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New Insights and Reflection into the Cardiovascular Safety and Health after Recovery

-The common sense in the aspects of prevention or prevention of relapse

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Abstract: Safety comes first and this is known to the world. Since safety is the top priority, first things first, we will discuss around the safety of cardiovascular health in this article mainly from the angle of prevention or prevention of relapse, for prevention is better than cure. So in this article, we mainly analyze the prevention of the cardiovascular illness from the three aspects in terms of our common sense: What to do, how to do it and the moderation of doing it.

Keywords: Cardiovascular safety; Physical and emotional safety; Prevention; Balance; Proportion; Circulation; Moderation

1. Introduction

We all know that safety is the most important thing in our life, then what is safety? It is a concept that includes all measures and practices taken to preserve the life, health and bodily integrity of individuals. So to preserve say, the life, the health, the prevention of any unexpected unpleasant incidents is surely better than what could happen and the aftermath measures to cure, to repair.

No one can be 100% percent healthy, and that means falling ill is a common incident that everyone in his life now and then may need to face and deal with. So being unhealthy, since it is so common that it is not some people's "privilege", but rather, like a name, everyone has it in some way. For example, whose body can be 100% germ-free? Any of these germs can cause big or minor health problems given certain conditions. So health is important, but in actual fact, what is more important is safety, which means life to some extent. So even for the cardiovascular health, who would dare say he or she is 100% healthy in it? Even with passing the different ways of testing, we still know that we are just "relatively" alright with it for the time being, and still not 100% healthy for there is no perfect thing in this world, so we have nothing to feel complacent about even when we are seemingly healthy in this aspect [1].

So when one is diagnosed with the cardiovascular health problems, it is not something too big a deal either, as long as we are alive, we have hope, that we still have chances to change the direction, to make it move in the virtuous cycle. If it moves in the right direction, the hu-

man body, in a state of growing and changing, as in the metabolism, it will change for better to put it in this way. Since health is important, but not of the utmost importance, then what can be more important than health? The answer is safety. For example, when one is infected with a virus, he or she can just be the carrier of the virus, -we all have this or that kind of the virus in our body, so in a sense, we are all certain virus carriers; it is just some are common that we know well how to deal with them or at least get along with them, and that is why later we will talk about the importance of getting along, or he or she may have the acute incidents that necessitates the immediate treatment, so how to deal with this unexpected incident that has a lot to do with safety, there is a lot to learn [2].

So we can talk about safety issue from different aspects, from the prevention aspect or from how to deal with the acute incidents, but here in this article we will mainly discuss around the cardiovascular health from the prevention part or the prevention of the relapse in the knowledge of our common sense, for prevention is better than cure.

2. Know What to do Good Mental Emotional and Physical State Help Prevent and Prepare, and Thus Contribute to a Better Cardiovascular Health

2.1. A good mental and emotional state helps

Good mentality helps and contributes to a steady and good recovery

First we should have the understanding that no one is 100% healthy, therefore there is nothing to feel too stressed or gloomy about if one is diagnosed with the illness. So feeling secure is very important that with the direction, say the metabolism direction or the metabolism speed changed to the right and normal state and turning into the virtuous cycle, we have the faith that we will go into a healthier condition.

So it is very important to have faith and seek for a good independence and good cooperation with the world, including looking for proper information and medicines, asking for the help of the doctors etc; Having good independence means we are supposed to have confidence and faith in the world, in ourselves, as well as people around us that with all these efforts combined and contributed, slowly and surely we will gain the good recovery in time. With our good knowledge of recovery from the illness, and good actions taken, we should also be patient; patients should be patient; As the saying, patient in adversity and cautious in prosperity goes [3].

For the good mentality, besides the confidence, modesty and patience we should also be persevering. Hold on to the faith and the actions of recovery, persevere to the end that we, with the help of the world, us ourselves and others, we will not only have a good recovery, we will enjoy the “journey” of recovery as well. Therefore emotional safety is of great significance.

