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How to fix a broken heart pdf

The loss of a spouse has a heavy burden for the elderly. Scientists say there are doctors as well as other reasons why they develop broken heart syndrome. Sharing on PinterestIt happens sometimes that a person dies right after the death of their spouse. This phenomenon is often referred to as broken heart syndrome, the effect of widower, or, more technically, takotsubo cardiomyopathy. Broken heart syndrome is a social condition that shows that if your wife or husband dies, your mortality rises and remains high for years. Then you can almost 'catch' the death of your spouse. It's not a coincidence, it's an effect, Felix Elwert, Ph.D., associate professor of sociology at the University of Wisconsin-Madison, told Healthline.Elwert says broken heart syndrome is one of the oldest known discoveries in social demographics. There is about 150 years of research on this condition. However, this phenomenon is still a mystery. Elwert's 13 years of research on the subject help point out some answers. Read More: Get the Facts About Depression and Aging » There May Be a Romantic Notion Of Someone Not Being Able to Live Without the Love of a Spouse, but Elwert Says There's More In History. His research points out practical reasons that are gender-specific. People do things for each other that they love. Of course, many couples keep a kind of butterflies in love with the belly, but later in life the relationship becomes much more of a companionship. Even if they are no longer writing each other's secret letters under the table, the death of a spouse in general can harm health because they are losing material services, he said. For example, for people over 75, Elwert says most men struggle with cooking and cleanliness. In this generation, in general, that was the role of the wife, so if I'm an older man and I'm a type 2 diabetic, even a few weeks of irregular and bad meals or maybe chocolate self-medication can push me to the limit, he said. On average, women tend to be two to three years younger than their husbands and often get mentally in shape a little more. So, Elwert says, they are often tasked with remembering their husbands when taking their medications, making medical appointments with their husbands, and coordinating their social activities. If the wife dies, the nurse dies and the social secretary dies. Even if the couple has fallen out of love and no one's heart is broken, all these things we know are harmful to survival are affected. We need to eat regularly, take medication regularly and have social contact regularly so we don't wither inside, Elwert said. When older women lose their husbands, Elwert says they are affected in different ways, especially financially. Social Security benefits are linked to how people survive and in the elderly population tend to be the main earners. Widows receive a widow's pension, which is a little lower, so she may have to move because living alone is more expensive than that together and this can be stressful, elwert said.Read More: Depression in The Face of Terminal Illness or Death Researchers have a database of half a million Americans and tens of thousands of African Americans, but Elwert says they have found no cases of broken heart syndrome among African Americans. We really estimate precisely that this effect is essentially zero. This means that marriage does not prolong the lives of African Americans as it does with whitepeople. That doesn't mean African Americans don't benefit from marriage, it means they benefit longer. For whites, marital benefits disappear when marriage ends, and for African Americans marital health benefits last beyond the death of a spouse, Elwert said. While there is no scientific evidence to prove why this is the case, Elwert says one theory is that the cultural context of marriage differs between groups. One thing we do know is that white widowed elderly people tend to live alone, but elderly widowed African

Americans live with other relatives. Sure, I believe there's a psychological component of the broken heart, but most of the stories I've told are really about having a caretaker at home. Someone I'm not just furniture to, but who has sympathy for me. It could be another relative, a child, a younger brother, whoever it is, he said. Another theory is that in today's generation of seniors, African Americans have fairer marriages and practice a weaker division of labor than whites. For African Americans that's less true. Elderly African-American husbands are more likely to contribute to domestic work than whites, and african-american older wives were more likely to join the workforce than whites, meaning they are less dependent on each other, Elwert said. Read More: Daughters do twice as much as children to care for elderly parents » While the social components of broken heart syndrome refer to the lasting effects of losing a spouse, the American Heart Association (AHA) defines the medical condition as a sudden and severe pain in the chest — the reaction