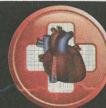


# WORLD HEART DAY



A Space Marketing Feature

AS THE WORLD OBSERVES WORLD HEART DAY ON SEPTEMBER 29, WE FIND OUT WHAT KEEPS YOUR HEART HEALTHY AND HOW YOU CAN PREVENT HEART DISEASES..

**T**he World Heart Federation, the biggest platform for awareness of cardiovascular diseases (CVD) have constantly been spreading the message of a healthy living and lifestyle. With the rise in a sedentary lifestyle, the organ that bears the brunt of it all is the heart. And without the heart, your whole system ceases to exist. Nandini Rao, a media professional recently saw her father go through a heart attack

coming. "It was also triggered by a great deal of mental stress, combined with the physical stress of working in the heat. There was a 90 percent block in one of the arteries, so bypass was the only option. It was a tough two week period for us, because that's when my grandmother passed away. Plus, my brother had his board exams as well. It was a tough time." Nandini feels that off late the news has been rife with 20-somethings getting CVD. "I

health check-up is the first step, so you can identify which are the problem zones. Here are a couple of points that the World Heart Federation has listed out:

#### KNOW YOUR BLOOD GLUCOSE LEVELS

Diabetes is directly related to heart disease and stroke. Undiagnosed and untreated and diabetes has a fatal impact on your heart. 60 per cent of CVD cases are diabetes patients so if it is ignored, the consequences will be grave.

#### KNOW YOUR HEALTH STATS

Doing a master health checkup helps measure several things like your cholesterol levels, weight and BMI. Blood glucose levels and blood pressure is also measured. Depending on your numbers, you can tell whether you have CVD and how to improve your health.

#### KNOW THE SYMPTOMS

Being aware about local cardiopulmonary resuscitation or CPR is very crucial. Over 70 per cent of cardiac emergencies occur at home and lack of ability to administer CPR sometimes leads to a lot of trouble. Seek medical help immediately if you know of a family member having a heart attack.

#### KNOW YOUR DIET

You are what you eat, so make sure you are eating the right food. Vegetables and fruits should be an integral part of your diet. Avoid processed and pre-packaged food. Cutting down on sugary beverages and fruit juices help too. Having a fruit is much better than blending it into a juice as essential nutrients are lost in the process. Get into the habit of pre-making your lunchbox for work/school.

#### KNOW YOUR BP

A "silent killer", there are no warning signs or symptoms for

## IN A HEART BEAT

**T**he end of September is dedicated to heart health and is celebrated around the globe as World Heart Day. The 2016 beacon shines middle age people and their heart health.

Today's world of turmoil hardships and strife has made it increasingly difficult to pursue a relaxed healthy lifestyle. For those passionate about health and those not so passionate a reasonably healthy lifestyle should be the norm rather than a dream it says Dr. Ajit Mulasari S, Director Cardiology of The Madras Medical Mission. Making heart healthy choices in everyday situations for all people should be made a possibility with ease. The world heart federation has adopted this as the theme for this year and the events around the world heart day serve to bring awareness and help propagate these thoughts.

#### THE MAJOR DISEASES THAT AFFECT THE HEART ARE:

**CORONARY ARTERY DISEASE:** This is due to build up of cholesterol in the wall of the arteries resulting in narrowing of it. Reduction of LDL cholesterol (bad cholesterol) helps in reduction and prevention of coronary artery disease. Those who had a previous heart attack, a bypass surgery or angioplasty should keep their LDL cholesterol below 70mg%.

#### HIGH BLOOD PRESSURE:

High blood pressure causes heart attack, heart failure and stroke. The common secondary causes are renal failure, sleep apnoea, endocrine tumor and stenosis or blockage of the kidney artery. These have to be ruled out in young people who have high blood pressures. The commonest cause of hypertension is essential hypertension which may be familial.

#### PRE-DIABETES AND DIABETES:

Raised blood sugar is a risk factor for heart

disease, kidney disease, stroke and retinopathy (eye disease). India is the capital of diabetes worldwide. Prevention of diabetes can be done by low caloric diet, consuming less of sugar and carbonated drinks and daily exercise. A family history is an important risk factor for diabetes. Ideally blood sugar should be kept below 100mg% and if you are diabetic, you should keep your LDL cholesterol below 70 mg% and blood pressure below 130/80.

