



E-ISSN: 2709-9385

P-ISSN: 2709-9377

JCRFS 2023; 4(2): 45-48

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www.foodresearchjournal.com

Received: 19-05-2023

Accepted: 29-06-2023

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Modern lifestyle and cardiovascular health: An overview

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Abstract

Contemporary lifestyle choices have a complex influence on cardiovascular health. The complex network of variables affecting cardiovascular health in the contemporary environment makes it clear that a comprehensive strategy is required. This introduction explores the complex link between contemporary lifestyle choices and cardiovascular health using information from several academic publications. Using data from many academic viewpoints, this introduction lays the groundwork for an extensive examination of the complex relationship between contemporary life choices and the state of cardiovascular health, which is crucial for modern living. The sedentary nature of modern lives and the possible stresses they may bring are the main obstacles that contemporary living may face. Although advances in knowledge and technology provide potential paths for prevention and control, poor eating habits, and psychological stresses present significant obstacles. Developing practical solutions to increase cardiovascular well-being in the context of modern living requires a holistic approach, including lifestyle adjustments, stress management techniques, and routine health monitoring. Combining individualized preventive care with a heart-healthy lifestyle not only guards against cardiovascular disease but also improves general health.

Keywords: Physical inactivity, sedentary lifestyles, stress management, human health, cardiovascular disease

Introduction

The contemporary way of life, marked by sedentary habits, poor eating habits, and elevated stress levels, has become a major cardiovascular health risk. Health care providers and academics have both focused on the complex relationship between lifestyle variables and cardiovascular health. Using information from several academic publications, this introduction explores how contemporary lifestyle choices affect cardiovascular health.

Poor eating habits and the sedentary character of modern life provide a serious hazard to cardiovascular health (Adams & Davis, 2023; Anderson *et al.*, 2011) [1, 5]. Adams and Davis (2023) [1] emphasize that as dietary decisions have a significant impact on overall heart health, it is critical to comprehend the function of functional ingredients in health-conscious baking. Additionally, the potential advantages of certain dietary components, such the beta-glucans present in oats, have been well researched in relation to the prevention of cardiovascular disease (Adams, Smith, & Taylor, 2020) [2].

Apart from nutritional considerations, the correlation between sedentary habits and elevated cardiovascular risk indicates the influence of lifestyle decisions on cardiovascular health (Garcia *et al.*, 2023) [14]. The current trend of extended sitting times and less physical activity has been associated with negative cardiovascular effects, calling for a more thorough investigation of the sedentary character of modern lives.

Another feature of the contemporary day is stress, which has been linked to a number of cardiovascular problems (Brown & Turner, 2019) [8]. Brown and Turner (2019) [8] examine the complex link between stress and cardiovascular health, providing insight into the possible processes by which long-term stress may affect cardiovascular health. The complex network of variables affecting cardiovascular health in the contemporary environment makes it clear that a comprehensive strategy is required. Using data from many academic viewpoints, this introduction lays the groundwork for an extensive examination of the complex link between contemporary lifestyle choices and cardiovascular health. The current diet is characterized by dietary habits that are enhanced by processed and high-sugar foods, which have been linked to a considerable increase in cardiovascular disorders (Garcia *et al.*,

2023; Jones & Martinez, 2020) ^[14, 18]. Garcia *et al.* (2023) ^[14] draw attention to the negative effects of added sugars in biscuits and stress the need of consuming less sugar in order to improve cardiovascular outcomes. This supports the investigation of healthy baking alternatives by Jones and Martinez (2020) ^[18], which emphasizes the significance of making well-informed dietary decisions to reduce the risk of cardiovascular disease.

In addition to food, one of the most important factors in cardiovascular health is physical activity - or lack thereof (Anderson *et al.*, 2013) ^[4]. The link between oats and blood pressure management is reaffirmed by Anderson *et al.* (2013)'s ^[4] comprehensive review, which highlights the role that dietary interventions may play in preserving cardiovascular health. This bolsters the idea that a sedentary lifestyle - which is often associated with contemporary living - poses a serious risk to cardiovascular health.

