

Publication: DNA

Edition: Mumbai

Date: 29.9.14

Page No: 3

Headline: 40% professionals in city have stress-induced heart ailments

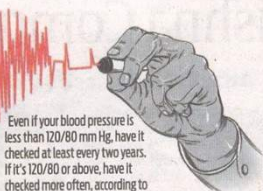
WORLD HEART DAY

40% professionals in city have stress-induced heart ailments

TIPS TO HAVE A HEALTHY HEART

Eat at least five servings of fruit and vegetables a day

Be physically active, even 30 minutes of brisk activity a day can lower blood pressure and cholesterol levels



Control your cholesterol - A simple blood test can show your blood cholesterol level. If it's too high, dietary changes, exercise, weight loss, and/or drug therapy can bring it down to a safer level.

Even if your blood pressure is less than 120/80 mm Hg, have it checked at least every two years. If it's 120/80 or above, have it checked more often, according to your doctor's recommendations.

Avoid foods high in saturated fat, trans fat and cholesterol. Try to limit your salt intake to less than five grams per day (about one teaspoon).

<p>Quit smoking - Your risk of coronary heart disease will be halved within a year and will return to a normal level within 15 years.</p>	<p>Weight loss, especially together with lowered salt intake, leads to lowered blood pressure.</p>	<p>Avoid excessive alcohol - One or two drinks a day, two to three times a week is the limit</p>	<p>Control your cholesterol - A simple blood test can show your blood cholesterol level. If it's too high, dietary changes, exercise, weight loss, and/or drug therapy can bring it down to a safer level.</p>
--	---	---	---

5,703 Of 5,703 blood samples between the age of 20 to 30 years, analysed by Metropolis Laboratories, in 2013 - 14, up to 1,024 samples (18%) had high cholesterol levels. This increases to up to 25% between the persons aged between 30 to 40 years. High Cholesterol is a contributing factor for impending heart trouble

dna correspondent @dna

In a worrying trend, an increasing number of youngsters are falling prey to heart ailments. The abnormality report, released by a preventive health agency, based on people who have undergone health checkups from January 2013 to August 2014 reveals that majority of heart ailment cases have been discovered in patients below 40 years of age.

A sample size of 65,144 was studied out of which 36,748 cases were of males and 28,396 of females. The report pointed out that 58 per cent of the total cases were below 40 years of age and 28 per cent were below 30 years of age. It goes on to say that 35 per cent to 40 per cent of working professionals in Mumbai are suffering from heart ailments due to high stress levels.

"It is estimated that Indians are nearly four times more susceptible to heart attacks, with 25 per cent of those afflicted being under the age of 40, unheard of in other countries' citizens," said Dr Rahul Gupta, Mumbai-based senior interventional cardiologist. The report shows that people below 30 years of age were not aware of the symptoms related to heart diseases. They have a tendency to ignore chest pain and uneasiness due to stress which increases the risk of heart ailments.

"High stress level along with exposure to cigarette smoking has increased heart problems by 10 to 15 per cent as compared to last year. An increase in lipid profile, hypertension, smoking, obesity, diabetes and cholesterol level among Mumbaikars are contributing to the risk of CVD. Increased consumption of junk food, processed and packaged food and less exercise has increased the risk of heart ailments," said Amol Nankawadi, joint managing director, Indus Health Plus.

The report revealed that there has been a rise of 10 to 15 per cent in cardiovascular disease among young women in Mumbai. Pollution, smoking and high stress level with sedentary lifestyle are contributing factors for heart diseases. In 2014, the theme is to encourage people to keep the environment healthy for a better heart health.


It is estimated, Indians are nearly four times more susceptible to heart attacks
—Dr Rahul Gupta, senior interventional cardiologist

dna celebrates the heart of equality


dna correspondent @dna

THE CREDITS GO TO


dna readers who contributed their heart beats for the first ever crowd-sourced HeartSong project




Music Direction:
Purbayan Chatterjee



Music Programming:
Atul Raninga



Arrangement:
Indrajit Dey



Video : Berwin Dhanjal

All heart beats sound alike, irrespective of difference in terms of race, gender, caste and colour. It is the one most-powerful unifying factor, erasing all biases among the people. In an initiative to promote equality, dna has come out with #dna-HeartSong to celebrate the World Heart Day on 29th September 2014.

In a first of its kind initiative, this song has been made from the heart beats of people. A crowd-outsourced project, the heart beats were recorded on a high-frequency doppler machine at the Oberoi Mall on Saturday, 20th September, 2014 and Sunday, 21st September, 2014. Close to one thousand heart beats were recorded. Even Bollywood chipped in with actor Ranveer Singh recording his heart beat for this unique programme.