#### OBESITY:

Obesity disposes to diabetes, hypertension and coronary artery disease. Lowering of weight helps in reduction of cardiovascular diseases.

#### SLEEP APNEA:

Sleep apnea is a very common condition which is undiagnosed. It leads to episodic low oxygenation during sleep which triggers body stress hormones and leads to a higher risk of blood pressure, diabetes, heart attack and stroke. This can be diagnosed clinically by history of snoring and by doing a sleep test. Treatment is usually the use of a CPAP machine and reduction of weight.

#### MOST OF THESE ARE LIFESTYLE DISEASES AND CAN BE PREVENTED BY:

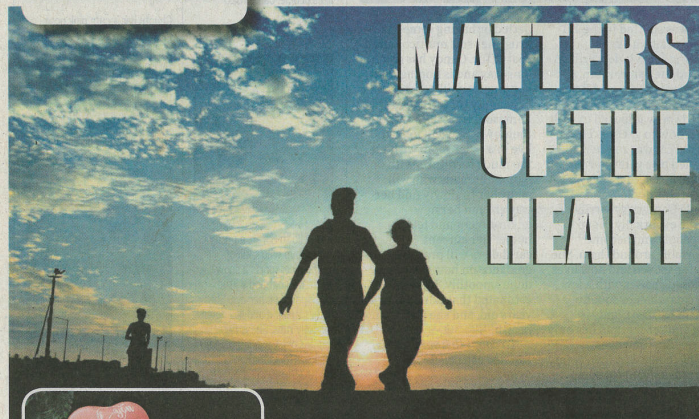
1. Stop smoking
2. Regular exercise
3. Eating a heart-healthy diet with vegetables and fruits
4. Reduction of body weight
5. Stress reduction
6. Reduction of salt in diet, avoiding carbonated drinks and moderation of alcohol intake.
7. Regular health check-ups.

A World Heart Day message from Dr. Ajit Mulasari S, Director Cardiology, The Madras Medical Mission

## LIVING WITH HEART DISEASE

**I**t is normal to feel depressed, angry, frustrated, and afraid after heart surgery. Depression is one the most common emotions to affect people who have undergone

be heavily sedated from the anesthesia you received during surgery-a drowsiness compounded by the analgesics administered to keep you comfortable.



and says the experience was harrowing for the family. "If it is hereditary, there is not much you can do. You have to lead an active lifestyle," says Nandini. "Half-an hour walks as well as diet control is paramount. You could identify if it is hereditary quite early, during regular health check-ups itself.

The reports indicate cardiac risk, so you can begin your diet and exercise schedule after

feel this is mostly because of the nature of our work, sitting in the office the whole time and the food we eat. If it's not organic, most likely even the veggies are stuffed with chemicals, which obviously will react with the body."

Being aware of the kind of risks your heart is susceptible to is important. Understanding your body, the risk you're prone to and to make sure you know



If you have heart disease, you probably know all about cardiac medications, Angioplasty Bypass surgery, the benefits of regular exercise and a diet that's low in saturated fat. But few would have heard about a non-surgical treatment where you don't need to get hospitalised and also a painless procedure called Vaso-Meditech Enhanced External Counter Pulsation

(EECP) treatment. The principle behind this emerging new popular treatment known as EECP, is to decrease the demand on an ailing heart by helping it push blood through the body and in to the coronary artery feeding your heart muscle. But perhaps the oddest thing about EECP is that it works amazingly well to relieve chest pain, or angina and shortness of breath in many

patients. This treatment is for patients with chest pain which is usually brought on by physical exertion and is usually relieved by drugs like nitroglycerin. Unfortunately, these chest pains aren't always easily controlled with medications. Under these circumstances angioplasty is done and Bypass surgery or

angioplasty was suggested and some people just aren't good candidates for angioplasty or surgery or they don't want to undergo them. That's where EECP comes in.

