

Determinants of Brain Hemorrhage in Vulnerable People

Sofica Bistriceanu*

Academic Medical Unit- CMI, NT, ROU, European Primary Care Cardiovascular Society [EPCCS], Academy for Professionalism in Health Care [APHC], Romania.

Published December 14, 2023

ABSTRACT

Background: Brain hemorrhage can harm its function depending on bleeding volume, area, action time, and individual vulnerability.

Aim: Highlight determinants of brain hemorrhage in vulnerable people and how to prevent such events.

Material & Method: A qualitative study conducted by the author in the community from 2000 to 2023 to investigate the onset of brain hemorrhage and disease management.

Findings: Usually, vulnerable individuals aged more than 50, after much exposure to sunlight, alcohol consumption, excessive physical exercises, and inappropriate communication with their collaborators - were diagnosed with a brain hemorrhage.

Their medical history: Arterial hypertension, type 2 diabetes, dyslipidemia.

Their social history: Unsafe interaction with their clients, associates, or partners.

Actions were taken: Typically, the people diagnosed with a brain hemorrhage were treated in the hospital. Once they were discharged, they were monitored by their family doctor, who collaborated with other healthcare professionals as needed. The family physician used medications, communication skills, and behaviour change information; she advised the patient's family about the harmful effect of improper communication and inappropriate air energy on the disease evolution. An educational program was initiated in the community.

Results: Drugs, effective communication, control of environmental factors, and individualized physical and mental activities based on demographic data improved the disease evolution.

Conclusion: A healthy lifestyle, suitable environment, and communication skills are essential in maintaining and improving an individual's health and recovering from a brain hemorrhage.

Discussion/Implication: For seniors, improper communication, intense debates, and more physical exercise combined with excessive sunlight exposure and alcohol consumption can lead to a brain hemorrhage. Cumulative risk factors exponentially increase the possibility of bleeding in fragile areas according to their magnitude, frequency, interaction, and personal vulnerability. Excessive physical exercises, inappropriate words' energy, and offensive attitudes activate the adrenergic pathway, which increases blood pressure, resulting in bleeding in vulnerable zones, including vessels with atheroma plaques. Informative programs are required.

Keywords: Arterial hypertension, Dyslipidemia, Type 2 diabetes, Brain hemorrhage

Corresponding author: Sofica Bistriceanu, MD, PhD, Academic Medical Unit- CMI, NT, ROU, European Primary Care Cardiovascular Society [EPCCS], Academy for Professionalism in Health Care [APHC], Romania, E-mail: bistriss@hotmail.com

Citation: Bistriceanu S. (2023) Determinants of Brain Hemorrhage in Vulnerable People. J Womens Health Safety Res, 7(S2): 04.

Copyright: ©2023 Bistriceanu S. 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 author and source are credited.