

The Emergence of heart diseases and depression due to wars and pollution and their strategic criterion for them

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ABSTRACT

Research scientific from a city in a country that was exposed to wars with various weapons, which resulted in radiance, destruction and pollution of the environment and destruction of all the ingredients for decent living, depression has arisen heart diseases of liver and chronic diseases in a striking way and an increase in sudden deaths of various age In the General Governmental Hospital and the Specialized Center for Chronic Diseases in the city Samawah (Al -Muthanna) for a period of two years on 9200 patients of various ages and from both sexes randomly .. We started with colleagues Doctors collecting information and patients with the main cause of depression of all kinds and then immunity, cardiovascular diseases, various liver diseases, the spread of chronic diseases diabetes, hypothyroidism, ancient transitional diseases, pollution and infrastructure, was provided by government and self -support program, cultural, economic, social and health support program with brochures, simplified and review brochures Patrol for the patient and procedures with a treatment protocol from a reliable global sources symbolizing diseases that diagnosed and developed practical experience and controlling depression, which was the key to increasing diseases, making files and periodic deeds for review and activating government and self -effort and programming therapeutic steps. Anti -Depression, anti -biotic and psychiatric, diabetes, fatty liver diseases, heart disease, transitional diseases and the organic system, the use of surgery and cardiac catheterization and taking a biopsy from the liver and from the thyroid gland and eye examination and avoiding side symptoms, activity is directed at the treatment protocol, patient saving, medical and psychological rehabilitation and exotic diseases from Cancer tumors that were dealt with in specialized centers, and we gathered this with a strategic standard with future plans and predicament of multiple assumptions expanding the therapeutic protocol program and regulating the behavior of life in food and avoiding preservatives, taste gains, flavors and ultra -treated food, in addition to the direction towards the foods containing food and natural source and intermittent fasting And exercise and even strengthening the muscles with iron and raising simple weights to deplete negative energy and hygiene and health conditions according to the individual's standard of living were the results Check and work with great benefit on the poor and middle classes, put them in safety without health problems, their continuous follow-up in the long run, optimism at work is a guide to success. According to the results:-

Over the extent of tangible improvement in general, such as the following: depression and psychological conditions $\pm 35\%$, Cardiovascular disease $\pm 23\%$, liver diseases and chronic diseases $\pm 10\%$, common diseases (mixed) $\pm 25\%$, risk factors 70%, transitional transitional diseases 80%, Eye diseases 60%, mortality reduction 60%, treatment of digestive system $\pm 32\%$, patient improvement in recovery $\pm 7\%$, diabetes $\pm 66\%$, atrial fibrillation $\pm 12\%$, heart Faliur disease $\pm 6\%$, coronary artery syndrome $\pm 21\%$, qualifying patients to work $\pm 46\%$, entering the psychological clinic $\pm 3\%$.

Keywords : Laboratory analysis , Depression, cardiovascular disease , Fatty liver disease, ultra sound abdomen, MRI, Echo , ECG, biopsy , patients , Periodic review, Therapeutic drugs, Medical Rehabilitation , Cardiac catheterization .

Objective

The goal is to reduce and control depression, heart disease and liver disease that appeared after the wars, to reduce deaths and their occurrence at different ages, and to find a way and method to eliminate the risk factors that threaten humans.

INTRODUCTION

This clinical research work embodies the frequency of patients on hospitals and through a clinical examination and laboratory analysis of the emergence of heart disease ^[1,3](Acute coronary syndrome, Angina pictures,

