

Description

Cardiovascular diseases have affected populations across countries. Scientists have been aggressively promoting lifestyle changes, better food habits, and regular exercise. However, the risk factor still remains, with no obvious visual indicators for easy diagnosis of heart-related ailments. A study recently presented at the European Science Council (ESC) Congress 2018 in Munich, Germany (by the European Society of Cardiology) talks about how forehead wrinkles could indicate the possibility of having cardiovascular disease. According to these researchers, a higher number of forehead wrinkles (or a higher “wrinkle score”) positively correlates with increased odds of dying with cardiovascular disease. This study was performed for a period of 20 years and it included 3,200 working adults aged 32, 42, 52, and 62 years. The same study also finds a positive correlation between forehead wrinkles and atherosclerosis.

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Category

1. Checklist

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