We can keep our minds sharp and muscles toned, but few really take care of their heart, the one organ which means the most to all of us. It is the very beat that makes the world go round and keep us smiling and living a healthy life.

Dancing to the tune of hearts

#dnaHeartSong Project done to celebrate healthy heart on the occasion of World Heart Day

First ever crowd-sourced heart song made from heart beats of people

Link to listen : www.dnaindia.com/heartsong

Tune into your heart beat , they all sound like ONE

Listen, Like, Share to celebrate a healthy heart

Publication: Punyanagri

Edition: Mumbai

Date: 29.9.14

Page No: 16

Headline: Be alert! Heart ailments are on rise

सावधान... हृदयरोग्याचा संख्या वाढतेय!

आपण नेहमी भूक लागली की काही ना काही जंकफूड किंवा आपल्या आवडणारे पदार्थ खात असतो. मात्र, ते पदार्थ आपल्या शरीरासाठी किती फायदेशीर आहेत, याचा आपण विचार करत नाही. त्यातूनच वेगवेगळ्या आजारांना सुरुवात होत असते. हृदयरोग हा आजारही त्या पदार्थांद्वारे होत असतो. जगभरात हृदयरोग हे अर्धगाल व मृत्यूचे एक प्रमुख कारण आहे. भारतामध्ये अंदाजे २५ टक्के मृत्यूचे मुख्य कारण हृदयरोगाशी संबंधित विकाराने होत आहेत आणि २०२३ पर्यंत भारतामध्ये ५० टक्क्यांपेक्षा अधिक पेशंटसुद्धा हृदय आजाराने असतील. २९ सप्टेंबरला जागतिक हृदय दिन म्हणून जगभर हा उपक्रम राबवला जातो. हा एक जागतिक महाराष्ट्राचा उपक्रम आहे. ज्याची स्थापना लोकांमधील

हृदयरोगासंबंधी जागरूकता वाढवण्यासाठी व त्यांना शिक्षित करण्यासाठी करण्यात आली. चांगल्या हृदय आरोग्यासाठी स्वच्छ पर्यावरण वाढण्याकरिता व ते टिकून राहावे, यासाठी लोकांना प्रोत्साहित करणे, हाच या उपक्रमाचा मुख्य उद्देश आहे.

अशा वेगवेगळ्या वयोगटातील व्यक्तीमध्ये हृदयरोगांचे प्रमाण आढळून आले. मुंबईकरांमध्ये लिपिड प्रोफाइल, उच्च रक्तदाब, धूम्रपान, लठ्ठपणा, मधुमेह व कोलेस्ट्रॉल पातळी यांमधील वाढ हे हृदयरोगाचा कारणीभूत असणारे कारणे आहे. जंकफूडचे वाढते सेवन, प्रक्रिया व पॅक केलेले अन्न व कमी व्यायाम या गोष्टी तुम्हाला हृदयरोगांच्या जकळ नेतात. म्हणजेच वा गोष्टी केल्याने हृदयरोगांमध्ये भर पडते. ३० वर्षे वयाखालील लोकांना

हृदयरोगासंबंधी लक्षणांची जाणीव नाही आणि म्हणून त्यांना छातीत दुखणे व तणावामुळे बरे न वाटणे अशा गोष्टींकडे ते लोक नेहमी दुर्लक्ष करत असतात. ज्यामुळे हृदयरोग वाढण्याचा धोका असतो. हृदयरोग असलेल्या पुरुषांसाठी वयोगट देखील कमी झालेला आहे. ३० वर्षे वयाखालील पुरुषांमध्ये अचानक हृदयक्रिया बंद पडणे व अवरुद्ध घमन्या अशी लक्षणे दिसू येत असतील तर हृदयरोगांची लक्षणे आहेत, असे समजून डॉक्टरांकडे जाऊन वैद्यकीय तपासणी करून घ्यावी.