to a wave of stress hormones — that can be caused by an emotionally stressful event with established ties between mental health and heart disease. When this happens, part of the heart increases and does not pump well, but the rest of the heart works normally. Eventually, all cardiac function returns to normal. Broken heart syndrome is often misdiagnosed because the symptoms are similar to a heart attack. However, according to the AHA, broken heart syndrome shows no evidence of blocked arteries. Dr. Harmony Reynolds, cardiologist and associate professor of medicine at NYU Langone Medical Center, says physical stress, like running a marathon, and emotional stress, how to receive news, may trigger the syndrome. I always worry that when people people about broken heart syndrome and they learn that it disappears completely and that their heart function fully recovers, they will think 'I'm just having chest pain because I broke up with my boyfriend or i got really bad news and it goes away, so I'm not going to the hospital,' Reynolds told Healthline. People who have chest pain, no matter what the scenario, whether they think it's broken heart syndrome or a heart attack or indigestion, when you're not sure, have to go to a hospital and ask doctors to check it out, she said. Reynolds recently conducted a study evaluating how the parasympathetic system, which helps the body calm down after a fight-or-flight response, plays a role in broken heart syndrome. The common belief is that the sympathetic nervous system, which produces adrenaline, must be involved as there is a relationship between broken heart syndrome and extreme emotional or physical stress. But we knew it wasn't the whole story because not everyone has extreme emotional or physical stress when they have this problem and because the beta group blocking medications that softened the body's adrenaline reaction didn't work to prevent the syndrome from coming back [in women who had broken heart syndrome]. So if it was all about the adrenaline system, these medications should have been effective, said Reynolds.By studying both systems in 20 women who had experienced broken heart syndrome, Reynolds found that both systems were unbalanced. We think this makes the body's response also unbalanced and this may explain why these beta-blocking drugs don't work for prevention, she said. Whether or not broken heart syndrome may be the cause of death in the widow, Reynolds says: Many people who are grieving or feel that their hearts are broken do not rush to hospitals, as they should when they have symptoms. I definitely think broken heart syndrome may be the reason someone dies after hearing bad news, but regular heart attacks also happen right after people get bad news or have other big stressors. Read More: Age of hearts of men and women Differently » Reynolds says that the natural response to his study is to consider ways to make the parasympathetic system stronger. Researchers could then seek relapse or even how to prevent broken heart syndrome. The things we know make the parasympathetic system stronger in everyday life are exercise and relaxation techniques such as yoga, which are very different from the usual medical approach to giving medicine or doing invasive procedures, Reynolds said. In this case, if we are right and the parasympathetic system is what we need to focus on, then that focus should be exercise and relaxing breathing. The door slammed and I sank to the ground. There it was clumped into the fetal position at the foot of the stairs, protecting my body from hiccups while my mouth filled with tears, snot and the bitterness of the eye makeup that I naively reapplied reapplied he came. I stood there, cheek hot against cold ground until my best friend calmed me down to the point that I could sob two words: It's over. That's how my three-year relationship with the man I was about to live with (and Thought I'd marry) ended on a Tuesday night in September. We met friends five years earlier. Two years later, after he came to rescue me from a souroffice Christmas party, we were snowy in his house for 24 hours. I had to wear my shiny gold dress with your pants in a gray umbro tracksuit all the time. I've never been happier. Since then, we've done what all normal couples do. On vacation, discussed who made the best scrambled eggs (he did, annoyingly), met the families, even debated what food we would have at our wedding. We had discussed baby names and spending Christmas together. Now, a month before my 28th birthday, the world we created has collapsed. Some of my reactions I was familiar with: loss of appetite, hysterical crying (mostly on public transport, why this?), losing the minute someone asked me if I was okay. But this time things were different. I could feel my heart beating in my chest. I was short of breath. I barely slept, but I was hyper-alert. My skin seemed prickly as I touched and when someone walked past me on my way, I screamed in pain and burst into tears. I tried the gym, but my muscles adore in protest. In the third week, I