

## Pulse and passion

### Le pouls et la passion

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The human heart, pulsating rhythmically within our chests, is a magnificent organ that not only pumps life-sustaining blood throughout our bodies but also symbolizes the very essence of emotion and connection. Physiologically, the heart's intricate network of chambers and valves work in tandem, ensuring that every organ, every tissue, every cell

receives the oxygen and nutrients needed to thrive. Each beat reflects a meticulous balance, a dance between form and function that has been fine-tuned over millions of years of evolution. Yet, beyond its anatomical marvel, the heart carries a profound emotional weight. It's often portrayed as the source of love, passion, and the very soul itself. Our language is full of phrases that acknowledge this: we wear our hearts on our sleeves, have heart-to-heart talks, and even feel heartbreak.<sup>1</sup> Interestingly, profound emotional distress, such as a heartbreak, can lead to a condition known as takotsubo cardiomyopathy, where the heart temporarily weakens, showcasing the deep link between emotions and cardiac function.<sup>1</sup> The flowers blooming from the heart in the digital painting underscore this duality—the merging of the heart's physical and emotional dimensions. They represent growth, renewal, and the beauty that emerges when we nurture both our physical and emotional well-being. Just as flowers require the right conditions to blossom, our hearts, too, flourish when cared for—a testament to the interconnectedness of our physical and emotional selves.

#### Media

“Pulse and Passion” was created by the generative artificial intelligence software Midjourney and post-processing in Pixelmator Pro.

#### Reference

1. Ahmad SA, Brito D, Khalid N, Ibrahim MA. Takotsubo cardiomyopathy. In: *StatPearls*. StatPearls Publishing; 2023. <http://www.ncbi.nlm.nih.gov/books/NBK430798/> [Accessed Sept 17, 2023].