Interdisciplinary approach to optimizing diagnosis, treatment, and prevention of hypertension and its neurological implications

Enfoque interdisciplinario para optimizar el diagnóstico, tratamiento y prevención de la hipertensión y sus implicaciones neurológicas.

Yumashev A.V.
Sechenov First Moscow State Medical University, Moscow, Russian Federation https://orcid.org/0000-0002-5184-0195, umalex99@gmail.com
Artem Andreevich Reprintsev
Federal State Budgetary Educational Institution of Higher Education "Kazan State Medical University" of the Ministry of Health of the Russian Federation Faculty of Medicine 420012, Volga Federal District, Republic of Tatarstan, Kazan, st. Butlerova, 49
https://orcid.org/0009-0007-7883-5680, amzukar@mail.ru
Elvin Elshanovich Verdiev
Krasnoyarsk State Medical University (KrasSMU), Partisana Zheleznyaka Str 1, 660022, Russia,
https://orcid.org/0009-0007-5362-6647, mr.elvin631@mail.ru
Magomed Abubakarovich Tazaev
Federal State Budgetary Educational Institution of Higher Education «Astrakhan State Medical University" Medical Faculty, 414000, Astrakhan, Bakinskaya str.121, https://orcid.org/0009-0000-0518-2200, tazaevmagomed214@gmail.com
Valeria Olegovna Krivosheeva
Voronezh State Medical University named after N.N. Burdenko,Street Studencheskaya 10, 394036, Russia,
https://orcid.org/0000-0002-3908-7380, ler.medvedeva2001@yandex.ru
Denis Andreevich Filimonov
N.I. Pirogov Russian National Research Medical University,1 Ostrovityanova st., Moscow, Russian Federation 117997,
https://orcid.org/0009-0001-7680-3809, f-denis2000@mail.ru
Alexander Markov
Tyumen State Medical University, Tyumen, Russian Federation. https://orcid.org/0000-0001-7471-4792, alexdoktor@inbox.ru
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Abstract

Abstract: Interdisciplinary interaction between cardiology and neurology is becoming more and more relevant in modern medicine. Many studies and clinical observations confirm that the condition of blood pressure and cerebral circulation has a deep relationship with the overall health of the body. For example, hypertension and cerebral vasospasm can increase the risk of cardiovascular diseases, stroke, and also affect cognitive function and dementia. Thus, effective interaction between cardiologists, neurologists, and doctors of other specialties becomes a necessity to ensure full-fledged medical care. The article discusses in detail the methods of optimizing diagnostic processes. Joint research and analysis of the patient's clinical data make it possible to identify links between hypertension, cerebral blood flow, and general diseases, which contributes to early diagnosis and more effective treatment. The article also emphasizes the role of prevention in the interaction under consideration. Joint training programs for cardiologists, neurologists, and doctors can increase awareness of common risk factors and recommended prevention measures. This may include attention to diet, physical activity, stress management, and regular blood pressure monitoring as part of an overall health strategy. The authors emphasize that interdisciplinary interaction between cardiology and neurology not only contributes to improving the overall health of patients, but can also lead to economic benefits for the healthcare system. The implementation of such cooperation requires the exchange of knowledge, training, and coordination of efforts between various specialists in the field of medicine.

Keywords: blood pressure, neurology, interdisciplinary interaction, diagnostics, treatment, prevention.