had a cold and a stomach bug for the first time in two years. At 4:37 a.m. on Thursday morning without sleep, I typed you can die of broken heart? on Google. The answer was daunting. Love hurts Dr. Ethan Kross at the University of Michigan's Laboratory of Emotions and Self-Control wants to talk about language. We always use the discourse of physical pain to describe how we feel when we are rejected, he explains. But what if phrases like 'you hurt me' weren't just a metaphor? His research proves they're not. In 2010, Kross and his colleagues placed 40 recently heartbroken subjects through two tests on an MRI machine. In the first, they had to look at a picture of the person who dropped them and think about the specific moment they were rejected. In the second test, they received a slight burn on the left forearm. MRI scans showed that the thalamus, right opercular-insular cortex, and anterior dorsal cingulated regions of the brain – the ones that light up when you are in physical pain – were activated not only when subjects were burned, but also when images of their exes were shown. Interestingly, previous studies have tested this theory and found no overlap in these regions. But the rejection scenario they used was about how a participant felt if they weren't included in an online game, not if they had to be evicted. The stimulus wasn't strong enough. As Kross says: If you activate the rejection ion intensely, it activates areas of the brain that deal exclusively with physical pain. Em Em words, if rejection is deep enough, it really hurts. Social rejection can also make people more sensitive to physical pain. I had already thought that my daily reactions to tapping my finger or being barred on the train were simply because I was feeling fragile. It turns out that my body was prepared to feel them more intensely. So in theory, does that mean you could take paracetamol and heal a broken heart? I'll ask Kross, kind of playful. In fact, there was a study by Nathan DeWall at the University of Kentucky that showed that acetaminophen, the active ingredient in Tylenol (the American version of paracetamol) can reduce feelings of rejection. So paracetamol can help, even if seeing your ex appear in your Facebook news feed makes you feel lonelier than when they first left. Addicted to LOVING YOU DIDN'T EXCLUDE YOU FROM FACEBOOK? biological anthropologist Dr Helen Fisher semi-yells at me in her NYC drawing. No. No, I don't have it. That's because you're in the protest phase. It turns out that the phase of the protest is the first of the two stages of heartbreak. It is characterized by an obsessive need to win back your agonizing partner over what went wrong. This often takes the form of sudden gestures – mostly humiliating – to the said ex (so the time I appeared in his office without warning, or the passive-aggressive wave of 3am to send him the lovely texts he sent me), and focusing on relationships with common friends on the 'the chance' you could see him. Does that look familiar? Fisher discovered, using brain scanners like Kross, that this kind of behavior has a biological root. That the brain regions activated by grief are the same ones that are activated when someone is addicted to cocaine. In the brain, the nucleus accumbens is activated by any type of addiction. Heroin, cocaine, nicotine, food, sex, gambling. You are not addicted to rejection, but the act of rejection creates desires. It sends the dopamine system to overdrive creating symptoms like obsession, extreme focus and motivation, energy, risk and conversation. The same way people behave when they're addicted to a drug. Essentially, the minute a relationship ends, the brain and adrenal glands flood the body with norepinephrine and dopamine. These hormones give you false energy and brute hunger. They give you a dry mouth, even heart rate and suppress your immune system (hence the cold). These chemicals also suppress your serotonin levels, leaving you open to anxiety, vomiting and depression. But that's not all. Fisher's research also showed that social rejection not only creates activity in the brain areas associated with addiction – but also in areas associated with high cocaine. Again, it's not that you get 'high' out of this terrible loss, far from it. But the physical symptoms of both very similar. Your dopamine system kicks in when you are in love as powerfully as when you are rejected. You have desires for it. Right, you want to stay up all night talking to them and obsessed with the next meeting. Romantic love is not a calm substance. I'm going to say it. A bitter pill to swallow forty minutes into our conversation was still a question I wanted Fisher to answer. If you (and other researchers like Kross) know the exact location of the heartbreak in the brain, will there ever be a pill directed enough to cure it? Oh, she did. For that, you need to talk to Larry Young. That's how Dr. Larry Young, from the Department of Psychiatry at Emory University in the USA, ended up talking about the prairie voles. These little rodents – which Young made