In the modern world, stress management becomes crucial for cardiovascular health in addition to nutrition and exercise (Brown & Turner, 2019) ^[8]. Brown and Turner (2019) ^[8] highlight the complex link between stress and cardiovascular health by delving into the physiological pathways via which stress may contribute to heart-related problems. Cardiovascular disease prevention requires an awareness of and response to stresses in the fast-paced, high-stress environment of contemporary life. Taking into account the combined effect of these interrelated elements is crucial as we traverse the intricacies of contemporary living and its consequences for cardiovascular health. In the sections that follow, we'll focus on several facets of contemporary life and analyze how they both individually and together affect the state of cardiovascular health.

The Effects of Modern Lifestyle on Cardiovascular Health

The modern lifestyle's many negative effects on cardiovascular health are attributed to sedentary behaviors, nutritional changes, and technology improvements. Using information from a range of academic sources, this investigation seeks to define the advantages and disadvantages of contemporary life with regard to cardiovascular health.

Positive Impact of Modern Lifestyle on Cardiovascular Health

- 1. Technological Advancements in Healthcare:** According to Smith & Johnson (2021) ^[23] there has been a notable improvement in the diagnostic and therapy options for cardiovascular disorders. Notably, wearable technology, telemedicine, and better imaging methods provide for early diagnosis and improved cardiovascular treatment (Smith & Johnson, 2021) ^[23].
- 2. Enhanced Knowledge and Awareness:** People are now more aware of cardiovascular health thanks to the internet era, which has provided a plethora of information on symptoms, preventative measures, and healthy lifestyle options (Harris & Smith, 2019) ^[15]. This increased awareness promotes proactive health-seeking actions and heart-healthy practice adherence (Harris & Smith, 2019) ^[15].
- 3. Tools for Digital Health Monitoring and Prevention:** People may now actively participate in self-care and illness prevention because to the proliferation of digital health instruments, like as fitness trackers and health

monitoring applications (Garcia *et al.*, 2021) ^[13]. With the use of these technologies, cardiovascular health therapies may be tailored to an individual's physical activity level, dietary consumption, and vital signs in real-time (Garcia *et al.*, 2021) ^[13].

- 4. Telemedicine and Remote Healthcare Services:** The introduction of telemedicine has brought about a change in the delivery of healthcare, since it has made medical experts and specialists for cardiovascular treatment easily accessible. (Bennett *et al.*, 2020) ^[7]. Bennett *et al.* (2020) ^[7] state that telemedicine makes distant consultations, ongoing monitoring, and prompt action possible. This is especially advantageous for those who live in rural places.
- 5. Innovations in Treatment Modalities:** Novel pharmaceutical therapies and less invasive procedures are two examples of the innovative treatment methods for cardiovascular disorders that have been made possible by modern living (Miller & Brown, 2022) ^[21]. By reducing recuperation durations and enhancing the patient experience overall, these technologies provide alternatives to conventional methods (Miller & Brown, 2022) ^[21].

The benefits of a contemporary lifestyle for cardiovascular health are shown by advances in technology, raised awareness, and creative approaches to treatment. Together, these elements support a paradigm change in cardiovascular care that prioritizes early diagnosis, prevention, and tailored therapies.

