treatment options for heart and circulatory system diseases depend on the underlying condition and may include lifestyle changes, medication, medical devices, or surgery. Cardiologists work closely with other healthcare professionals, such as primary care physicians, nurses, and cardiac surgeons, to provide comprehensive care to their patients[4].

Cardiology With Legal Perspective:

Cardiology, like all medical specialties, can carry legal implications for healthcare professionals. In the legal realm, negligence or malpractice can occur if a healthcare professional fails to provide an acceptable standard of care, leading to harm or injury to a patient.

For example, if a cardiologist fails to diagnose a heart condition or provides incorrect treatment leading to patient harm, the patient or their family may sue the cardiologist for medical malpractice. Cardiologists can also face legal action for prescribing the wrong medication, misinterpreting test results, or failing to properly inform the patient of the risks and benefits of a particular treatment.

To avoid legal complications, cardiologists must follow all necessary procedures and protocols for patient care, maintain proper documentation, obtain proper consent from their patients, and communicate with patients and any other healthcare professionals involved in their care. Additionally, cardiologists must keep updated with new medical research, techniques, and technologies to ensure that they are providing the best possible care to their patients.

While, cardiology is an essential field of medicine that aims to prevent, diagnose, and treat various heart conditions, it is important for cardiology professionals to maintain a thorough understanding of their legal responsibilities and take all necessary steps to avoid legal complications.

The punishment given to a cardiologist, or any other medical professional, would depend on the nature and severity of the offense committed. If they are found to have committed any form of medical malpractice, such as negligence or incompetence, they may be subject to disciplinary action, including the revocation or suspension of their medical license. In some cases where their actions caused harm to a patient, they could also face liability and be sued for damages in a court of law.[5]

The laws pertaining to heart transplant vary depending on the country and jurisdiction in which the transplant is taking place. In general, there are a few common legal considerations that doctors and patients must keep in mind when undergoing or performing a heart transplant.[6]

One important consideration is consent. Patients must fully understand and willingly give consent for the transplant procedure, and doctors must ensure that patients are fully informed of the possible risks and benefits associated with the transplant.

Another consideration is the allocation of donor hearts. In many countries, there is a shortage of donor organs, which means that a system must be in place to determine who is eligible for a heart transplant and who is not. In

[4] https://www.acc.org/about-acc/press-releases/2019/03/07/08/45/heart-attacks-increasingly-common-in-young-adults.
[5] https://www.msdmanuals.com/professional/critical-care-medicine/cardiac-arrest-and-cpr/cardiac-arrest. [6] https://www.organdonor.gov/about-us/legislation-policy.

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most cases, this allocation system is based on a patient's medical need and urgency, rather than factors like race or socioeconomic status.

Additionally, laws may exist regulating the process of organ procurement and distribution. Doctors and hospitals must follow specific protocols when handling and distributing organs in order to ensure that patients receive the best possible care and that organs are allocated fairly and equitably.

Overall, heart transplantation is a complex medical procedure that requires careful consideration of legal and ethical factors. Doctors, patients, and medical professionals must abide by specific laws and guidelines in order to ensure that the procedure is performed safely and effectively.[6]

The Supreme Court of the United States has not issued any specific guidelines or interpretations regarding the punishment for cardiologists or any specific medical professionals. However, the Supreme Court case of Jacobson v. Massachusetts established that the state has the authority to require individuals to be vaccinated for the public health benefit, and that individuals who refuse to comply with such requirements may face fines or other penalties. This principle could potentially be applied to medical professionals who fail to follow certain medical guidelines or regulations that are intended to protect public health. Additionally, medical malpractice laws vary by state and are designed to hold medical professionals accountable for any wrongful actions or negligence. The specific penalties and punishments associated with medical malpractice depend on the individual case and the severity of the damages suffered by the patient.

