

# The Risks for Cardiovascular Diseases and Preventive Care

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**Received date:** January 29, 2024, Manuscript No. IPJPM-24-18715; **Editor assigned date:** January 31, 2024, PreQC No. IPJPM-24-18715 (PQ); **Reviewed date:** February 14, 2024, QC No. IPJPM-24-18715; **Revised date:** February 21, 2024, Manuscript No. IPJPM-24-18715 (R); **Published date:** February 28, 2024, DOI: 10.36648/2572-5483.9.1.237

**Citation:** Aoi A (2024) The Risks for Cardiovascular Diseases and Preventive Care. J Prev Med Vol.9 No.1: 237

## Description

Public health concerns about overwork and long work hours are developing. According to a research done in 2016 by the International Labor Organization (ILO) and the World Health Organization (WHO), working long hours ( $\geq 55$  h per week) contributed to almost 745,000 cardiovascular deaths. The working population in Western-Pacific countries is especially prone to long work hours. With an average of roughly 1900 hours annually, South Korea, for example, comes in fourth place among the Organization for Economic Cooperation and Development's member nations in terms of working hours in 2022. Numerous issues with one's physical and mental health are linked to extended work hours. Previous cohort studies have shown an increased risk of cardiovascular or all-cause death in individuals working more than 55 hours per week. It has been revealed by recent meta-analyses by the WHO and ILO that working more than 55 hours a week is linked to a higher risk of stroke and ischemic heart disease.

## Preventive maintenance

Unhealthy health-related behaviors are thought to be a contributing factor in the decline of health in those who work long hours. Research has indicated that extended work hours can act as impediments to employees' participation in health-promoting or preventative activities. For instance, earlier research has demonstrated that extended workdays may limit employees' opportunities for physical activity. Furthermore, research has indicated that extended work hours may act as a deterrent for employees exhibiting symptoms or indicators of disease when seeking medical attention. Long work hours have been positively correlated with unmet medical or dental needs resulting from time constraints, according to earlier Korean studies. Additionally, because it leads to excessive occupational stress and work-family conflicts, working more than 55 hours a week is linked to the beginning of depressive symptoms and sleep issues. Some studies have suggested a possible correlation between long working hours and breast or general cancer risk, despite the lack of evidence in the literature to support a direct relationship between long working hours and cancer risk. Unhealthy health-related behaviors are thought to be a contributing factor in the decline of health in those who work long hours. Research has indicated that extended work hours can act as impediments to employees' participation in health-

promoting or preventative activities. For instance, earlier research has demonstrated that extended workdays may limit employees' opportunities for physical activity.

## Quantitative approach

Furthermore, research has indicated that extended work hours may act as a deterrent for employees exhibiting symptoms or indicators of disease when seeking medical attention. Long work hours have been positively correlated with unmet medical or dental needs resulting from time constraints, according to earlier Korean studies.

Preventive healthcare services are a priority in national health promotion campaigns since they are one of the health-related behaviors that is most important for the prevention and early diagnosis of many diseases, including cancer and cardiovascular diseases. Long work hours are inversely correlated with preventative dental visits among male employees 40 years of age or older, according to a prior study by Harada et al. Similarly, among US working population, working more than 60 hours per week was linked to lower participation in physical examinations and cancer screenings.

However, there is little information on whether long working hours are linked to screening for common cancers that affect both men and women, like stomach cancer, or whether there are differences in this association based on gender. Research on the relationship between long working hours and cancer screening has mainly focused on breast or cervical cancer. Additionally, the characteristics of the workers, such as their age or occupation, may mitigate these connections. Moreover, there is also a dearth of research on the connection between Korean workers' excessive work hours and their use of preventative healthcare services like regular physicals and cancer screenings.

The relationship between lengthy work hours and use of preventative healthcare services was examined in this study. In particular, we sought to investigate the potential negative correlations between long work hours and participation in routine health check-ups, influenza vaccinations, and cancer screenings, using data from a nationally representative sample of Korean workers. Our study looked at the relationship between working hours and Korean male and female employees' use of preventative healthcare services. Our results show that working more than 55 hours a week is linked to insufficient attendance at

routine check-ups, influenza shots, and cancer screenings. Additionally, our study revealed a gender-specific variation in this relationship, with lengthy work hours and use of preventive healthcare services being associated with different genders.