

# Reply

*by Reply Reply*

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### **Reply 1**

The cases of depression have indeed been more rampant in the recent decades than some time back. Since adolescents are still developing mentally, social media cannot be unmentioned as the main contributor to this crisis. This is especially the case because many of them have access to social media devices. Whatever comes their way during this developmental stage accumulates in their minds. I have encountered several adolescents who have had challenging times adapting to the new lifestyle during their transition from adolescents to mature persons. This explained why this stage is crucial in what the adolescent encounters in their life because it forms the foundation of their living. It is indisputable that spending too much time on social media leads to many challenges such as poor sleep and harassment. Harassment cases are more experienced by girls than boys. Depression is directly related to the time spent on social media because of the reasons you have stated. It may indeed be difficult to identify the people who get access to online resources because it is not all people who can easily access them at that age. This may have presented a challenge in your conducting of the study. Could you also state why you quoted that girls spend more time on social media than boys?.

### **Reply 2**

Indeed, the rate at which cancer cases are being experienced nowadays is alarming. These cases are preventable through the adoption of a healthy lifestyle. After awareness was made to them concerning the measures to prevent the cancer cells from forming, I have come across people who adopted the lifestyle, and the causes of cancer were unheard. I concur with your scientific study that sugar is a great contributor to the growth of cancer cells. What I did not know is that the cancer cells feed on sugar for growth. The lifestyles are improving, and people may take advantage of this to prevent the growth of cancer cells. However, I think some people are ignorant and reluctant to take the necessary measures to curb the growth of these cells. I concur with you that the patients using KD have a bigger lifespan than those not having it. I have also observed this from the patients who have died from cancer in my

neighborhood. What is your opinion do you think the chemical test of anti-angiogenic therapy and KD would yield?

**Reply 3**

I would like to specifically understand what brings about the constriction of the small arteries, which later causes systemic hypertension. Heart failure may indeed be brought about by the overworking of the right ventricle. This is the case because a complication in the body would also result from overworking a particular organ. Pumping of the blood in the body is essential for the normal functioning of the heart. I, therefore, agree with you that failure of the heart to pump blood adequately would result in heart failure. I would love to get more insight into the heart failure's hereditary passing, as was the case with Henry's history.

**Reply 4.**

I agree with you that we cannot have a case of heart failure if the heart is pumping blood to the rest of the body in the normal way. It is also indisputable that most cases reported for heart failure are for people aged above 65 years. Any malfunctioning of the part of the heart is considered to interfere with blood flow, and therefore it is termed heart failure. The heart is an organ, and I never thought it is hereditarily affected. Would you explain more about how this comes to be? I concur with you that lack of physical exercise was one of the risk factors that exposed Henry to heart failure. Physical exercise enhances the smooth flow of blood from the heart to the rest of the body parts.

# Reply

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