

## Improper communication starts arterial hypertension in a vulnerable individual

Sofica Bistriceanu\*

Academic Medical Unit-CMI Dr. Bistriceanu, S., NT, ROU.

### \*Corresponding Author

Sofica Bistriceanu, Academic Medical Unit-CMI Dr. Bistriceanu, S., NT, ROU.

**Submitted:** 12 Mar 2023; **Accepted:** 16 Mar 2023; **Published:** 25 Mar 2023

**Citation:** Bistriceanu, S. (2023). Improper communication starts arterial hypertension in a vulnerable individual. *Journal of Clinical Review & Case Reports*, 8(3), 67-68.

### Abstract

**Background:** People interact with or without words and sounds through their energy, and their appearance makes us think of them. People's communication by terms represents a common and convenient channel to exchange ideas and deal with problems. Collaboration luxury relaxes and improves individual well-being; ill-mannered people interactions act in opposite directions. Provocative and scandalous debates go before various mental disturbs, following physical complaints according to existing fragile areas.

**Aim:** To reveal the influence of communication skills on blood vessel control and how improper communication starts arterial hypertension in a vulnerable individual.

**Material & Method:** A qualitative study was performed by the author in the community from 2008 to 2023, relating to the people's interaction influence on their health. People's inappropriate communication effects on the individual were noticed, then corrected.

**Findings:** man, aged 68, occasionally experienced unpleasant cooperation with some members of his large family. Each time, after offensive attitudes and forceful disputes, he presented tachycardia and increased blood pressure: 155/90 to 167/95 mmHg. On November 2022, following a violent discussion with a family member, he presented headache, high blood pressure, 180/103 mm Hg, tachycardia, and vertigo.

**Patient's family medical history:** Parents, brothers, and sisters: arterial hypertension.

**Patient's medical history:** Transient arterial hypertension, from 2009; permanent arterial hypertension: 2022; atrial arrhythmia, 2022.

**Keywords:** Tachycardia, Vertigo, Mental Disturbs, Blood Pressure, Type 2 Diabetes

### Actions Were Taken

The patient monitored his blood pressure and used the drugs prescribed by his family physician. He called his doctor when headaches and vertigo accompanied his increased blood pressure. The physician visited the patient at home, and an electrocardiogram was helpful with the diagnosis of atrial arrhythmia. The family physician managed the situation using drugs, communication skills, and behaviour-change information. She informed the patient's family about the harmful effects of offensive attitudes and discussions on the individual health. She suggested them more attentiveness in interaction with the patient to avoid more negative effects on his health. In-person educational programs were initiated in the community.

### Results

The patient clinical outcomes improved in the following months. No relapse was reported. The patient's family members were being more attentive and respectful to him.

### Conclusion

People's repetitive impolite collaborations increase transitory, then permanently arterial blood pressure. Improper communication is critical for initiating, maintaining, and accelerating the evolution of arterial hypertension.

### Discussion and Implication

In a large family, people have different backgrounds. Usually, the aspirations of young people do not align with those of adult,

---

senior individuals, frequently appearing intense discussions, implying more adrenergic pathway activity, and subsequently transitory increasing blood pressure. Such situations in repetition progressively generate a transition of high blood pressure from intermittent to permanent form, necessitating continuous pharmacological and non-pharmacological treatment. High blood pressure determines the alteration of the blood vessels and, combined with other possible blood components abnormalities such as hypoxemia, anaemia, hyperglycaemia, dyslipidaemia, and so on, exponentially alter the structure of blood vessels, making them more friable, easily broken under more pressure. Therefore communication style is critical for preventing or determining high blood pressure by its value. Inciting, tempering or relaxing

dialogue makes a talk to fluctuating personal facts and satisfaction; controversial debates imply specific knowledge in that field, interest in deliberating subjective opinion, or bringing different assumptions for brevity into line. As a result, increasing awareness of intended or unintended wrong communication behaviour is mandatory. Altered mental activity disturbs the nervous system's control of bodily function. Hypertension arterial is an unwanted effect of improper verbal and non-verbal communication on the person's health. Evidence in clinical practice shows that other diseases initiated or advanced by people's unsafe touch are depression, dyslipidaemia, obesity, type 2 diabetes and other endocrine disorders. Educational programs are necessary.

**Copyright:** ©2023 Sofica Bistriceanu. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original authors and source are credited.