

Is indiscretion with the Heart Fraught with Peril?

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Abstract

All the organs of the body communicate and influence other organs and the heart is no exception. Actually, the heart communicates with nearly every other organ in the body. Our aim is to show the new generations that heart deserves respect and awareness of importance, also demonstrates its crosstalk with other body organs and warn that its indiscretion is fraught with peril.

Keywords: Heart, organs, failure, chest and pain

Introduction

All the organs of the body communicate and influence other organs and the heart is no exception. Actually, the heart communicates with nearly every other organ in the body [1].

Viewpoints:

Heart failure (HF) affects ≈23 million people worldwide and still has a high mortality, it can result in impairment of endocrine, hematologic, musculoskeletal, renal, respiratory, peripheral vascular, hepatic, and gastrointestinal systems [2].

Heart disease can cause: shortness of breath, dizziness, arrhythmias, tightness of the chest, pain in the back, upper abdomen, neck, throat and jaw, coldness or numbness in limbs, The leading cause of heart disease is the buildup of fatty plaques inside arteries. This buildup can cause heart arrhythmia as well as cyanosis and poor circulation. Coronary artery diseases can be exacerbated by poor diets, smoking, sedentary lifestyles, drug abuse, hypertension and stress [3].

Coronary artery disease, cardiac arrhythmias and the coronary microvascular and endothelial function are impaired in patients with NAFLD, they have left ventricular diastolic dysfunction causing heart failure. Also, NAFLD has been associated with morphological and valvular heart abnormalities. Hepatic steatosis is associated with aortic-valve sclerosis and mitral annular calcification [4].

Severe heart failure patients often show a restrictive respiratory pattern, secondary to cardiomegaly and increased lung fluids, and impairment of

alveolar-capillary gas diffusion. Reduced gas diffusion contributes to exercise intolerance and to a worse prognosis [5].

One in every five patients recently hospitalized with congestive heart failure (CHF) will be readmitted within 30 days of discharge as oxidative stress in diverse tissues; an immunostimulatory state with circulating proinflammatory cytokines; a wasting of soft tissues; and a resorption of bone. Its origins are rooted in homeostatic mechanisms gone awry to beget dyshomeostasis. For example, marked excretory losses of Ca²⁺ and Mg²⁺ accompany renin-angiotensin-aldosterone system activation, causing ionized hypocalcemia and hypomagnesemia that lead to secondary hyperparathyroidism with consequent bone resorption. Parathyroid hormone accounts for paradoxical intracellular Ca²⁺ overloading in diverse tissues and consequent systemic induction of oxidative stress. In cardiac myocytes and mitochondria, that opens of the mitochondrial permeability transition pore with osmotic-based destruction of these organelles and resultant cardiomyocyte necrosis with myocardial scarring with Ca²⁺ and Mg²⁺ dyshomeostasis is hypozincemia and hyposelenemia, which compromise metalloenzyme-based antioxidant defenses, whereas hypovitaminosis D threatens Ca²⁺ stores needed to prevent secondary hyperparathyroidism. An intrinsically coupled dyshomeostasis of intracellular Ca²⁺ and Zn²⁺, representing pro-oxidant and antioxidant, respectively, is integral to regulating the mitochondrial redox state; it can be uncoupled by a Zn²⁺ supplement in favor of antioxidant defenses. So, use of nutraceuticals to be considered [6].

Kidney disease can raise the risk of heart disease. As kidney disease worsens, the risk of getting complications goes up. Many complications of kidney disease can also raise the risk of heart disease as: high blood pressure, anaemia, mineral and bone disorders, hyperkalemia, heart disease can also raise the risk of kidney disease and kidney failure [7].

As we celebrate National Heart Month this February, it's the perfect time to focus on cardiovascular health and the vital role our heart. Heart disease is one of the leading causes of death worldwide, and while we often think about the heart in terms of circulation, blood pressure, and cholesterol, it has impact on our eyes. The heart and eyes are both part of the body's circulatory system. Blood flow is crucial to both organs, which is why problems with the heart can often manifest in the eyes, the key ways the heart and eyes are connected: blood flow and circulation, cholesterol and diabetes, heart disease eye effects [8].

There's impaired balance and gait performance and reduced muscle strength and exercise capacity in patients with CHF. Cardiac rehabilitation including balance and walking training should be planned for CHF patients to eliminate balance disorders, gait impairment and prevent falls in that patient [9].

The association between testosterone and chronic heart failure (HF) is controversial, the prevalence of testosterone deficiency (30%–50%) and symptomatic hypogonadism (15%) in men with HF, Low testosterone correlates with HF severity, New York Heart Association class, exercise functional capacity, and a worse clinical prognosis and mortality. Interventional studies on testosterone treatment in men with HF are inconclusive but do suggest beneficial effects on exercise capacity, New York Heart Association class, metabolic health, and cardiac prognosis. We suggest that clinicians should measure testosterone levels in men with HF who have symptoms of a testosterone deficiency and conditions that predispose to hypogonadism, such as obesity and diabetes. They may benefit from testosterone replacement therapy, by improvements in cardiac prognosis and outcomes [10].

Ten signs could mean it's time to see a doctor: 1. Chest pain 2. Stomach pain like indigestion 3. Arm, jaw or back pain 4. Feeling sweaty 5. Choking feeling 6. Feeling sick 7. Swollen ankles 8. Leg pain 9. Extreme fatigue 10. Palpitations [11].

Alexander Fleming suddenly died of coronary thrombosis at home. He had been suffering from what he perceived to be gastric upset for some weeks. When his wife called their family physician assured her that a house visit is not necessary [12].

Ascites has been known since antiquity [13] can be rarely a manifestation of heart failure [14].

Seven habits could be hurting your heart: 1. Eating too much processed sugar 2. No enough exercise 3. Neglecting your mental health 4. No good oral hygiene 5. Eating too many Southern-style foods 6. Inhaling nicotine 7. Taking too many pain relievers [15].

Conclusion and recommendations:

The heart is the first organ to form in a developing baby, it starts beating in a steady rhythm 22 days after conception [16].

Our work significance is to show the new generations that caring of our hearts is not luxury and declare its communication with all body systems. So, it deserves respect and awareness of importance to avoid the need of heart transplant eventually that was performed first by Dr. Christiaan Barnard 1967 [17].

Last but not least, we must warn that its indiscretion is fraught with peril.

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