If you would like to learn more about the many benefits and uses of EECP, Please visit [www.healurheart.com](http://www.healurheart.com) or call 9003070065

ly should gradually go away. It is natural to be frightened and anxious about your heart, which has traditionally been regarded not only as a vital organ, but also as the center of the entire individual. An injury which includes surgery-maybe perceived as a threat to the whole person, body and soul. The necessity of making lifestyle changes in several areas simultaneously after heart surgery places a heavier emotional burden on a person than might be felt with other diseases. If you undergo heart surgery, you will probably have little recollection of the first 1 to 2 days after the procedure when you will still

The period beginning 6 weeks after surgery. On the event of World Heart Day, Oxymed wishes a good health and recommends to take effects by diagnosing Cardiac evaluation at 50% subsidized rates to know the Condition of your Heart.

For further details Contact: Oxymed Hospitals Pvt Ltd, Anna Salai, Nandanam, Ph: 044 42131010/1014/1016 Email: [oxymedhospitals@yahoo.com](mailto:oxymedhospitals@yahoo.com) Website: [www.oxymedhospital.in](http://www.oxymedhospital.in)

## TACKLING CONGENITAL HEART DISEASES

In the current era, not all children need heart surgery; many can be managed by regular follow up. And not all children who do have a heart problem that needs addressing need not have to undergo extensive open heart surgery, but can undergo intervention. ...and finally, children who do need open heart surgery for complex conditions can undergo the procedure safely with low mortality and risk of complications.

Children with heart disease present broadly in two ways. Those with a hole or more in the heart or defective valves present with fast-breathing. They do not gain weight, have poor food or milk intake and keep getting respiratory infections and are often admitted with heart failure or lung infections. The other common presentation is as a "blue baby". This can be due to less blood flow to the lungs due to the pathways being obstructed or more complex anomalies where-in the vessels to and from the heart are abnormally twisted or connected. Sometimes a child is fine but on routine check up a heart defect.

Once suspected, the child should be seen by a qualified paediatric cardiologist. Some conditions can be observed or left alone. If a cardiac condition has to be fixed, options are either intervention or surgery.

Interventions are non-surgical methods of closing a hole in the heart or opening up obstructed pathways or valves by accessing the heart via blood vessels in the patient's groin. These are single day procedures, usually do not require intensive care admission and there is no scar. This is particularly attractive from the cosmetic point of view!

Open heart surgery is reserved for complex conditions which are not amenable to intervention. Historically, there has been a fear of heart surgery. Parents are often concerned whether a baby is too small, young or fragile or whether child will suffer psychologically from pain or parental separation.

The "team" concept defines success in paediatric cardiac surgery. The cardiologists diagnose and give a blueprint to the surgeon.

The surgeon, with his team of anaesthetists and perfusionists and operating room staff executes the procedure. The baby is then taken care in an exclusive intensive care with specialists called intensivists taking care.

Postoperative care is a combined, coordinated, multidisciplinary effort translating into excellent outcomes. Nutrition, pain, parental separation, monitoring of

organ function and infection prevention are in the hands of the dedicated doctors and nurses in the ICU. Many children are cured for life with these procedures. They can go back to school, play games, learn dancing and conquer new frontiers. They need occasional check ups and many are not on medications. There are some conditions which need repeat procedures. Many will get married and have children of their own. The key to a happy ending is timely referral. Operating too late can affect outcomes and some children collapse if not operated in time or become inoperable.

[www.billionheartsbeating.com](http://www.billionheartsbeating.com). Take the pledge to save your heart. Spread the message, you have the power to touch over a billion lives. Dr. Neville Solomon, Pediatric Cardio Thoracic Surgeon.




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World Heart Day  
29th September, 2016



HEART INSTITUTES



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- Eat healthy • Get active • Cut down on alcohol
- Quit smoking • Beat stress

This World Heart Day give your heart the attention it deserves. Visit your nearest Apollo Hospitals for a heart-check-up and stay healthy. Nothing could possibly be more important.

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- Prior appointment is a must • Report on an empty stomach

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- Performed over 125,000 angioplasties till date
- 120,000 lives saved every year

- Conducted over 1,55,000 cardiac surgeries
- Pioneers in emergency care
- India's foremost robot-assisted heart surgery programme

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