The Indian Supreme Court has not issued any specific guidelines or interpretations regarding the punishment for cardiologists or any specific medical professionals. However, the Supreme Court of India has addressed issues related to medical negligence and malpractices in several cases[7]. For example, the Supreme Court has held that medical practitioners owe a duty of care to patients, and that they are liable for acts of negligence that result in harm to patients. In addition, the court has emphasized the importance of consent in medical procedures, stating that patients must be informed of the risks and benefits of a particular treatment and must give their informed consent before undergoing any medical procedure. These principles have been applied in cases involving allegations of medical negligence or malpractice by medical professionals, including cardiologists. While there may not be specific guidelines or interpretations related to punishment for cardiologists or medical professionals, the Supreme Court of India has established a strong legal framework for addressing medical malpractice and ensuring accountability in the medical profession.

The drawbacks associated with medical laws in general, critics argue that they can sometimes be too strict, too complicated, and too difficult to comply with, which can negatively impact the delivery of medical care by doctors and other healthcare professionals. Additionally, some may argue that medical laws and regulations may sometimes be overly focused on punitive measures rather than supporting and promoting best practices in the medical profession.

On the other hand, proponents of medical laws argue that these laws are critical to ensuring that medical care is delivered in a safe and ethical manner, and that patients receive the best possible care. They note that regulations can help ensure that doctors and other healthcare professionals are held accountable for their actions, and that patients are protected from practices that are unsafe or unethical.[8]

Regulations That Regulate the Practices of Cardiology:

Specific regulations or guidelines that regulate the practice of cardiology or the way heart-related diseases are treated, however, these laws and guidelines vary depending on the country and jurisdiction:

That is correct. The regulations and guidelines that regulate the practice of cardiology and the treatment of heartrelated diseases vary depending on the country and jurisdiction. In general, medical professionals are

[6] https://pubmed.ncbi.nlm.nih.gov/2685774/.

[7] https://legalserviceindia.com/article/l224-Organ-Transplantation-Law-In-India.html.

[8] https://www.legalservicesindia.com/article/618/Organ-Transplantation-Legal,Social-and-Ethical-issues.html.

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required to adhere to certain standards of practice and ethical principles.[9] These may include:

1. Obtaining informed consent from patients before conducting any diagnostic tests or medical procedures.
2. Adhering to standard protocols and guidelines for the diagnosis and treatment of heart-related diseases.
3. Maintaining accurate medical records and ensuring patient confidentiality.
4. Continuing education and training to stay up-to-date with the latest developments in the field.
5. Following strict infection control measures in the hospital.

Additionally, in many countries, medical professionals are subject to licensing and credentialing requirements. These requirements may include completing a recognized medical training program and passing an examination to obtain a license to practice. In some cases, medical professionals may also be subject to disciplinary action if they are found to have violated the regulations or standards of practice in their profession.[10]

Childhood Risk Variables Tendency to Increase Adult Risk:

Risk factor variables for a specific person typically stay at the same rank in the population distribution across time. As childhood risk factors predict adult levels and clinical C-V illness, this "Tracking" based on data starting in early life is significant. Since tracking correlates with underlying C-V system pathology, it has considerable effects on the lifelong burden of C-V risk. Risk variables follow in varied degrees, along with obesity measurements.[11]

In most countries, cardiovascular risk factors develop in middle age after beginning infancy. To ascertain the prevalence and age-specific trends in cardiovascular risk factors among adolescents and young urban Asian Indians, we conducted epidemiological investigations.[12]

Between 1999 and 2002, population-based epidemiological studies were carried out in North India to determine cardiovascular risk factors. In 2051 patients (male 1009, female 1042) between the ages of 15 and 39, we assessed the main risk variables of smoking or tobacco use, obesity, truncal obesity, hypertension, dysglycemia, and dyslipidemia using pre-specified definitions. Regression analysis for numerical variables and the X2 test for trend for categorical variables were used to perform age-stratified analyses and establish the significance of trends. Univariate and multivariate odds ratios (OR) for the connection between age and risk factors were determined using logistic regression.[13]

Urban Asian Indians have been found to have a low prevalence of numerous cardiovascular risk factors (smoking, hypertension, dyslipidemias, diabetes, and metabolic syndrome) in teens and a rapid escalation of these risk factors by the ages of 30-39. These people should be the target of interventions.

There is growing evidence to suggest that the lifestyle choices that many young people make today can have a significant impact on their risk of heart attack later in life.