Resumen

La interacción interdisciplinaria entre cardiología y neurología está adquiriendo cada vez más relevancia en la medicina moderna. Muchos estudios y observaciones clínicas confirman que el estado de la presión arterial y la circulación cerebral tiene una profunda relación con la salud general del cuerpo. Por ejemplo, la hipertensión y el vasoespasmo cerebral pueden aumentar el riesgo de enfermedades cardiovasculares, accidentes cerebrovasculares y también afectar la función cognitiva y la demencia. Por tanto, la interacción eficaz entre cardiólogos, neurólogos y médicos de otras especialidades se convierte en una necesidad para garantizar una atención médica completa. El artículo analiza en detalle los métodos para optimizar los procesos de diagnóstico. La investigación conjunta y el análisis de los datos clínicos del paciente permiten identificar vínculos entre la hipertensión, el flujo sanguíneo cerebral y las enfermedades generales, lo que contribuye a un diagnóstico precoz y un tratamiento más eficaz. El artículo también enfatiza el papel de la prevención en la interacción bajo consideración. Los programas de capacitación conjuntos para cardiólogos, neurólogos y médicos pueden aumentar la conciencia sobre los factores de riesgo comunes y las medidas de prevención recomendadas. Esto puede incluir atención a la dieta, la actividad física, el manejo del estrés y el control regular de la presión arterial como parte de una estrategia de salud general. Los autores destacan que la interacción interdisciplinar entre cardiología y neurología no sólo contribuye a mejorar la salud general de los pacientes, sino que también puede generar beneficios económicos para el sistema sanitario. La implementación de dicha cooperación requiere el intercambio de conocimientos, capacitación y coordinación de esfuerzos entre diversos especialistas en el campo de la medicina.

Palabras clave: presión arterial, neurología, interacción interdisciplinaria, diagnóstico, tratamiento, prevención.

Introduction

Interdisciplinary collaboration within the healthcare sector stands as a cornerstone of modern medical practice, recognizing the intricate connections between various fields to enhance patient care and outcomes. Among these collaborations, the synergistic relationship between dentistry and general medicine emerges as particularly promising, especially in the realm of managing arterial and cerebral blood pressure dynamics[1-3]. In our contemporary era, characterized by unprecedented advancements in medical knowledge and technological capabilities, we are afforded a deeper understanding of the intricate interplay between oral health, specifically dental conditions, and the broader spectrum of systemic health. This nuanced comprehension underscores the profound impact that oral health can exert on overall well-being and vice versa, heralding a paradigm shift in healthcare delivery[4,5].

While traditionally perceived as distinct domains, dentistry and general medicine are increasingly recognized for their interconnectedness in clinical practice. Dental afflictions such as caries and periodontitis are not merely localized conditions; rather, they can serve as harbingers of systemic inflammation and physiological dysregulation, thereby impinging upon quality of life and predisposing individuals to a myriad of health complications[6,7]. Conversely, systemic ailments spanning cardiovascular, endocrine, and immune systems can profoundly influence the oral environment, precipitating dental pathologies and exacerbating oral health disparities.

In light of these intricate interrelations, there arises a pressing need to foster collaboration and knowledge exchange between dental and medical practitioners. Such synergies extend beyond the realms of diagnosis and treatment to encompass research endeavors, educational initiatives, and professional training programs[8-10]. By fostering interdisciplinary dialogue and cooperation, we can harness collective expertise to devise innovative approaches for disease management and prevention.

Practical implications of this integrated approach are manifold, encompassing collaborative diagnostic protocols, personalized treatment modalities, and preventive strategies tailored to individual patient needs. Through joint efforts, healthcare providers can optimize resource utilization, mitigate treatment redundancies, and enhance patient-centric care delivery models[11,12].

Ultimately, the overarching goal of integrating dentistry with medical practice is to advance the holistic well-being of patients and communities at large. By leveraging synergies between these disciplines, we can forge a more comprehensive and patient-centric healthcare ecosystem, characterized by proactive disease management,

improved health outcomes, and sustainable healthcare expenditure reductions. In essence, the integration of dentistry and medical practice represents a transformative shift towards a more interconnected, patient-centered paradigm of healthcare delivery.

Materials and methods

Materials and methods. Medical investigations involving patient records, surveys, and medical databases were undertaken to explore the relationship between arterial blood pressure and brain health. Various clinical parameters, including patient satisfaction levels, were scrutinized, and the amassed data underwent comparative and analytical research methodologies.

