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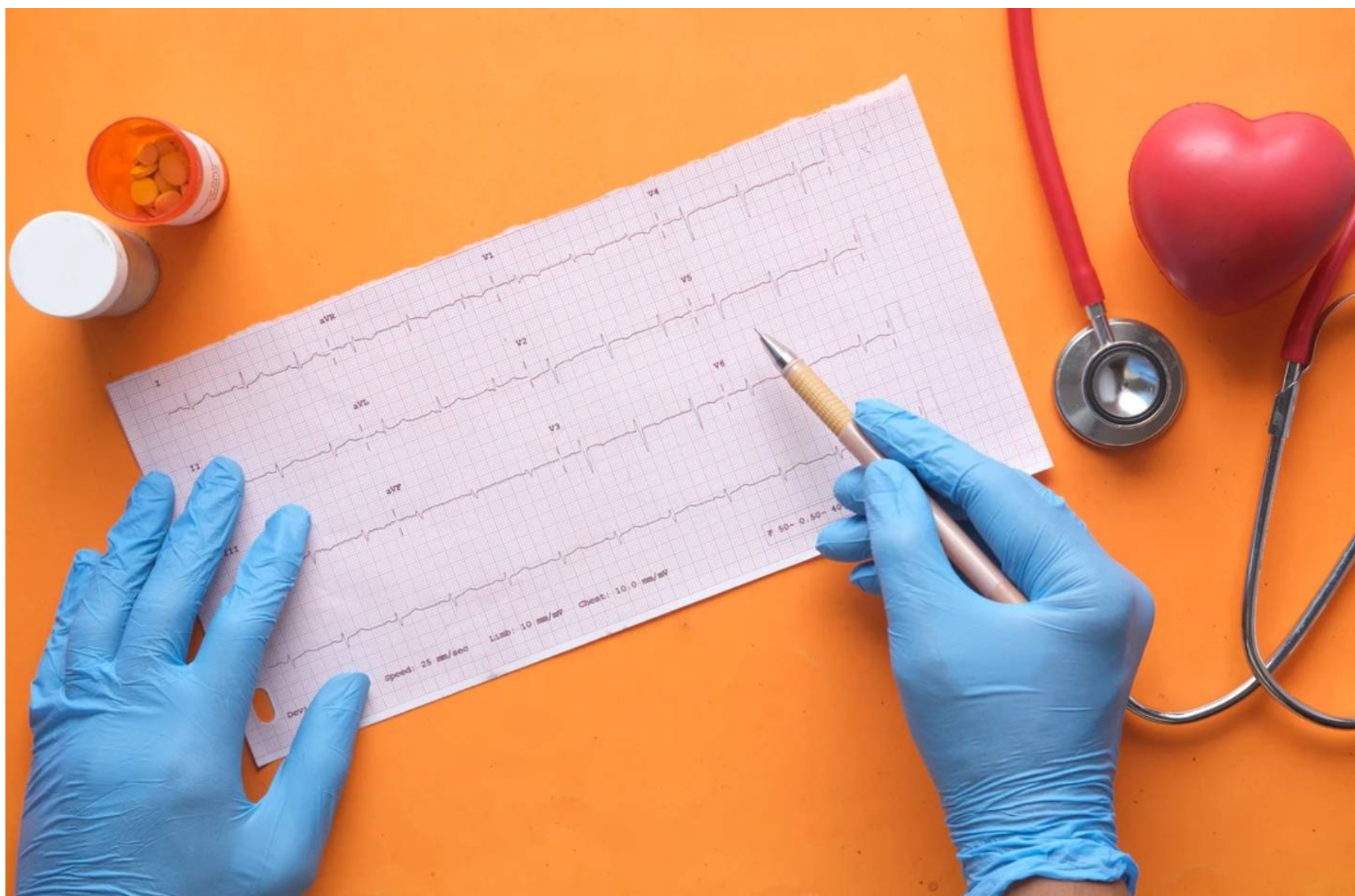
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# PH sees spike of heart disease incidences during pandemic — expert

Published March 3, 2022, 12:32 PM

by [Charie Mae F. Abarca](#)

The prevalence of heart diseases in the Philippines rose by 28 percent during the coronavirus disease (COVID-19) pandemic, said Philippine Heart Association president Dr. Gilbert Vilela on Thursday, March 3.



(Unsplash)

“Tumaas ng 28 percent. Nakakagulat at nakakatakot. Ito ay nangyari during the pandemic, kaya ibig sabihin may epekto talaga ang pandemic sa cardiovascular disease. Dahil siguro noong panahon na ‘yun ay takot ang mga tao na pumunta sa ospital at hindi nakakabili ng gamot (It has increased by 28 percent. It is surprising and frightening. This happened during the pandemic, so it means that the pandemic actually had an impact on cardiovascular disease. This was maybe because at that time, people were afraid to go to the hospital and were not able to buy medicine),” said Vilela during the “Laging Handa” public briefing.

Aside from this, Vilela explained that other factors leading to cardiovascular disease are anxiety and mental stress.

“Anxiety and mental stress create a massive systemic inflammation. ‘Yung mga taong may sakit sa puso, pwedeng maitulak sa heart attack, ‘yun namang mga taong walang sakit sa puso ay maaaring magkaroon ng sakit. Bukod doon, it creates a behavior that is unhealthy to cardiovascular health (Anxiety and mental stress create a massive systemic inflammation. People with heart disease can be pushed into a heart attack, while those people without heart disease may acquire the disease. In addition, it creates a behavior that is unhealthy to cardiovascular health),” Vilela added.



Meanwhile, Vilela noted the “low” number of boosted Filipinos. As of Feb. 21, the Department of Health’s (DOH) National COVID-19 Vaccination Dashboard showed that 63,188,209 have been “fully immunized” against the disease, but only 10,137,607 have so far received a booster jab.

The expert then urged Filipinos to get inoculated and boosted, adding that the public “has everything to gain” from getting vaccinated.

“Makikiusap sana ako sa mga kababayan natin. Mamili naman tayo ng mga papakinggang balita. Ito po ay sasabihin ko sa inyo nang tapat: sa totoo lang kapag kayo po ay nagpabakuna maliligtas niyo po ang inyong sarili at ang mahal niyo sa buhay. Ano ba ang ikinakatakot natin sa bakuna? We have everything to gain from having ourselves vaccinated (I am pleading to our countrymen. Let us choose the news that we listen to. I will tell you this honestly: when you get vaccinated, you can save yourself and your loved ones. Why are we afraid of the vaccine? We have everything to gain from having ourselves vaccinated),” he added.

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