2.2. Being in a good physical state helps too

Previously we talk about being in a good mental state helps; Having a clear conscience, a peaceful and a balanced mind will do us a lot of good in helping us get back on the right way to recovering.;

There are three good Doctors, Dr Diet, Dr Quiet, Dr Merry man; So we not only need to have the good emotional state, - being “Quiet” and being “Merry”, we should also have the good physical state - balanced “Diet”, so that we will have some extra physical strength left, we will feel more at ease of what the challenges the future might have in store for us.

So being in a good mental and physical state, with the good independence and good cooperation of the world, us ourselves and others, with some extra energy to prepare for the possible unexpected incidents, all of which make a great difference to a safer condition and a better health.

3. Know How to do It on the Basis of the Good Knowledge and the Right Principles, Good Independence and Good Cooperation Combined can make a Big Difference

As for how to be in a good state of mental and physical state to be better preventive and better prepared for a possible health challenge, good independence and good

cooperation are what we can adopt to better help achieve what we said above.

3.1. Good independence

So first how to be well independent? Besides what is said above of being better preventive and better prepared for a possible urgency, we should be our best doctor in a real sense. We should train ourselves to gain good knowledge of the cardiovascular health to best help ourselves so that the world would be able to better cooperate with us on the recovery journey and enjoy it.

So here the guidance of good knowledge is very important; for in the age of information highway, with so much all kinds of information stuffing our life, we have to be very cautious in choosing the right messages as the guideline helping us find the right direction, for the right direction and inspirations are more important than a lot work sometimes.

That is the first part. The second part is about the “good knowledge” we mention above on training ourselves to have. Here are the three aspects we want to look deeper into.

First, Balance:

A. The balance of blood pressure, blood sugar and blood fats

For example, the blood pressure, too high or too low , either type is bad for our health, as the saying, too much is as bad as too little goes. Too high a blood pressure may have some negative impact on the different organs and especially the blood vessels; too low a blood pressure may not have enough strength to press the enough blood into different parts of our body, and thus may lead to an insufficient blood supply; Therefore, moderation and balance helps ensure a virtuous cycle and a healthy state.

B. The balance of the input and the output (the urinating and defecating);

We eat and thus we pass out the waste from our system accordingly to ensure a hygienic and clean inner body environment. With the waste passing out in time, wherever the clean with good nutrients blood flows, it nourishes the body just as the clean and good water flows across the land, giving energy to the plants.

C. The balance of the spirit and the material

Our mental health and our physical health are independent, but also complements each other just as our right hand and our left hand; they are independent but also they are cooperative with each other and it is the same with our spirit and our material, our mental strength and our physical strength, our mental health and our physical cardiovascular health.

D. The balance of the “talking” and “walking”-words and action

Words and action go hand in hand. Precept and example are the best friends. Having good knowledge is far from enough; we should also put it into practice to help pro-

duce “good cardiovascular health fruits”. So balancing our words and action has great significance in our improving the cardiovascular health.

E. The balance of the traditional ways and the technological ways

We have the good living habits and good thinking habits, which are what we call the traditional ways; we also have the good medicines and all kinds of advanced medical instruments that we call advanced technological ways. It is better that we strike a balance between the two and combine them together to serve as good tools to further boost our cardiovascular health. It is like as one is diagnosed with high blood pressure, if he or she just takes the medications but still on a high salt diet, we all know that it is still very difficult to have a good recovery.

F. The balance of the time in terms of, say the sleeping time and the recreational time, the independent time and the cooperative time, the family time and the work time

How much time should we allocate in being independent and taking care of ourselves and how much time should we allot in cooperating with the world, with people around us? That is also a fine art that deserves us to put in time and energy to do research in. And do we sometimes focus too much on recreation while forgetting the proper amount of sleeping time? Or do we pay too much attention to the importance of sleep while forgetting “the proper play”, anyway all work and no play makes Jack a dull boy; it is the same with a lot of sleep and little play also makes things in an unbalanced state.