a career out of studying – mate forever. In one of Young's experiments, they separated the voles from their spouses. After just four days away from their partners, we've seen an increase in expression of the gene that regulates the brain's response to stress – corticotropin releasing hormonal factor, or CRF, Young explains. This kind of social loss has really altered its genetic makeup. It was something I had touched when I talked to Kross about physical pain. We know that different people have different pain thresholds, but if heartbreak and pain are processed in the same area of the brain, it can also mean that there is a threshold of heartbreak – that some people are genetically predisposed to feel heartbreak more intensely than others. There can certainly be a genetic substrate in how people react to rejection, Kross admitted, and Young agrees. There will be a collection of genes that give us certain propensities to respond badly if [our] relationships are broken, he says. Knowledge Young has used to 'treat' the animals he studies. I can already cure heartbreak in a vole, he says, yes, but can you do that to a 28-year-old woman? One day, I'd say so. When hearts attack My last stop on this journey brought me back to something that scared me since I first hit 'search' that Thursday at 4:37 in the morning. It's called takotsubo cardiomyopathy, or a heart attack caused by heartbreak*. The palpitations, shortness of breath and titof my heart plus a slight pain under my rib cage bothered me for weeks. My GP wasn't worried, but Dr Alexander Lyon of the Royal Brompton Hospital, a world specialist in Takotsubo cardiomyopathy – also known as broken heart syndrome – was very interested. Lyon has been at the forefront of working on this syndrome for seven years. On a microscopic level – in the laboratories of Imperial College London – and on a clinical level through his surgery, Lyon has been working to find a genetic project and cure for this type of heart problem. After 18 months of campaigning, he put takotsubo cardiomyopathy in the UK heart attack audit database in June, meaning that by the summer of 2014, there will be a national record of how many people united kingdom suffer from this problem. A 'normal' heart attack is caused by a blockage of the coronary arteries that supply blood to the heart muscle, cardiac, Takotsubo paralyzes the lower part of the heart muscle, where the molecular sensors to adrenaline are in greater concentration, Lyon explains. When you hear about an old couple dying in a few days from each other, or when someone has a heart attack after entering their cheating spouse, this is the heart attack. Men tend to die instantly, while young women tend to survive (protected by estrogen and resilience built in stressful biological situations like childbirth). Postmenopausal women also usually survive. As in Young's research on voles, Lyon thinks there may be a genetic component. The genes involved in brain and heart control are very similar. If you have a change in the beta-2 receptor, it will not only influence cardiac function, but possibly brain function as well. Translated, if the perfect storm occurs where a stressful event happens to a person with this defective gene – that person is more likely to release more adrenaline and be more susceptible to the effects of it. Leaves depression, anxiety, decreased immunity, long or short-term heart problems. The fact that people like Lyon already know this, however, suggests that preventive treatments are not far away. Survival of the fittest The day after she left, my mother picked me up and took me back to my family's house the way she used to if I got sick at school – quietly, without asking too many questions. I just needed to sleep in a bed that he didn't have a side of. While I was lying on the couch, she went back to her favorite chorus... Remember, Amy, what doesn't kill you strengthens you. Of all the clichés you hear when you're evicted, this turns out to be the truest. A 'normal' heart attack leaves a physical scar on the heart tissue, Lyon says. Takosubo no. Paralysis in the heart is the body's way of protecting its most important organ from damage caused by toxic levels of adrenaline. If you survive, which most women do, the muscle memory in your heart is more likely to swell more quickly in action next time. There is also a feeling, from anthropologists like Fisher looking at why something as debilitating as heartbreak has resisted the test of evolutionary time, and from doctors like Kross, Lyon and Young, that the scale of our physical reaction is no accident. Although crying on the train, hysterical midnight calls, colds, anxiety, compulsive checking of all forms of social media and insomnia are horrible, they have some unexpected payments. They attract people to you, make you more productive, more focused on who you are and who you want as a companion (especially if you don't have children yet) and, most importantly, more likely to ensure that it never happens again. 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