Findings reveal a profound interplay between the condition of arterial blood pressure and brain health. Conversely, the health status of the brain significantly influences arterial blood pressure. Conditions such as periodontitis, a form of gum disease, trigger inflammatory responses within the body. Moreover, oral infections can incite systemic inflammation, thereby deteriorating overall health.

Evidence suggests a correlation between chronic gum disease and heightened risks of cardiovascular ailments. Inflammatory processes and infections within the oral cavity contribute to the formation of atherosclerotic plaques in blood vessels. Notably, gum disease can impact blood glucose levels in individuals with diabetes, while uncontrolled diabetes exacerbates oral health conditions.

The integrity of teeth and oral health are paramount for efficient digestion and proper nutrition. Dental issues may lead to dietary restrictions and hinder nutrient absorption, adversely affecting overall health. Remarkably, primary care physicians and medical practitioners can detect systemic diseases like diabetes or specific cancers through oral examinations.

Furthermore, dental health significantly influences self-esteem and quality of life. Dental ailments induce pain and discomfort, thus impacting psychological well-being. These intricate connections underscore the necessity for collaborative efforts between dentists and medical professionals to ensure comprehensive healthcare and enhance patient well-being.

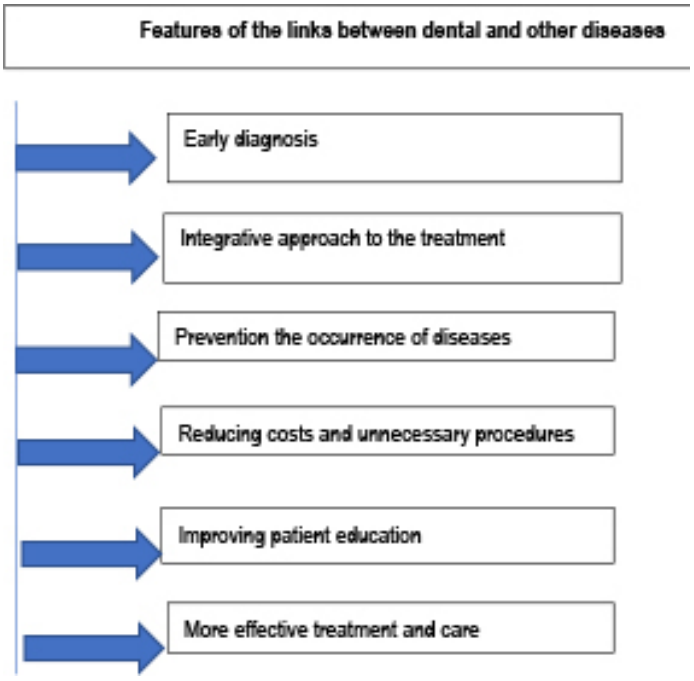
Conversely, oral diseases can exert detrimental effects on overall health and quality of life. Gum and oral diseases serve as potential sources of infections that may disseminate to other bodily systems, precipitating severe complications. Inadequate dental health can impede chewing function, leading to digestive disorders and nutrient deficiencies, thereby compromising overall health.

Treatment modalities for oral diseases often involve medications such as antibiotics and pain relievers, albeit their uncontrolled use may provoke adverse effects. Research hints at a plausible link between chronic oral diseases and autoimmune disorders like rheumatoid arthritis and lupus erythematosus. Moreover, oral diseases such as periodontitis can impact respiratory health, heightening the susceptibility to infections and obstructive conditions.

Given these considerations, oral diseases exert a multifaceted influence on overall health and quality of life. Regular dental check-ups, alongside stringent oral hygiene practices and prompt treatment of oral issues, are pivotal for maintaining optimal health.

Collaborative research and data analysis between dentists and therapists are indispensable for optimizing healthcare outcomes. Early diagnosis, integrated treatment approaches, disease prevention strategies, cost reduction, enhanced patient education, and improved treatment efficacy collectively underscore the significance of joint research endeavors in enhancing medical practice and augmenting patient well-being (Figure 1).