G. The balance of the different hormones, such as the growth hormone, the male and the female hormone, the thyroid hormone, insulin, aldosterone, dopamine etc. The balance of these major hormones play a critical role in achieving a virtuous cycle of the our health state.

Second, Proportioning:

A. Different energies or minerals or other nutritional elements, are distributed in different parts, but there is the priority. So how to proportionate and prioritize the different materials in our body is a fine art too. For example, some people may have too much fat stored on the stomach, with the waistline expanding, while other parts may lack good enough fat stored as energy, which actually is disproportionate and can be a potential problem to the health; In some way, it is the energy allocated in an improper way. So proportioning and prioritizing our energy or different nutrients allocation is also important.

Third, Circulation:

A. The circulation of the good “material food”---- all the different energies, blood, minerals and all the different elements inside our body. So proper exercise, say walking or jogging in the open air is strongly recommended for the benefit of the cardiovascular health.

B. The circulation of the good “spiritual food” around---- the sharing of the knowledge, the spiritual food ---- calmness, confidence, modesty, patience, persevering.

Helping create a harmonious emotional environment is certain to contribute to a better mental health and thus a better physical and cardiovascular health.

3.2. Good cooperation

No one is an island and therefore it is suggested that we cooperate with the world and others, especially with the family and the doctors. Good and wise cooperation makes a big difference, and matters greatly in a good recovery. In treating the illness, for the independence and the cooperation, they complement each other and help better effect a virtuous cycle recovery.

It also shows our humility of recognizing our limitations and that we are willing to reach out for the help, including the professional medical help. Also having faith in our family that with the good cooperation with the family, we will gain a better quality life.

And according to some of the medical reports, good cooperation with the patients of the same illness sometimes can have significantly good effect if it is done in a good way. So on the basis of good independence, good cooperation with the world, with the doctors, our family, or the patient support groups etc, we will have better conditions to get a good recovery.

4. Know the Moderation of Doing It

All work and no play makes Jack a dull person, or sleep is the best medication or Sleep is the golden chain that ties health and our bodies together by Thomas Dekker. These quotes are constant reminders for us that we need good rests among different tasks such as what is said above, every now and then; and that good sleep is a critical element that helps improve our whole bodily balance. So good rest soothes the soul of anxiety or the tiredness from the daytime hustle and bustle, giving us new energy and refreshment that are necessary for us to continue the rest of our journey. Good sleep endows us with great healing power for our body no wonder the saying, early to bed and early to rise makes a man healthy, wealthy and wise, echos so loud in our ears. Good rest, recreation and good sleep also helps balance our different hormones inside our body and alleviates our pressure and thus better both of our physical and mental health.

Even for the different aspects that we mention above that we should pay attention to, being moderate is a good thing.

When we know what to do, and doing them in the right way and be in moderation, we will have some extra energy left at our disposal so that not only are we in better preventive position, but also if something urgent comes up, we will be better prepared to accept the challenges.

5. Conclusion

In a word, prevention is better than cure. So try our best to prevent. But just as it cannot be sunny days all the time,

sometimes it can rain heavily. So we should also prepare for the “rainy days”. So prevent and prepare. For prevention, contributing efforts to seek for a good mental and physical state would help us stay in good condition to prevent, with some extra energy also to prepare for the possible “rainy days”.

Take one step at a time, slowly but surely, we will gain good recovery and also enjoy the journey. Life is like an electrocardiograph, with some ups and some downs and then a certain period of a relatively smooth line; Life is more or less this pattern with some ups and some downs and a certain period of a relatively smooth time and that is life.

Safety comes first; patient in adversity and cautious in prosperity, just as the ECG we mention, it cannot be all ups or all downs or a straight line; It goes with its natural

laws with ups and downs and some smooth time. Let’s focus on the process and safely go through our life journey with good independence and good cooperation with each other.

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