Negative Impact of Modern Lifestyle on Cardiovascular Health

- 1. Sedentary Behavior and Physical Inactivity:** According to Clark (2018) ^[11], a higher risk of cardiovascular illnesses is linked to the prevalence of sedentary lifestyles, which are defined by extended sitting and decreased physical activity. Desk work and dependency on transportation are examples of modern comforts that lead to a lack of regular exercise and its negative implications on heart health (Clark, 2018) ^[11].
- 2. Unhealthy Eating Patterns and Processed Foods:** Elevated blood pressure, obesity, and unfavorable lipid profiles have all been related to the contemporary diet, which is often characterized by excessive intake of processed foods, refined sugars, and saturated fats (Anderson *et al.*, 2013) ^[4]. The increasing number of cardiovascular risk factors is a result of poor dietary choices and the availability of fast food (Anderson *et al.*, 2013) ^[4].
- 3. Chronic Stress and Problems with Mental Health:** Modern living is hard and fast-paced, which has raised stress levels and consequently impacted cardiovascular health (Dimsdale, 2008) ^[12]. According to Dimsdale (2008) ^[12], long-term stress is linked to high blood pressure and the production of stress hormones, which exacerbate cardiovascular disease development and progression.
- 4. Sleep Deprivation and Disruption:** Modern lives often place a higher priority on productivity than getting enough sleep, which causes widespread sleep deprivation and disruption of circadian rhythms (Walker, 2017) ^[24]. According to Walker (2017) ^[24], getting too little sleep raises the risk of cardiovascular

disease by increasing inflammation, impairing glucose metabolism, and raising blood pressure.

- 5. Social Isolation and Lack of Social Support:** According to Holt-Lunstad *et al.* (2010) ^[17], contemporary living has been associated with both a decline in in-person connections and a social isolation that has been connected to greater digital connectivity. According to Holt-Lunstad *et al.* (2010) ^[17], poor cardiovascular outcomes, such as hypertension and coronary artery disease, are linked to the lack of a strong social support network Holt-Lunstad *et al.* (Holt-Lunstad *et al.*, 2010) ^[17].

Bad eating habits, chronic stress, sleep disorders, social isolation, and sedentary activity are all indicators of the detrimental effects of contemporary living on cardiovascular health. In the present day, addressing these variables is essential to reducing the increasing burden of cardiovascular illnesses.

In summary, contemporary lifestyle choices have a complex influence on cardiovascular health that includes both favorable and harmful aspects. Although improvements in knowledge and technology provide potential paths for prevention and control, the widespread problems of poor eating habits, sedentary lifestyles, and psychological stresses present significant obstacles. Developing practical solutions to increase cardiovascular well-being in the context of modern life requires a comprehensive grasp of these aspects.

Introduction to Cardiovascular Health

A vital component of total wellbeing is cardiovascular health, which includes normal heart and blood vessel function. Because the heart is essential to life, keeping it healthy is crucial to avoiding a number of illnesses. In the modern world, lifestyle choices have a significant impact on cardiovascular results.

Lifestyle Factors and Cardiovascular Health

- 1. Dietary Habits and Cardiovascular Health:** It is often known that nutrition and cardiovascular health are related (Anderson *et al.*, 2013) ^[4]. The significance of dietary choices is highlighted by the association between a decreased risk of heart disease and diets high in fruits, vegetables, whole grains, and lean meats (Anderson *et al.*, 2013) ^[4].
- 2. Exercise and Physical Activity:** Heart health is largely dependent on regular physical exercise (Haskell *et al.*, 2007). ^[16] Exercise helps to keep cholesterol and blood pressure at ideal levels as well as heart health (Haskell *et al.*, 2007) ^[16].
- 3. Role of Genetics in Cardiovascular Risk:** Genetic predispositions are a major determinant in cardiovascular health, even if lifestyle variables are equally important (Khera & Kathiresan, 2017) ^[20]. Personalized preventative methods may benefit from knowledge of one's genetic risk (Khera & Kathiresan, 2017) ^[20].
- 4. Psychosocial Factors and Heart Disease:** Cardiovascular health is influenced by psychosocial variables such as social support and stress (Rozanski *et al.*, 1999) ^[22]. The correlation between prolonged stress and unfavorable cardiac consequences underscores the

need of attending to mental health issues (Rozanski *et al.*, 1999) ^[22].

- 5. Cardiovascular Risk and Smoking:** According to Ambrose and Barua (2004) ^[3], smoking tobacco is a significant modifiable risk factor for cardiovascular disorders. It has been shown that quitting smoking improves heart health both now and in the future (Ambrose & Barua, 2004) ^[3].
- 6. In summary:** In summary, there is a close relationship between genetics, lifestyle decisions, and larger societal determinants and cardiovascular health. Understanding the complexity of cardiovascular health enables a comprehensive strategy for care and prevention.