Factors that can contribute to an increased risk of heart attack among young people include:

- **Poor diet:** Many young people today consume a diet that is high in processed and fast foods, which are typically high in calories, saturated fat, and sugar. This can contribute to obesity, high blood pressure, and other risk factors for heart attack.

[9] https://www.researchgate.net/publication/282595493_Ethics_Legality_and_Education_in_the_Practice_of_Cardiology.
[10] https://www.hg.org/legal-articles/medical-practice-and-related-laws-in-india-legal-liabilities-of-doctors-and-hospitals-55651.
[11] https://www.statista.com/topics/5191/state-of-health-in-india/.
[12] https://pubmed.ncbi.nlm.nih.gov/35373933/.
[13] https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0244559.

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- **Lack of exercise:** Many young people today are not getting enough exercise, which can contribute to obesity, high blood pressure, and other risk factors for heart attack.

- **Smoking:** Smoking is a major risk factor for heart attack, and many young people today continue to smoke despite the well-known risks.

- **Stress:** Many young people today are under a great deal of stress, which can contribute to high blood pressure and other risk factors for heart attack.

- **Substance abuse:** Substance abuse, including the use of alcohol and drugs, can also increase the risk of heart attack among young people.

It's important to note that heart attacks can also be caused by genetic factors and other medical conditions, and lifestyle factors are not the sole cause of heart attacks. However, making healthy lifestyle choices can help to reduce the risk of heart attack and other health problems, both in the short term and in the long term. Encouraging young people to adopt healthy habits, such as regular exercise, a balanced diet, and avoiding[14].

The research done in India with regard to the impact of today's lifestyle on young people and its potential link to heart attack risk.

A study published in the Indian Journal of Community Medicine found that a sedentary lifestyle and unhealthy dietary habits were common among young adults in India, particularly those living in urban areas. The study also found that these lifestyle factors were associated with an increased risk of developing cardiovascular disease, including heart attack.

Another study published in the Indian Heart Journal found that stress, particularly job-related stress, was a significant risk factor for the development of heart disease in young adults in India. The study suggested that efforts to reduce stress, such as workplace stress management programs, may help to prevent heart disease in this population.[16]

Additionally, a study published in the Journal of Preventive Medicine and Public Health found that smoking, a sedentary lifestyle, and poor dietary habits were significant risk factors for the development of heart disease in young adults in India.

Overall, research suggests that a combination of factors, including a sedentary lifestyle, unhealthy dietary habits, stress, and smoking, can contribute to the development of heart disease in young people in India. Efforts to promote healthy lifestyles and reduce stress may help to prevent heart disease in this population.

Doctors' Advice On The Increasing Heart Attack On Youngsters:

Prevention is key when it comes to reducing the risk of heart attack among young people in India who are impacted by today's lifestyle factors. Doctors and healthcare professionals often recommend lifestyle changes as the first step in managing and preventing heart disease in young people.

1. Lifestyle modifications may include:

a. Regular physical activity: young people should aim to engage in at least 150 minutes of moderateintensity aerobic activity per week, as recommended by the World Health Organization (WHO). This can include activities such as brisk walking, jogging, or cycling.

b. A balanced and nutritious diet: young people should aim to consume a diet that is rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. They should also avoid processed and highcalorie foods.

[14] https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack. [16] https://www.weforum.org/agenda/2018/10/here-s-what-young-indians-really-want-from-life/.

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c. Stress management techniques: young people should be encouraged to practice stress management techniques such as meditation, yoga, or deep breathing exercises to help reduce their stress levels.

d. Avoiding smoking and excessive alcohol consumption: young people should be educated about the harmful effects of smoking and excessive alcohol consumption and encouraged to avoid these habits.

Medical treatment may include:

a. Medications: Young people with heart disease may be prescribed medications such as statins, antiplatelet drugs, or beta-blockers to help manage their condition and reduce their risk of a heart attack.

b. Cardiac rehabilitation: young people who have had a heart attack may be referred to a cardiac rehabilitation program, which can help them to recover and improve their overall heart health.

c. Surgery: In some cases, young people with severe heart disease may require surgery such as coronary artery bypass grafting or angioplasty.

