



# WORKING POPULATION AND CARDIOVASCULAR DISEASES

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**I**N TODAY'S scenario heart ailments are rising among working population. The increasing prevalence of diseases like hypertension, dyslipidemia, diabetes and obesity has led to an increase in the burden of cardiovascular diseases in India.

The minimum time spend at work is 8 to 9 hours which leave us with limited time for physical activity or any other outdoor activities which will help us to keep dis-

eases at bay.

The environment, ambience, colleagues behavior can also increase the risk of heart diseases.

A known Preventive Healthcare Expert, from Indus Health Plus says, "Uncontrolled job stress may also indirectly affect the heart by raising our blood pressure, heart rate, and cholesterol levels.

When we are under stress, platelets, which cause blood to clump, making heart attacks more likely. Stress can also wipe out our

willpower to work on things like exercise, sleep, and eating well, therefore it becomes necessary to follow healthy regime and diet."

During working hours, it's easy to stray away from a heart-healthy lifestyle, the deadlines that keep us glued to our desk, the urge to save time by picking up packaged or junk food as it's easy to eat and the list of temptation can go on.

But we can avoid these bad habits and take charge of heart health by following simple steps:

#### Clean out your office drawer

Take out the packs of biscuits, chocolates and fried items which we keep in drawer to munch during work. Instead keep heart-healthy treats such as unsalted almonds, walnuts and whole grain toasts. Try to eat any one fruit daily.

#### Walk up

Climbing stairs is an excellent aerobic exercise for a healthy heart. Stop using elevators and escalators and try to climb stairs up and down whenever required.

#### Move out of chair

Standing burns more calories than sitting therefore look for ways to get up from chair. Fill your own water bottle from the water cooler or stand while talking on call.

#### Quit Smoking

The most crucial step you can take to lower your risk of heart disease is to quit smoking. Smoking is one of the leading risk factors for coronary heart disease, heart attack and stroke

#### De stress

It is advised to take 10 minutes break from your workstation in every hour or two. Get up and listen to music or chat up with your colleagues for a while or go out in fresh air.

#### Nutrition

The food we eat can affect the way blood flows through our heart and arteries. A diet high in fat and cholesterol can gradually cause a buildup in arteries therefore avoid saturated fats. Avoid red meat and eat chicken or fish. Use refined oil for cooking.

#### Exercise

Try getting at least 30 to 60 minutes of moderately intense physical activity most days of the week. However, even shorter amounts of exercise offer heart benefits. Walk during a tea break or lunch. Walk to work, or park at the end of the parking lot so you have to walk farther.

#### Health Screening

High blood pressure and high cholesterol can damage your heart and blood vessels, therefore timely health check up is required. One should go for blood, cholesterol, BP and diabetes check up at regular interval of time.

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