Arrhythmia, Hypertensive , Myocardial infraction , Heart Failure , Pericarditis , Myocarditis , Heart valve diseases and malformations) , And epidemics of different ages are unfamiliar and associated with types of depression ^[7,9] (Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest , Its types 1) Major depressive disorder (MDD), 2) Bipolar depression (Mania) , 3) Persistent depressive disorder, 4) Seasonal affective disorder (SAD), 5) Atypical depression (AD), 6) Psychotic major depression (PMD) , 7) Postpartum depression (PPD), 8) Premenstrual dysphonic disorder (PMDD), 9) Situational depression) ^[8,10] The spread of old diseases as a result of pollution, the remnants of wars and their devastating psychological effects, the poor standard of living and infrastructure, social problems, ^[15,4] chaos and thoughts of suicide have greatly contributed to the high number of deaths and their occurrence, liver diseases, fat accumulation and laziness, malnutrition, metabolic syndrome, which has reinforced chronic diseases such as high cholesterol, uric acid, diabetes, blood pressure, heart disease and thyroid diseases. From here, work began in the General Teaching Hospital and the Specialized Center for ^[6,5] Diabetes and Chronic Diseases in Iraq - Muthanna Governorate to research the importance of the nature of the causes and to avoid and alleviate people's suffering and the relationship between the terrifying events left by wars and the emergence of cases of sadness, despair, isolation and guilt - and the inability to withstand the requirements of life. A relationship arose with heart diseases and deterioration of health conditions. The work, in cooperation with our fellow doctors, took place from 2022-2024 on (9,200 patients in advisory clinics, hospital admissions and emergency cases) and randomly of different ages on heart diseases and depression of all kinds, congenital heart defects and blood diseases. When dissecting the deceased's body, we monitor any changes in the ^[11,12] brain, heart, cardiovascular system, emergency heart attacks and strokes and changing the dynamics of the violent effects of using different types of lethal weapons against humans and panic. Therefore, the trend was towards early detection and the extent of empowering and qualifying people to overcome the events they went through, ^[13,14] the violent struggle for life, and the cardiac, psychological and physical effects, and returning them to the early periodic medical diagnostic ^[16,17] and therapeutic plan and following it up, and limiting diseases and reducing the death rate as in the equation:



Surrounding environment - patient \sum History , Diagnosis,

Treatment \sum Periodic examination \sum



Heart disease - Chronic



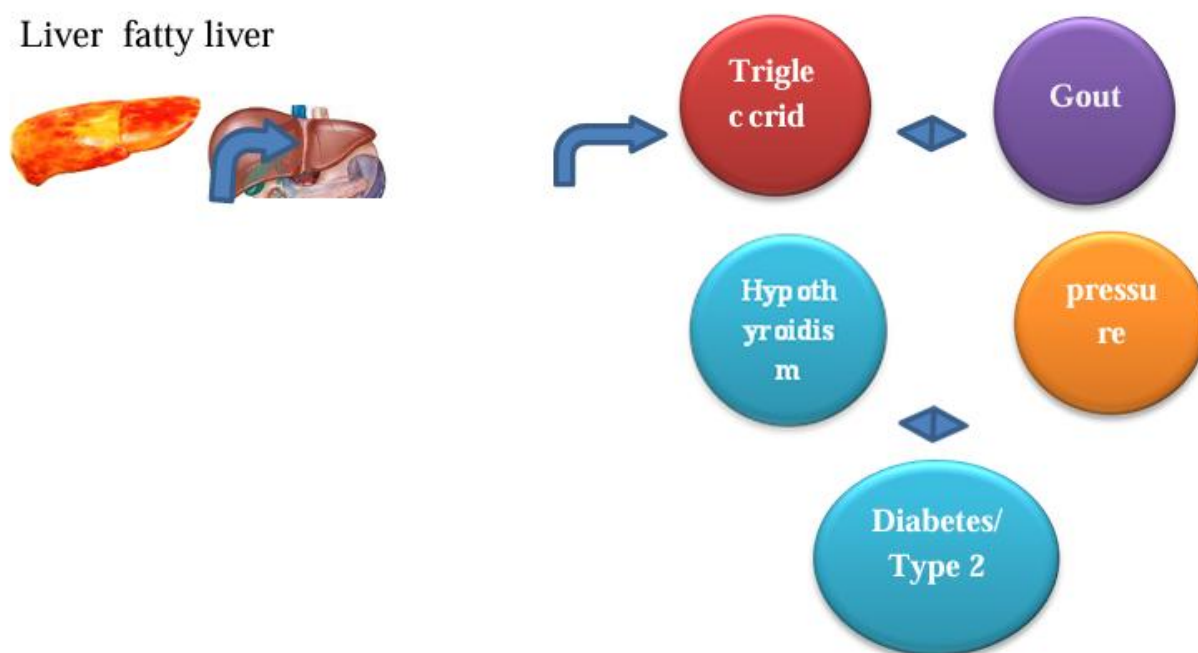
diseases and Depression (mental illness) - Final treatment