In summary, doctors may advise a combination of lifestyle modifications and medical treatment to help prevent and manage heart disease in young people in India.[15]

Post-Covid-19 Implications on Cardiovascular Health In Young Adults:

Cardiovascular Sequelae of COVID-19: SARS-CoV-2, the virus responsible for COVID-19, binds to ACE2 receptors in cardiac tissue, leading to inflammation and endothelial dysfunction. Young adults, even with mild infections, have shown elevated cardiac markers such as troponin, suggesting myocardial stress[18]. Some recovered patients report palpitations, chest pain, and fatigue, symptoms of "long COVID" that may indicate lingering cardiovascular effects[16].

Lifestyle Disruptions during Lockdowns: Lockdowns contributed to weight gain, increased snacking, and reduced physical activity. A survey in urban India found that 35% of young adults experienced significant lifestyle deterioration during the lockdown.[17]

Delayed Medical Access: Fear of contracting COVID-19 discouraged timely hospital visits, even for acute symptoms. Hospitals across India reported a drop in cardiac emergency admissions, resulting in worsened outcomes due to late-stage presentation[18]

The impact of COVID-19 on heart attacks in young people in India is still being studied, but there are concerns that the pandemic could have long-term effects on the cardiovascular health of young adults.[19]

Studies have shown that COVID-19 can cause inflammation throughout the body, including the heart, which can increase the risk of heart attack. Young people who have had COVID-19 may be at higher risk for heart attacks due to the potential long-term effects of the inflammation on their cardiovascular system.

[15] https://www.indiatoday.in/india/story/young-indians-suffering-heart-attacks-cases-aiims-doctor-explains-1848527-2021-09-02. [18] Lindner, D., Fitzek, A., Bräuninger, H., Aleshcheva, G., Edler, C., Meissner, K., & Scherschel, K. (2020). Association of cardiac infection with SARS-CoV-2 in confirmed COVID-19 autopsy cases. JAMA Cardiology, 5(11), 1281–1285. https://doi.org/10.1001/jamacardio.2020.3551

[16] Carfì, A., Bernabei, R., & Landi, F. (2020). Persistent symptoms in patients after acute COVID-19. JAMA, 324(6), 603–605. https://doi.org/10.1001/jama.2020.12603

[17] Saxena, R., Gautam, V., & Shukla, A. (2021). Impact of COVID-19 lockdown on lifestyle habits and health parameters in Indian youth. Indian Journal of Public Health, 65(1), 32–38

[18] Bhatt, A. S., Moscone, A., McElrath, E. E., Varshney, A. S., Claggett, B. L., Bhatt, D. L., & Solomon, S. D. (2020).

[19] https://health.economictimes.indiatimes.com/news/diagnostics/alarming-rise-in-sudden-heart-attacks-among-indians-post-coviddocs-worried/96005918.