Maintaining Cardiovascular Health in the Modern Lifestyle

Given the sedentary nature of modern lives and the possible stresses they may bring, cardiovascular health is crucial for modern living. It becomes essential to include preventive measures in order to reduce the risk of cardiovascular diseases and to enhance general well-being.

- 1. Prioritize a Heart-Healthy Diet:** Heart health advantages have continuously been linked to a diet high in fruits, vegetables, whole grains, and lean meats (Anderson *et al.*, 2013) ^[4]. Better heart health is achieved by consuming less processed foods, saturated fats, and added sugars.
- 2. Frequent Exercise and Physical Activity:** Regular physical exercise is essential for maintaining cardiovascular health (Haskell *et al.*, 2007) ^[16]. For better heart health, try to get at least 150 minutes a week of moderate-intensity aerobic exercise (Haskell *et al.*, 2007) ^[16].
- 3. Effectively Handle Stress:** Cardiovascular disorders are known to be exacerbated by prolonged stress (Rozanski *et al.*, 1999) ^[22]. Using stress-reduction methods like yoga, meditation, or mindfulness may improve heart health (Rozanski *et al.*, 1999) ^[22].
- 4. Make Sure You Get Good Sleep:** According to Cappuccio *et al.* (2011) ^[10], sleep is essential for maintaining cardiovascular health since it affects blood pressure and heart health overall. For heart health, try to get between seven and nine hours of good sleep every night (Cappuccio *et al.* 2011) ^[10].
- 5. Steer clear of tobacco and drink in moderation:** According to Ambrose & Barua (2004) ^[3], smoking poses a significant risk for cardiovascular disorders. Reducing alcohol intake and giving up smoking are crucial actions for keeping the heart healthy (Ambrose & Barua, 2004) ^[3].
- 6. Frequent Medical Exams:** Regular check-ups assist in keeping an eye on cardiovascular risk factors such as cholesterol, blood pressure, and other conditions. The chance of issues connected to the heart may be greatly decreased by early identification and treatment.
- 7. Keep Up With Genetic Risk Information:** Customized preventative tactics are made possible by knowledge of one's genetic predispositions (Khera & Kathiresan, 2017) ^[20]. Genetic testing may provide information on individualized strategies for preserving cardiovascular health.
- 8. In summary:** To effectively navigate the obstacles presented by contemporary living, cardiovascular health must be approached holistically, including lifestyle

adjustments, stress management techniques, and routine health monitoring.

Conclusion

In summary, maintaining cardiovascular health in the context of today's busy lifestyle requires a proactive, multimodal strategy. The data emphasizes the need of making lifestyle changes, with a focus on heart-healthy eating, consistent exercise, stress reduction, and getting enough sleep (Anderson *et al.*, 2013; Haskell *et al.*, 2007; Rozanski *et al.*, 1999) ^[4, 16, 22]. Additionally, it was shown that abstaining from tobacco and minimizing alcohol use were crucial measures for lowering the risk of cardiovascular disease (Ambrose & Barua, 2004) ^[3]. A thorough cardiovascular health plan should include regular check-ups and knowledge of hereditary predispositions, according to Khera and Kathiresan (Khera & Kathiresan 2017) ^[20].

This all-encompassing strategy acts as a guide for preventative actions as people negotiate the difficulties of modern life. Acknowledging that genetics, lifestyle, and preventive treatment all contribute to cardiovascular health gives people the ability to take control of their health. By putting these tactics into practice, one may hope to develop a strong and resilient heart in addition to reducing the detrimental effects of contemporary life on cardiovascular health.

Combining individualized preventive care with a heart-healthy lifestyle not only guards against cardiovascular disease but also improves general health. Going ahead, it is critical to share this information broadly and inspire people to adopt a heart-healthy lifestyle in order to live longer, better lives.

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