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Headline: City women prone to heart diseases, cancer

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43.1 pc face risk of heart diseases, 39 pc at risk of suffering from breast cancer

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Pune: Women play a very important part in a man's life. However, in the process, they are neglecting their own health and falling prey to lifestyle-related health disorders.

According to an intra-city health survey of 9,928 women conducted by preventive health care organisation Indus Health Plus between January 2014-February 2015, it has been found that among women in Pune, 43.1 per cent are at higher risk of suffering from heart diseases, 39 per cent are at higher risk of suffering from breast cancer, 8-10 per cent with cervical cancer and 23.8 per cent are suffering from higher risk of

diabetes.

The survey report revealed that women as young as 36-45 years of age were detected with cancer risks, mainly breast cancer.

"Those from the middle age group and housewives are under the risk of heart diseases. More than 22-25 per cent of them were hypertension cases, which is a strong factor of heart diseases. Around 10-15 per cent of the females were from educated families, but were still unaware of the silent symptoms of lifestyle diseases," preventive healthcare specialist at Indus Health Plus, Kanchan Naikawadi, told Sakal Times.

Silent symptoms of heart diseases, which are often ignored, are pain in left jaw, left

shoulder, back pain and hyper acidity. Only 15 per cent of heart cases were of family history and the rest were due to stress and smoking.

Senior oncologist and Director, Orchid Breast Health, Dr C B Koppiker said that breast cancer is more prevalent in the city while cervical cancer is more common in rural areas.

"Breast cancer is mostly caused by unhealthy lifestyle. With more women turning professional, they are preoccupied with work, they are marrying late, conceiving late and also not breast feeding the baby. Coupled with this is smoking, liquor, obesity and no physical exercise," Dr Koppiker said.

According to Dr Milind Gadkari, Cardiologist at Sa-

hyadri Hospital, there has been an increase in heart disease cases amongst women between the age group of 30-40 years mainly because of stress, smoking and family history.

"It is important for women to maintain a healthy lifestyle, good stress management and refrain from tobacco to enjoy a good life," Dr Gadkari said.

Gynaecologist Dr Charusheela Sabne said that it is important for a woman to live a happy and stress free life and take care of her health.

"She is important and she should know and believe that to take care of herself and her family's health as well is also important," Dr Sabne said.