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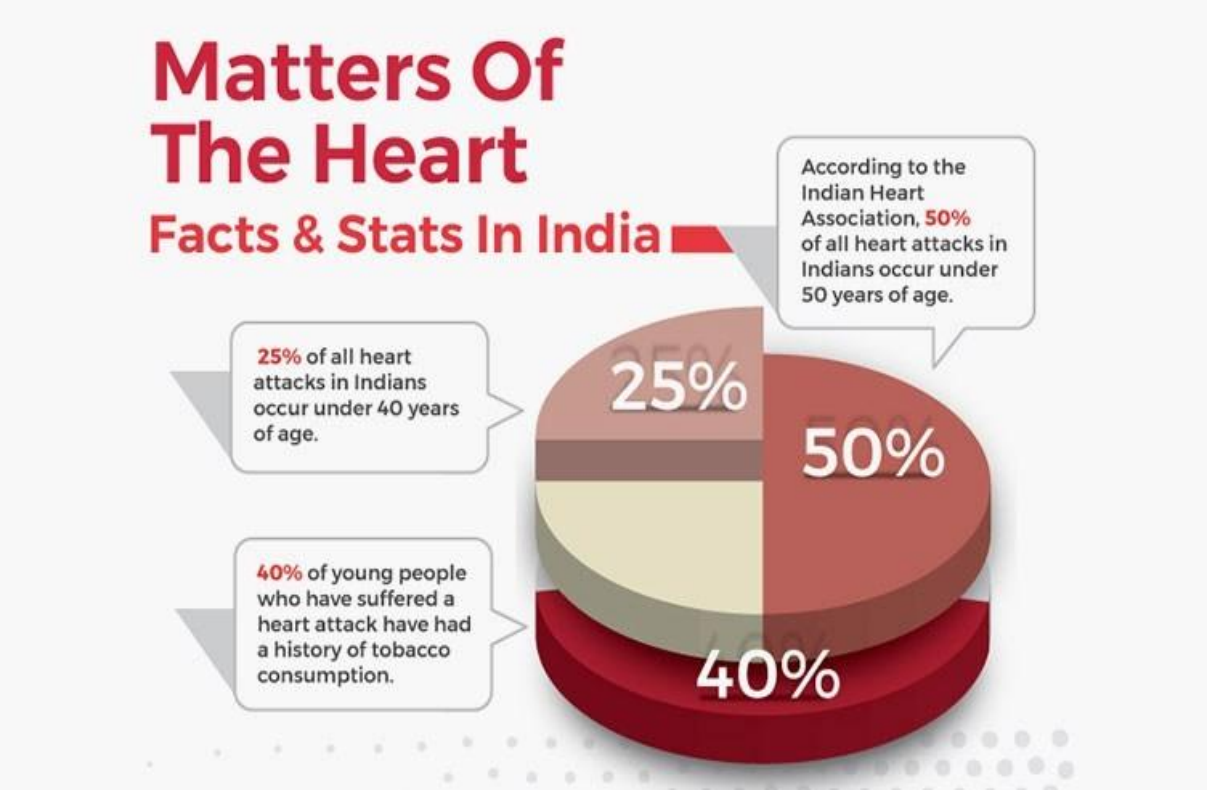
Additionally, the pandemic has led to changes in lifestyle and habits that may also increase the risk of heart attacks in young people. The stress and anxiety caused by the pandemic, as well as the changes in daily routines and physical activity levels, could contribute to an increased risk of heart disease.

Furthermore, delays in seeking medical care for heart-related symptoms due to fear of contracting COVID-19 in hospitals, as well as disruptions in routine healthcare services during the pandemic, could also impact the diagnosis and treatment of heart attacks in young people.

In conclusion, while the specific impact of COVID-19 on heart attacks in young people in India is still being studied, it is important for young adults to maintain a healthy lifestyle, manage stress and anxiety, and seek prompt medical care if they experience any symptoms of a heart attack, such as chest pain or discomfort, shortness of breath, or dizziness.

From the doctor's point of view, the post-COVID impact on heart attacks in young people in India is a concerning issue. The COVID-19 pandemic has been associated with an increased risk of heart attacks, particularly in those with pre-existing cardiovascular disease, and there is growing evidence to suggest that even young, otherwise healthy people may be at risk of cardiovascular complications after recovering from COVID-19.[20]

Doctors in India are concerned that young people who have recovered from COVID-19 may be at increased risk of developing heart disease or having a heart attack later in life. This is because COVID-19 can cause inflammation throughout the body, including the heart, which can lead to damage to the heart muscle, and the long-term effects of this inflammation are still being studied.[21]



Proper detailed analysis on the conversation between a doctor and a patient interaction regarding the heart attack caused among youngsters. :

When a doctor agrees to treat a patient, it constitutes an implied contract. Default on the part of the doctor to provide standard skill and care may render him liable to have the damages assessed. The default may result in either physical of mental injury or monetary loss to the patient. Such default may include malpractice, wrong diagnosis, unnecessary surgery, criminal abortion, divulging professional secrets etc.

[20] https://my.clevelandclinic.org/health/articles/23011-covid-heart-damage.
[21] https://www.uab.edu/news/youcanuse/item/12587-when-should-you-worry-about-your-heart-health-post-covid-19.