Liver diseases ^[18,19] are the main ones, especially since the liver is still healthy, effective and active, purifying the body of toxins, the rate of burning fats and metabolic processes in a healthy and safe way, but if laziness, obesity, malnutrition, infectious, immune and viral diseases, and aging begin, fats form on the ^[2,20] liver and its size begins to swell and its many functions are affected, which are reflected on the human body and the malfunction (malfunction) begins, the lower abdomen begins to sag, indicating the accumulation of fat on it and is (visceral) symptoms begin on the patient, which are (forgetfulness, tension, anxiety, inflammation, bone and joint pain, (fibromyalgia), digestive and colon problems, lethargy and laziness and there is no energy to do work) These are warnings from the liver organ, after which (negligence) ^[21,22] develops, cholesterol, triglycerides and uric acid begin to rise as fat accumulates on the liver (reaction) and the liver is directly responsible for regulating blood sugar and the increase in sugar is stored in the liver (glycogen stores) as soon as fat increases on The liver closes these receptors and acts as a resistance to the difficulty of storage. Insulin is forced to return sugar to the blood, which forces the pancreas to secrete more insulin to break down the excess sugar in the blood. For this reason, the accumulated sugar begins to rise gradually (5.7, 6, 6.5, 7, 8,...), Type 2 diabetes appears.. We notice hypothyroidism and women are more susceptible to hypothyroidism compared to men because 1) The immune system of women works more efficiently than men 2) The estrogen hormone is higher than men.. This is explained by the fact that once the liver organ shows laziness, inflammation inside the body begins to increase and the immune system begins to work more strongly than normal and begins to cause immune problems in the gland called Hashimoto. As for estrogen, which is secreted from the ovaries, uterus, fat cells and adrenal gland, when its secretion increases, the increase returns to the liver so that it does not pose any

danger to the body and is expelled outside. As soon as the liver becomes lazy, estrogen increases more than the body needs. This increase goes to receptors around the thyroid gland, which opposes the work of the gland, causing hypothyroidism. No matter how much thyroxin you take, it is useless because of the fat and laziness of the liver. Therefore, work must be done to return the liver to being healthy and to its normal activity and function so that it reduces antibodies and returns estrogen to its normal state. As for its relationship with pressure, the liver's direct function is to reduce inflammation inside the body once it occurs. ^[23]Inflammation inside the body is a natural reaction of the body to store water (fluid retention and the appearance of dermis) The natural balance of electrolytes sodium and potassium is disrupted and the liver begins to affect the kidneys in terms of filtration and blood pressure is exposed to increase, and when reducing starches and sugar, blood pressure decreases more than reducing salt, and blood vessels constrict and the heart works faster and blood pressure increases. To treat the liver: Two ways: 1) Fasting for no less than 14 hours and no more than 18 hours, including sleeping with them until the fats are broken down and energy is obtained. Glucose is burned to obtain energy from the liver 2) Completely prohibiting the consumption of external sources of sugar For 3 months to get clear results 3) Increase protein, healthy fats, fiber, eggs, cheese, tuna, fish, nuts and all vegetables, only 2 meals a day.. to get documented and useful results.

Liver fatty liver



MATERIALS AND METHOD

We rely on patients who are under treatment and hospitalized, from a medical history of the autonomic nervous system being affected by shocks, panic, fear and insecurity. Heart diseases related to depression, disappointment, war injuries, bacterial and viral diseases and pollution have exhausted and tired their bodies, and sudden death cases of different ages and chronic diseases such as diabetes, high blood pressure and coronary artery disease have emerged. We had the importance of early work with colleagues to deal quickly with consultations and outpatient clinics and divide patients into groups (A, B, C, D) , - Group A: Depression - B: Heart diseases - C: Liver diseases and chronic diseases - D: Combined diseases.. Establishing and reviewing periodically on a regular schedule, examining and supporting patients culturally, economically and socially, and educating people about diseases, diet, correct lifestyle behavior, exercising, and staying away from pollution and life-threatening risk factors.. In addition to emergency cases in resuscitation (ICU), which enhanced the work to reduce the death rate and its occurrence by 65%.

Participant

In cooperation with fellow doctors, using modern equipment in work, sorting out various diseases, conducting examinations and diagnoses, and preparing the patient for treatment, rehabilitation and therapy.

Tools

Laboratory tools (analysis), echocardiogram, Holter, treadmill, ECG, eye examination devices, internal medicine and cardiology doctor, weight, height, effort, pressure and heart examination measurement unit, sonar

(ultrasound), pediatrician, pharmacy (medicines), nurses and assistants, liver scan, magnetic resonance, liver biopsy, thyroid biopsy, Fibroscan device for liver imaging, surgery, resuscitation, rehabilitation, psychiatric hospital .

