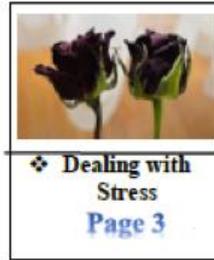




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MOTIVATE

Editorial Note:

To commemorate World Hypertension Day on May 17th, this issue of Motivate is going to provide an overview regarding how hypertension has psychological roots especially in terms of stress. One of the most understated facts when it comes to medical issues is how much of an influence psychological factors have in terms of its cause and exacerbating the issue as well. This issue of the newsletter is dedicated to bringing about brief awareness in terms of how psychological factors can become instrumental in medical problems.

Hypertension is one of the most prevalent medical issues in India. In a research study conducted by Harvard University with data collected from all over India over 4 years, an alarming trend revealed a very high rate of prevalence of hypertension overall but more dangerously among young adults in the country. A recent study conducted by Hyderabad based

company eKincare showed that this trend is especially prominent in top-tier cities in India including Chennai and Bangalore. The study shows that this is especially true of certain set of professionals as well. This points out to the amount of stress which has not been managed by these young adults which in turn has led to hypertension issues.



Through this issue it is hoped that stress management is highlighted as to how crucial it is, especially among the corporates, where it should be given more importance so that the tendency of the employees to mismanage the condition which will lead to hypertension can be controlled as well to a certain extent.

What Doctors Say:

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure has many risk factors, including:

- **Age.** The risk of high blood pressure increases as you age.
- **Family history.** High blood pressure tends to run in families.
- **Being overweight or obese.** The more you weigh the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure on your artery walls.
- **Not being physically active.** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries.
- **Using tobacco.** Not only does smoking or chewing tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls.
- **Too much salt (sodium) in your diet.** Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure. Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.
- **Drinking too much alcohol.** Over time, heavy drinking can damage your heart. If you drink alcohol, do so in moderation.
- **Stress.** High levels of stress can lead to a temporary increase in blood pressure. If you try to relax by eating more, using tobacco or drinking alcohol, you may only increase problems with high blood pressure.
- **Certain chronic conditions.** Certain chronic conditions also may increase your risk of high blood pressure, such as kidney disease, diabetes and sleep apnea.

(Sourced from <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>)



Dealing with Stress:

From the above article it can be seen that one of the risk factors for hypertension is stress. Studies have indicated that stress brings about temporary elevations in blood pressures. If this goes on for extended amounts of time, it will lead to high blood pressure or hypertension. This is especially true with a lot of research studies showing high levels of job stress among employees in India. So dealing with everyday stress becomes important in this context. Here are some of the ways in which stress can be dealt with effectively-

1. Step Back and Put the Problem in Perspective- Even a 20-minute break away from your problem can greatly help out with putting things into perspective and taking you away from the stressor
2. List Some Solutions and Come Up with a Plan- Emotions and rationality cannot exist simultaneously. When you get logical about an issue, the attention comes away from the stressor.
3. Accept Those Things Beyond Your Control- One major source of stress is when things go awry around us and

we are unable to control it. So step back and accept that most things around us will not go our way.

4. Give Yourself a Break to Relax and Recharge- Indulge in hobbies and make sure you get some downtime every day. This is very essential. Participate in any activity that allows you to give a break to your thinking.
5. Try to Get Some Regular Exercise Every Day- Any form of exercise done daily can help with dealing with some of the negative aspects of stress- both physiologically as well as psychologically.
6. Open Up to People and Express Your Feelings- One way to keep stress at bay is to interact and communicate how you are feeling especially when experiencing negative emotions.
7. Set Reasonable Expectations in Your Daily Life- We set up extremely lofty goals for ourselves and thus setting up to fail from the very beginning.

(Sourced from <https://www.everydayhealth.com/healthy-living/manage-your-stress-levels.aspx>)



Ramblings:

When it was decided that this month's issue would deal with hypertension and stress, it was felt that generally speaking, the word 'stress' is much abused and constantly taken out of context. It is not surprisingly to hear little kids remark on a day to be day basis that they are feeling 'stressed out'. This lack of seriousness with which we use the term has definitely been a factor in terms of why managing real stress has become very difficult.

