**Do you think medical researchers are able to assess accurately the factors that are detrimental or helpful to cardiovascular health? Why do you feel this way? How do you think your attitudes concerning medical research affect your behavior? Have your attitudes about medical research and cardiovascular health changed since reading this chapter? Why or why not?**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:** According to my point of view, medical researchers are not ready to evaluate precisely the variables that are useful or harmful with respect to cardiovascular health. Truth be told, we are responsible for the wellbeing state of our cardiovascular as we know the components that damage its great working. This is since there has been no consent on the proper approaches that ought to be taken from the individuals who have directed research.

Impacts of condition, undesirable way of lifestyle, overweight, smoking, or absence of activity, can influence negatively our cardiovascular framework. If we are not outfitted with a solid will to carry on in a manner that ensures our circulatory frameworks against these aspects, medicinal scientists will be constrained to help precisely to cardiovascular health. In this way, an individual's mentalities concerning medical research can simply affect their performance. Our life control to maintain a strategic distance from causes that damage our cardiovascular framework and medical scientists' evaluations must be consistent.

The chapter helped me comprehend why a few people are increasingly powerless to experience the ill effects of cardiovascular medical problems than other individuals. Such data is significant for my profession as it will extend my insight into cardiovascular health among individuals from the community. My attitudes and observations towards cardiovascular health have changed a lot subsequent to reading the chapter.

**Reply 1:** I like your discussion and the manner in which you depict your opinion. Indeed, medical research has neglected to achieve an accord on cardiovascular wellbeing. This is because of the way that there is plenty of cases that don't fit in with the learning we get from these researchers. I feel that research is a continuous procedure and needs time for an accord to happen. In any case, despite everything we need to utilize the suggestions of accessible research to decrease the hazard to cardiovascular infections.

**Reply 2:** Your response is very elegantly composed, Hawraa! I emphatically agree with you. That was a decent collapse and yes medical research is significant. The consequences of medicinal research demonstrate chances and probabilities and not certainties for the most part. Then again, I also accept that dealing with our own health is additionally significant in light of the fact that it is our obligation to eat well and remain dynamic.