Study Design

The work design started from receiving the patient at the hospital and taking the medical history to organizing and creating a file to take the appropriate procedures for each medical case and provide medical services in the government hospital and the specialized center for diabetes and chronic diseases.

Used drugs

Anti-depuration, cardio-protector, sedative, Anti-biotic ,Anti-saucotic – Anti-diabetic , Anti-inflammatory drug, Autacoid , Anxiolytic (Benzodiazepine), antipsychotic drugs, Anti-anemia drug .

Statistical Analysis

When reviewing the effects that caused, depression and the psychological state of the patients come first, which is what chronic diseases such as diabetes type 1 and 2, heart disease, and digestive system diseases tend to.

Neglect and indifference to food and deliberate self-harm by smoking and drinking alcohol were influential factors. According to the statistical analysis, the diseases that were dealt with and treated directly:

Table 1: characteristic of study sample level (A- Group)

N ⁰	Pt. Diseases	Males	Women	Percentage%	Response to treatment %
1)	Depuration	33% ±	36% ±	35% ±	65% ±
a)	Major depressive disorder (MDD)	22% ±	16% ±	18% ±	60% ±
b)	Bipolar depression (Mania)	9% ±	8% ±	8.5% ±	50% ±
c)	Persistent depressive disorder	4% ±	7% ±	5% ±	30% ±
d)	Seasonal affective disorder (SAD)	5% ±	2% ±	3% ±	80% ±
c)	Atypical depression (AD)	0.3% ±	5% ±	2.5% ±	85% ±
e)	Psychotic major depression (PMD)	2% ±	1% ±	1% ±	25% ±
f)	Postpartum depression (PPD)	0% ±	3% ±	2% ±	80% ±
g)	Premenstrual dysphonic disorder (PMDD)	0% ±	6% ±	3% ±	90% ±
h)	Situational depression	2%±	2%±	2%	90%±

Table 2: characteristic of study sample level (B- Group)

N ⁰	Pt. Diseases	Males	Women	Percentage%	Response to treatment %
1)	Angina pictures	35% ±	14% ±	23% ±	85% ±
a)	Acute coronary syndrome	9% ±	4% ±	6% ±	75% ±
b)	Arrhythmia	36% ±	25% ±	30% ±	70% ±
c)	Hypertensive	46% ±	23% ±	30% ±	90% ±
d)	Myocardial infraction	6% ±	3% ±	4% ±	70% ±
c)	Heart Failure	3% ±	1% ±	2% ±	40% ±
e)	Pericarditis	2% ±	0% ±	1% ±	90% ±
f)	Myocarditis	1% ±	0% ±	0.2% ±	87% ±
g)	Heart valve diseases and malformations	3% ±	1% ±	2% ±	60% ±

Table 3: characteristic of study sample level (C- Group) :

N ⁰	Pt. Diseases	Males	Women	Percentage%	Response to treatment %
1)	Liver diseases and chronic diseases	9% ±	23% ±	10% ±	75% ±
a)	fatty liver	12% ±	14% ±	13% ±	70% ±
b)	Liver cirrhosis	2% ±	0% ±	1% ±	40% ±
c)	Viral liver diseases	3% ±	2% ±	2% ±	70% ±
d)	Hydatid cyst	2% ±	1% ±	1% ±	90% ±
c)	Diabetic mellitus	40% ±	35% ±	33% ±	70% ±
e)	Thyroid diseases	4% ±	12% ±	10% ±	75% ±
f)	Gastrointestinal diseases	6% ±	7% ±	9% ±	75% ±

Table 4: characteristic of study sample level (D - Group) :

N ⁰	Pt. Diseases	Males	Women	Percentage%	Response to treatment %
1)	Combined diseases	30% ±	21% ±	25% ±	70% ±
a)	DM + Depression	33% ±	20% ±	25% ±	55% ±
b)	DM + Thyroid disease	13% ±	22% ±	19% ±	80% ±
c)	Fatty liver+ DM	7% ±	10% ±	9% ±	60% ±
d)	Fatty liver+ Angina	7% ±	6% ±	5% ±	75% ±
c)	DM + heart failure	3% ±	2% ±	2% ±	60% ±
e)	Arrhythmia+Depression	7% ±	6% ±	5% ±	45% ±
f)	Fatty liver+ hypertension	4% ±	3% ±	12 ±	11%± ±