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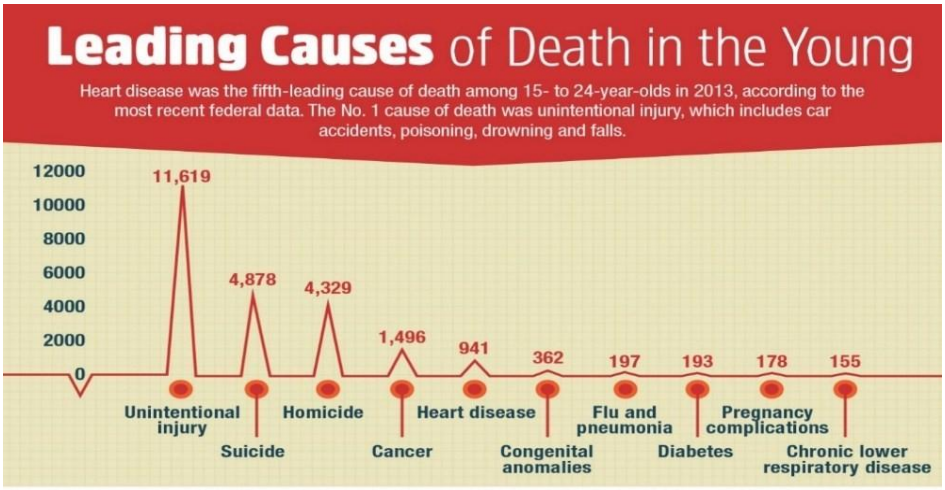

Source: Centers for Disease Control and Prevention

Measures To Consider For Avoiding Heart Attack:

Lifestyle Changes:

- **Quit smoking**: As it is always mentioned on the cigarettes pack itself to avoid smoking as it is injurious to health. And personally, I think that smoking can destroy an individual's personal life as it effects on his mental health which effects on his moods and it over all effects on his actions which upsets his family at end. At worst it has a huge effect on one's heart at the end causing heart attack.

- **Select healthy eating**: One of your best tools in the fight against cardiovascular disease[22] is a balanced diet. Cholesterol, blood pressure, diabetes, and being overweight are all other manageable risk factors that can be influenced by the food you eat (and how much of it). Nutrient-poor foods should be avoided in favor of nutrient-rich foods, which contain vitamins, minerals, fiber, and other nutrients but fewer calories. Choose a diet that priorities the consumption of fruits, vegetables, and whole grains; low-fat dairy products; chicken, fish, legumes, non-tropical vegetable oils; and nuts; and restricts the consumption of sweets, beverages with added sugar, and red meats. Coordinate your food and exercise so that you are burning off as many calories as you are consuming to maintain a healthy weight.[23]

- **High cholesterol levels:** Having fat clogged up in person's arteries is a recipe for catastrophe. It might eventually cause a heart attack or stroke. Get exercising and cut back on your consumption of saturated, Trans, and cholesterol. Medication may be the solution if diet and exercise by themselves are insufficient to lower those values. Take it exactly as prescribed by the doctor. The breakdown on where those numbers should be is as follows: Cholesterol overall the following formula is used to determine your total cholesterol score: HDL + LDL + 20% of your triglyceride level.

II. Reduce the blood pressure: It is a significant contributor to the risk of stroke, which is the main cause of disability in the India. Recovery from a stroke is, at best, challenging, and you can be permanently incapacitated. Get rid of your salt addiction, take your prescription meds as directed by your doctor, and start moving. Such figures must decrease and remain low. Less than 120/80 mmHg is the ideal blood pressure value.

[22] https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118.
[23] https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502.

III. Daily physical activity is advisable: Exercise regularly each day. According to research, engaging in at least 150 minutes of moderate-intensity exercise each week can help you maintain a healthy weight, drop your blood pressure, and lower your cholesterol. And yes, anything is preferable to nothing. If you are currently inactive, begin slowly. Even a brief period of time may have some health advantages. Research reveal that those who have reached even a moderate degree of fitness are substantially less likely to die early than those with a poor fitness level.[24]