Fig.1. Features of the links between dental and other diseases



Discussion

High blood pressure, also known as hypertension, is a common medical condition characterized by elevated pressure in the arteries. This condition poses significant risks to overall health, including potential complications related to the brain[7,10].

The interaction between high blood pressure and brain health is complex and multifaceted. Insufficient communication and collaboration between healthcare professionals, including dentists and therapists, can exacerbate the challenges associated with managing hypertension and its impact on the brain[7,12].

One key issue is the lack of effective information exchange between healthcare providers. This deficiency can result in crucial medical data being overlooked or lost, such as examination results, patient medical history, and specialist recommendations[13-15]. Without comprehensive information, there is a risk of duplicated medical procedures and unnecessary expenses as different specialists may not have access to relevant data.

Moreover, inadequate communication between specialists may lead to inconsistent treatment approaches, overlooking the interconnectedness of dental health and overall well-being. Preventive measures and early detection of diseases, crucial for managing hypertension, may be disregarded due to insufficient information about oral health[7,16,17].

Additionally, disparities in training and knowledge between dentists and therapists can contribute to misdiagnosis and improper treatment of hypertension-related issues. Without a thorough understanding of the relationship between oral diseases and general health, healthcare providers may overlook important indicators of hypertension or its complications.

Barriers such as disparate insurance systems and incompatible electronic medical record systems further hinder collaboration between healthcare professionals. These obstacles impede the seamless exchange of information necessary for comprehensive patient care[18,19].

Furthermore, time constraints and financial incentives focused on procedural volume rather than quality of care may incentivize expedited treatment approaches, potentially compromising patient outcomes. This pressure can lead to oversights in patient history and diagnosis, further exacerbating the challenges of managing hypertension and its neurological implications[9,20].

To address these issues and enhance collaboration between dentists and therapists in managing hypertension and its effects on the brain, several strategies can be implemented[17-21]. These include:

Integration of comprehensive medical education programs to educate healthcare professionals on the interplay between hypertension, oral health, and neurological outcomes.

Implementation of effective information exchange systems, such as electronic medical records, to facilitate communication between healthcare providers.

Development of joint preventive programs targeting hypertension and related conditions to improve patient outcomes.

Reforming payment systems to incentivize preventive care and collaboration between healthcare specialties.

Promoting a culture of cooperation and understanding among healthcare professionals through training, awareness campaigns, and collaborative events.

Utilization of modern information technologies and medical applications to streamline information exchange and patient care coordination.

Establishment of ethical standards promoting cooperation and respect between healthcare specialties.

Implementation of training programs emphasizing collaboration and mutual understanding between dentists and therapists.

By addressing these areas, healthcare systems can enhance the management of hypertension and its impact on brain health through improved collaboration between dentists and therapists. This collaborative approach is essential for optimizing diagnosis, treatment, and prevention strategies in hypertension management.

Conclusions

The correlation between dentistry and medical practice holds significant importance in ensuring comprehensive healthcare for patients, particularly in addressing arterial blood pressure and its cerebral ramifications. Various issues underpin this correlation, spanning different realms of medical practice. However, through the implementation of suitable strategies and initiatives, enhanced collaboration between dentists and therapists can be realized, ultimately augmenting patient well-being.

Conditions affecting the oral cavity, such as caries and periodontitis, exert considerable influence on overall health, precipitating inflammatory processes and diminishing life quality. Challenges in dentist-therapist colla-

boration encompass deficient information exchange, inadequate training in collaborative practices, disparities in medical systems and regulations, divergent professional terminologies, time constraints during patient consultations, and a dearth of incentives for cooperation.

Potential remedies to enhance collaboration entail integrated educational approaches, facilitated information exchange and shared medical documentation, establishment of collaborative networks, joint preventive programs, reforms in medical service payment systems, patient education initiatives, among others. The execution of these measures promises to foster a more cohesive and superior medical practice wherein dentistry and medical care synergize to ameliorate patient health and avert ailments.

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