We have adopted the work of the dimensions of the risk factors surrounding patients and behavioral changes by 70%, and the treatment of heart diseases 75%, various liver diseases 65%, common diseases (mixed) 55%, mood modification and psychological diseases and depression 50%, the removal of harmful bad habits 75%, the treatment of transient and incidental diseases, improvement 80%, periodic improvement of examination 60%, the use of methods of injecting water with carbon dioxide into bags for multiple sessions to treat diabetic foot, improvement 70%, eye injuries, improvement 60%, and we have adhered to the recommendations of the World Health Organization (2024) warned about depression increasing diseases by 5%, and according to the National Institute of Health in the United States (NIH), depression increases heart disease, and scientists from the German city of Munich confirmed 15% of deaths from the coronary artery, and depression increases heart attacks and strokes, as recommended by the Association The American Heart Association screens all heart patients for early detection, and here lies the optimistic research in controlling chronic diseases, depression, heart disease, and liver disease with available medications, behavioral and lifestyle changes, and regular exercise.

Work tactics

It is the changing way of working and dealing with patients of different ages, extracting the most common health problems, classifying and dividing diseases and treating them in the classical way, each according to the organ malfunction in the body.

work technique:

It is a high-level technical work within the specialty that distinguishes doctors from the lowest medical level to the highest level, which has unique importance in treatment, diagnosis, examination, and personal experience in practicing the profession and providing medical services in surgery, internal medicine, cardiology, cardiac catheterization, heart valve operations, and eye operations that have been dealt with and treated.. and in resuscitation (ICU) and rescuing emergency cases.

RESULT

Controlling diseases, reducing deaths and their occurrence and avoiding the side effects that happen to people who are tired after wars, work is on the extent of tangible improvement in general as follows: depression and psychological conditions $\pm 35\%$, blood vessels and heart $\pm 23\%$, liver diseases and chronic diseases $\pm 10\%$, joint diseases (mixed) $\pm 25\%$, risk factors 70%, transient diseases 80%, eye injuries 60%, reducing the mortality rate 60%, treating diseases of the digestive system $\pm 32\%$, improving patients in resuscitation $\pm 7\%$, diabetes $\pm 66\%$, atrial fibrillation $\pm 12\%$, congestive heart failure $\pm 6\%$, coronary artery syndrome $\pm 21\%$, rehabilitating patients for work $\pm 46\%$, admission to a psychiatric hospital $\pm 3\%$, mortality rate $\pm 47\%$

Strategic standard for treatment

The first is the patient's surrounding view in treatment and the means and future plans to remove depression with antidepressant medications and psychoanalytic therapy sessions and by raising the risk factors and supporting the cultural, economic, social and health and the real cause of the circumstances surrounding the patient and according to the medical problem of each patient and taking care of the patient, heart diseases have a complete follow-up and treatment protocol, chronic diseases, liver diseases and fats on it, the periodic table and medical files in treatment help to end the suffering and adhere to the diet, intermittent fasting, exercise (Gym), obesity, weight gain. Pressure, adequate sleep, not staying up late, staying away from smoking and alcohol, staying away from foods that contain flavorings and flavor enhancers and preserved industrial food, stress, these matters match the evidence and evidence and were reinforced in the form of brochures, bulletins, a program, evidence, results, data and global sources that we relied on, greatly defined the problem and pushed optimism and a broader future and horizons despite the limited capabilities in my city by relying on On self-production and real wealth, human beings and the preservation of their lives.