IV. Be mindful of your weight: In India, obesity is a major problem that affects both adults and children. Supplements and fad diets are not the solution. The only way to keep a healthy weight is through exercise, calorie restriction, and good nutrition. Obesity increases your risk of developing type 2 diabetes, high blood pressure, and insulin resistance, which are all conditions that increase your risk of cardiovascular disease. You can determine if your weight is healthy using your BMI.[25]

V. Control diabetes: At least 68% of patients with DM who are over 65 years old pass away from HD, and 16% die from strokes. The risk of cardiovascular disease for someone with diabetes can be significantly increased by additional risk factors such high blood pressure, high cholesterol, smoking, obesity, and a lack of physical activity.[26]

VI. Reduced tension: According to a few studies, stress in a person's life may have an impact on their risk factors for heart disease and stroke, including their likelihood of developing coronary heart disease. Stress might cause people to overeat, start smoking, or smoke more than they normally would. Yet more evidence has emerged indicating a young adult's stress response foretells the chance of high blood pressure in middle life.

VII. Restrict alcohol consumption: Alcohol consumption too much can increase the risk of heart disease, cardiomyopathy, stroke, cancer, and other illnesses. It can cause irregular heartbeats and elevated triglyceride levels. Obesity, alcoholism, suicide, and accidents are all caused by excessive alcohol use.[27]Moderate alcohol consumption has a cardioprotective impact. If you do drink, keep your daily alcohol intake to no more than two drinks for males and one drink for women. One drink is defined by the National Institute on Alcohol Abuse and Alcoholism as 1-1/2 fluid ounces (fl oz) of 80-proof alcoholic beverages (such as wine, beer, or spirits like bourbon, Scotch, vodka, or gin), 5 fl oz of liquor, or 12 fl oz of hard liquor. It is not advised for non-drinkers to begin drinking or for current drinkers to consume more alcohol.[31]

CONCLUSION

The impact of today's lifestyle on youngsters can be a contributing factor to heart attacks. Unhealthy eating habits, lack of physical activity, stress, smoking, and excessive alcohol consumption are all lifestyle factors that can increase the risk of developing heart disease.

The prevalence of fast food and processed snacks in modern diets is leading to an increase in obesity, high blood pressure, and high cholesterol levels, which are all risk factors for heart disease. Youngsters who lead sedentary lifestyles and spend most of their time sitting in front of screens, such as televisions, computers, or mobile phones, are also at a higher risk of developing heart disease.

Moreover, stress has become an increasingly common aspect of modern life, and young people may face stressors such as academic pressure, financial stress, and social media-related stress, which can all contribute to a higher

[24] https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm.

[25] https://www.who.int/news-room/fact-sheets/detail/physical-activity.

[26] https://www.mounjaro.com/managing-type-2-diabetes?utm_id=bi_cmp-402506719_adg-1266638297978918_ad79165039681426_kwd-79165388851999%3Aloc-90_dev-c_ext-_prd-_sig-8c3ba691a41013a82264c29d0aaba4a2&utm_source=bing&utm_medium=ppc&campaign=402506719&adgroup=1266638297978918&ad=79165039681426&utm_keyword=kwd-79165388851999%3Aloc-90&utm_campaign=US_DTC_Mounjaro_Nonbrand_Diabetes_Phrase&utm_term=diabetes&utm_content=Type%202%20Diabetes&dclid=CI2zrauo1P0CFczPcwEdSa4P8A.

[27] https://www.medicalnewstoday.com/articles/can-alcohol-cause-heart-attack. [31] https://health.clevelandclinic.org/4-facts-know-alcohol-affects-heart/.

risk of developing heart disease. Additionally, smoking and excessive alcohol consumption can lead to the development of heart disease[28] and increase the risk of heart attacks in young people.

In conclusion, the impact of today's lifestyle on youngsters is a significant contributor to the rising incidence of heart attacks. A healthy lifestyle that includes regular physical activity, a balanced diet, stress management, and avoiding unhealthy habits like smoking and excessive alcohol consumption can help reduce the risk of heart disease and heart attacks in young people. The impact of today's lifestyle on youngsters can be a contributing factor to heart attacks. Unhealthy eating habits, lack of physical activity, stress, smoking, and excessive alcohol consumption are all lifestyle factors that can increase the risk of developing heart disease.

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