As mentioned above, more young adults are the ones being affected primarily. This leads to a whole host of medical issues which is arriving earlier in the development stages with each passing generation. Already we are seeing the devastating effects of what these disorders can do to us and the people around us. We react to this in two classic ways- one is with apathy and the other through panic. Either of these options will not serve towards taking care of the problem.

But it is not all bleak and dark because finally we can see people around us starting to

become aware of what stress can do to us. They are finding out newer methods of coping with stress, which at the source, is quite personal. That is the secret! To find techniques which we can enjoy and see ourselves using it for a long time. This ensures the longevity of that technique being in use and therefore also ensures that stress is being managed effectively. So do not limit yourselves to tried and tested and failed methods. Get out there and explore and make your own boundaries. Learn to enjoy every aspect of your life as it comes every day thus fencing away stress altogether!!!



"If you really want to escape the things that harass you, what you're needing is not to be in a different place but to be a different person."

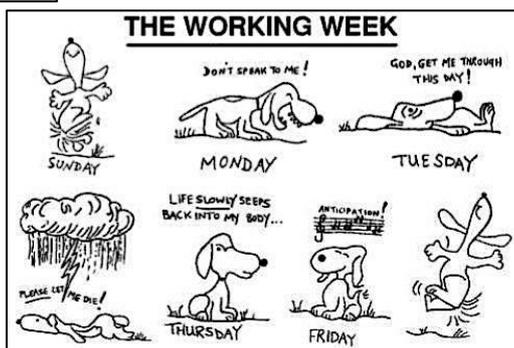
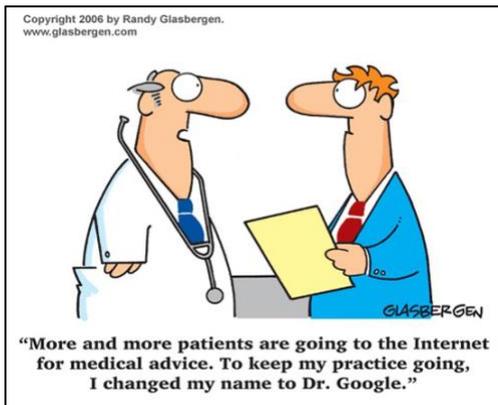
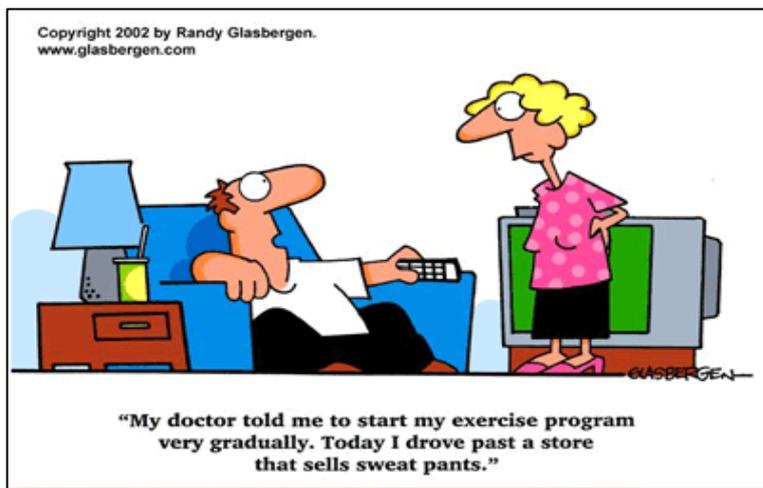
— Seneca

"It's not stress that kills us, it is our reaction to it!"

--Hans Selye

Fun and Funny:

Since this issue is related to hypertension and stress and how to deal with it successfully, one of the most common ways to do that is to have a good laugh! So Fun and Funny section provides a series of cartoons to enable you to do just that!



We would love to hear your opinion about this issue and theme. Do write to us at deepti@i-dentitee.com or log on to our Facebook page at fb.me/identiteellp

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Please note that the articles are based on personal opinions and not to be considered in any other respect.