

Home » » Detail News

Pune youngsters have highest cardiac trouble risk

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Pune: Youngsters in the age group of 25 to 30 years in Kothrud, Karve Nagar, Warje and surrounding areas, have the highest risk of developing heart diseases in the city, according to the intra-city heart abnormality report prepared by city-based preventive healthcare organisation Indus Health Plus Heart.

According to this report, 48 per cent males and 48 per cent females in the age group of 25 to 35 years, living in

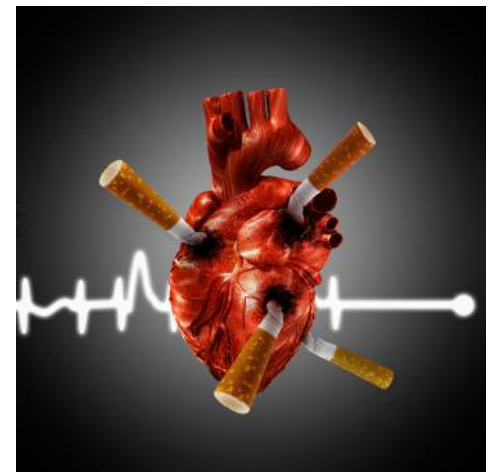


Kothrud and surrounding areas, have a heart disease risk. This is followed by 46 per cent males and 48 per cent females in Fatima Nagar, Camp, Mohammadwadi, Kondhwa and adjoining areas.

In the main city, 45 per cent males and 38 per cent females are vulnerable to heart related disorders, the report mentioned (see box).

The report covered a total of 13,107 patients between January 2013 to August 2014, of which 8,541 were males and 4,566 were females. A total of 3,984 males and 2,361 females were screened from Deccan and surrounding areas, 2,196 females and 1,254 females in Kothrud and 2,361 males and 951 females in Fatima Nagar-Hadapsar-Camp area.

"Out of the total number of people who came for a check-up in Pune, it was observed that those in the age group of 25 to 35 years were prone to a number of heart diseases. On an average, 35 to 40 per cent of them had a risk of heart disease," Amol Naikawadi, preventive healthcare specialist at Indus, told Sakal Times.



Deccan

Deccan has more smokers among the younger population. It was observed that not just men, but even women from the same age group were heavy smokers. Those in the middle age group were not in a habit of exercising regularly and therefore, were suffering from breathlessness.

Kothrud

Diabetes and obesity were detected among those who underwent tests in Kothrud. Not just males but females too from the age group of 25 to 35 years, who were part of the working population, were victims of a sedentary lifestyle and therefore were detected with obesity. 10% of them were suffering from diabetes. This leads to blockage of arteries.

Fatima Nagar

Around 40-45 per cent of youngsters had a risk of heart disease, 25 to 30 per cent of them consumed junk food regularly and did not exercise at all. They had a habit of smoking as well. Chest problems were in the initial phase, but with no change in their lifestyle, they are facing a higher risk of heart problems. Around 20 to 25 per cent of those under the risk of heart problems were also suffering from hypertension.

TOTAL PATIENTS AND AREA-WISE BREAK UP	
DECCAN - ERANDWANE, PETH, JM ROAD	
25-35 years	45% male and 38% female
35-45 years	30% male and 35% female
45+ years	25% male and 27% female
KOTHRUD - KARVE NAGAR AND WARJE	
25-35 years	48% male and 48% female
35-45 years	37% male and 32% female
45+ years	15 %male and 20 % female
FATIMA NAGAR - CAMP, MOHAMMADWADI, KONDHWA	
25-35 years	46% male and 48% female
35-45 years	34% male and 32% female
45+ years	20%male and 20% female