DISCUSSION

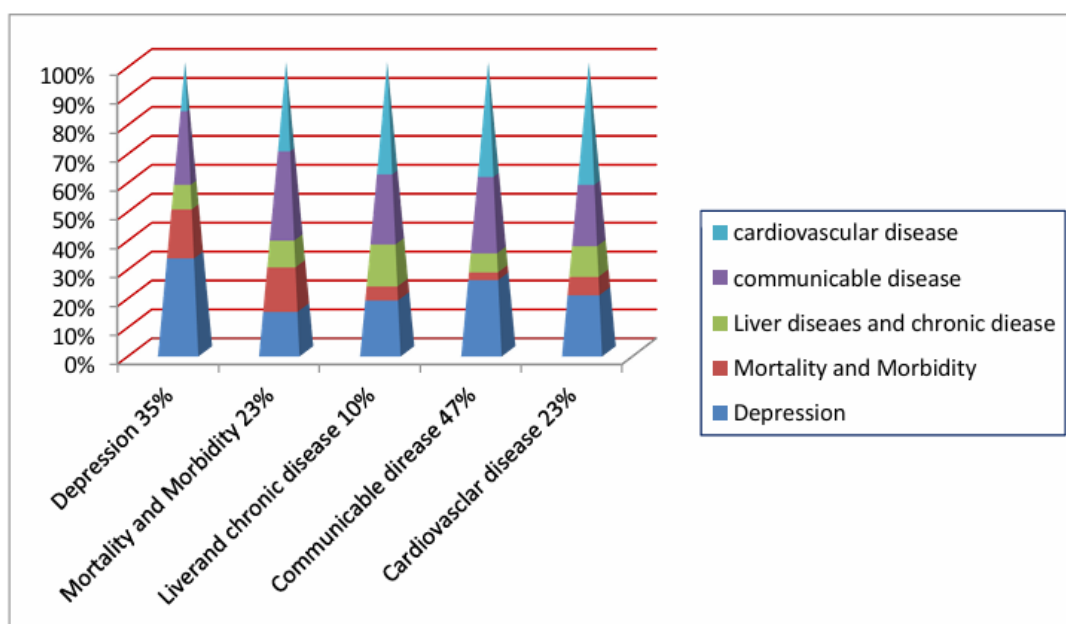
The phenomena and evidence emerged from the pathological cases after the wars that exhausted the city and the medical staff, so it was necessary for us to have a means and scientific effort to change the painful reality and reduce the rate of sudden deaths without a convincing result. They are exposed to death from various causes: heart, depression, liver diseases, and chronic diseases. The research was an embodiment of reality and a study of the fundamental causes and the conclusion. Cultural support, economic support, social and health support, bulletins, and organizing the work of the laboratory, x-rays, and modern devices began, and the excellent government effort to receive patients and medical staff and create a periodic schedule for each reviewer. After two years of effort, the fruits of the work and the reaping of the results that were predicted and keeping pace with global development and events were achieved. Life-threatening diseases were clearly reduced. Cases of depression had a fundamental impact on the exacerbation of heart and chronic diseases, liver diseases, immunodeficiency, and the spread of old diseases that had disappeared, and environmental pollution and radiation from various weapons sources. We had to overcome by finding means and measuring the extent of pollution and educating people with the government effort to clean the environment as in Japan, Germany, and the countries that were exposed to wars and avoided the days of wars and strengthened their reality and work and advance all Levels and the making of the new human being, we, according to the capabilities, scientific effort and solid scientific sources, pushed our research to succeed and benefit from the world's experiences that the world has gone through.. All the results are consistent and practical with self- and governmental capabilities at a rate of 86% of simple achievements born of the circumstance and the death and disease rates decreased, which reflected the results positively on the human being and prevention from exposure to them.

CONCLUSION

The research work came from the real suffering of wars and the use of types of weapons and the emergence of depression, heart diseases, liver diseases and the spread of chronic diseases, especially diabetes, blood pressure, heart disease, fatty liver and the side effects that it causes and the large number of deaths without warning at different ages. It was necessary to know the reasons. The problem was the environment, pollution, wrong behavioral habits, radiation, the emergence of strange diseases, cancerous tumors, the widespread depression, the disappointment of life and living, preserved food, flavors, flavor enhancers, soft drinks, alcoholic beverages and smoking. These increased heart diseases, chronic diseases and fatty liver. The work was through awareness and cultural, economic, social and health support and government efforts to change the situation and receive

patients and identify their diseases and periodic reviews and according to a multi-medical treatment protocol in cooperation with doctors, the psychological, medical and administrative aspects. The results after two years on 9200 cases under observation and knowledge and generalizing this to all patients treated in the general government hospital and the specialized center for chronic diseases and diabetes, improving the results and methods followed and raising the risk factors. Fewer deaths, fewer coronary heart disease, and fatty liver disease. An international treatment protocol was used based on solid scientific books, international experiments, and practical experience that gave the impetus for treatment and refining the appropriate treatment and summarizing it in awareness brochures and leaflets, because simplicity in work leads to very good and beneficial results.

((The chart and graph showing the clear decrease and percentage of diseases))



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