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Headline: 27% of females are prone to heart diseases as compared to male

37% of population suffering from higher risk of heart diseases

NASHIK: Cardiovascular diseases (CVD) are a leading cause of disability and deaths worldwide. According to PubMed report, India alone is burdened with approximately 25% of cardiovascular-related deaths and would serve as a home to more than 50% of the patients with heart ailments worldwide by 2023.

September 29 is World Heart Day, a global initiative by World Heart Federation to educate and increase public awareness of cardiovascular diseases. This year theme is to encourage people to keep the environment healthy for a better heart health.

Indus Health Plus released an abnormality report in the city that revealed there is a close connection between dia-

betes and heart problems. Out of total heart ailments reported: CVDs are increasing in

Nashik between the age group of 30-40 years; 17.1% of females are suffering from heart ailments; 19.3% of men are at higher risk of CVD's; high number of diabetes cases have been a major reason for fat deposits leading to cases of arteries blockages; cases of ar-

teries blockages are higher by 12% in females as compared to males and 25-30% of the

industrial workers who are under the risk of heart problem also smoke or consume tobacco in different forms.

Amol Naikawadi, Preventive Healthcare Specialist and JMD 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

& 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."

The report also suggested lipid profile has been observed to be high amongst the people of Nashik. Both men and women from the 28 to 35 years have been diagnosed with lipid disorders which have aggravated to diabetes which further increases the risk of heart diseases.

Change in lifestyle with more of sedentary habits and intake of oily food has increased amongst the population of Nashik. Women from semi urban part of Nashik are prone to chest disorders since they are exposed to the industrial smoke.

INDUS HEALTH PLUS ABNORMALITY REPORT

Indus Health Plus Abnormality Report JAN 2013 - AUG 2014	Nashik	
	Male	Female
Total number of people undergone for diagnosis	7845	4992
	In Percentage	
Hypertension	5.71	6.13
Heart Problem	19.03	17.01
Obesity	11.4	10.75
Hyperlipidemia / Atherosclerosis	9.61	8.34