

Letter to the Editor

Allying Words

Somchai Bovornkitti

The Academy of Science, The Royal Society of Thailand

To the Editor :

Clarifying for laypersons and medical students a few frequently misunderstood medical terms:

Cardiac arrest, a sudden cessation of cardiac function, is not a heart attack, although a heart attack can cause cardiac arrest.

A *heart attack* is a circulation problem. When circulation is blocked or cut off and blood is no longer supplied to the heart muscle, the result is a myocardial infarction.

Heart failure happens when the heart cannot effectively push blood out through the circulatory system to the other organs and tissues. It is not as immediately life-threatening as a heart attack or cardiac arrest.

Congestive heart failure means blood flow from the heart through the arteries has slowed while blood returning to the heart through the veins has backed up, and combined, this causes a “blood traffic jam” – congestion in the body’s tissues.

Letter to the Editor

The French Paradox

Somchai Bovornkiti

The Academy of Science, The Royal Society of Thailand, Bangkok

“The French Paradox is an apparently paradoxical epidemiological observation that French people have a relatively low incidence of coronary heart disease.” -Wikipedia.

French people have relatively low levels of coronary heart disease, especially when compared with people in Britain. Despite his or her qualms with a.m. pastries, the French way of eating actually healthy, when consuming smaller portions, not snacking, and avoiding processed foods. It balances out those rich, high-quality desserts and moderate amounts of wine.

For further note: a low mortality rate specifically from cardiovascular diseases may be due mainly to be regular consumption of red wine.

Document for further reading

1. Bovornkitti S. Secrets of attaining old age. AMJAM 2022;22:158.