तसेच धूम्रपानाच्या सवयीसह उच्च ताणतणावामुळे गेल्या वर्षीच्या हृदयरोगांच्या समस्यांमध्ये १०-१५ टक्क्यांनी वाढ झाली आहे. महाराष्ट्रांमध्ये अचानक हृदयक्रिया बंद पडणे व कोरोनरी हृदयरोग ही काही सीक्रीडीची

सामान्य रूपे आहेत. प्रदूषण, धूम्रपान व उच्च ताणतणाव यांच्यासह जीवनातील हृदयरोगाचा कारणीभूत ठरत आहे. जगाच्या लोकसंख्येपैकी २० टक्क्यांपेक्षा कमी लोकसंख्या असताना देखील भारतात जगाच्या हृदयरोग त्रासापैकी अंदाजे ६० टक्के भाग असा आहे ज्यापैकी ४० टक्के महिला आहेत. ८० टक्के अकाली मृत्यू हे हृदय रोग व हृदयघात यामुळे होत आहेत जे टाळता येऊ शकते. यासाठी कारणीभूत असलेले घटक उदा. तंबाखू वासाखऱ्याच्या सेवनाने किंवा हानीकारक आहार व शारीरिक आळस यावर नियंत्रण ठेवले गेले तर अशा प्रकारच्या हृदयरोगांवर नक्कीच नियंत्रण ठेवले जाऊ शकते. तर एक पाऊल पुढे टाका आणि या समस्येवर मात करा व आपले आरोग्य निरोमी ठेवा.

इंडस हेल्थ प्लसने आज एक अहवाल जाहीर केला आहे, जो प्रकट करतो की मुंबईमधील तरुण महिलांमध्ये हृदयरोग १०-१५ टक्के वाढलेला आहे. एकूण हृदय आजारपैकी नोंद झालेले आजार :

■ १०-१२ टक्के लोकांमध्ये हृदयक्रिया बंद पडण्याचे लक्षण दिसून आले आणि १५ टक्के लोक हृदय अडथळापासून पीडित होते.

■ २४-३० वर्षे वयोगटातील लोकांमध्ये हृदयरोगाच्या केसेस वाढल्या.

■ मुंबईतील ३५-४० टक्के कार्यरत व्यावसायिक उच्च तणाव व अचल जीवनशैली यामुळे हृदय आजारोपासून पीडित आहेत.

■ ५८ टक्के ४० वर्षे वयाखालील असून आणि २८ टक्के केसेस ३० वर्षे वयाखालील होते.

Publication: Afternoon

Edition: Mumbai

Date: 26.9.14

Page No: 8

Headline: Three of five women at CVD risk?

Three of five women at CVD risk?

A Saffolalife study surveyed 51.7 thousand Indian female respondents, revealing statistics about cardiovascular disease (CVD) risks among them

By A Staff Reporter

A three-year long Saffolalife study revealed that three out of every five women from the 51.7 thousand urban India female respondents are at cardiovascular disease (CVD) risk and that a high risk of heart disease sets in as early as 35 years of age in women. Also, women as young as 35-44 years have a high risk rate of CVD. The study which was conducted in 12 leading metro and non-metro cities of India where 1.6 lakh people participated, had 32 per cent women participants out of which 92 per cent were under the age of 60.

Comparing to other 11 cities, the incidence of heart disease is one of the highest among women in Mumbai at 70 per cent. Findings like the incidence of obesity among women aged 35 and above in Mumbai is at 53 per cent, 57 per cent women have low HDL levels, 68 per cent of women in Mumbai do physical activity less than thrice a week, 61 per cent women in Mumbai have felt drained at the end of a working day, 72 per cent women do not include less than two servings of whole grains in their diet and 48 per cent of them have less than two servings

of vegetables/salads in a day, explain why women in Mumbai are prone to risk of heart diseases, says the study.

Padmashree Professor Shashank



Joshi, Senior Endocrinologist, Lilavati Hospital and Research Institute said, "CVD in women are caused due to low HDL and high BMI. Apart from this, smoking, diabetes and high BP are other reasons putting women at risk of cardiovascular diseases (CVD). Sedentary lifestyles, stressful work conditions and compromised diet also contribute in accelerating heart disease risk. It is also alarming to note that women aged 35-44 are most at risk of cardiovascular disease, which includes both housewives and work-

ing women."

Indus Health Plus also released an abnormality report that revealed there has been a rise of 10-15 per cent in cardiovascular disease among young women in Mumbai. Out of total heart ailments reported, 10-12 per cent was of sudden cardiac arrest and 15 per cent suffer from heart blockages. There is an increase in CVD cases between the age bracket of 24-30 years, 35-40 per cent of working professionals in Mumbai are suffering from heart ailments due to high stress level and sedentary lifestyle and 58 per cent of the total cases were below 40 years of age while 28 per cent were below 30 years of age.

Amol Naikawadi, Preventive Healthcare Specialist and Joint Managing Director, Indus Health Plus said, "The urgency of the current scenario could be gauged by the fact that most CVD sufferers in India happen to be in their productive age. Stress can wipe out our willpower to exercise and also affect our sleeping and eating habits. Hence it is important and critical for them to not just change their lifestyle but also go in for preventive health check-ups to detect any kind of health ailment on time."