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Headline: High cardiovascular threat to young women, says experts

High Cardiovascular Threat to Young Women, Say Experts

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Hyderabad: In a disturbing trend which is emerging in the city, young women are more prone to cardiovascular diseases than before. Earlier, women post-menopause were at greater risk at suffering from cardiovascular diseases compared to men, who would get the disease at a much younger age.

However, experts feel that with a large percentage of urban group working in stressful jobs, particularly in the IT sector, both men and young women are prone to heart diseases at a much younger age. "As compared to last year, 10-15 per cent of cardiovascular diseases have increased among females residing in Hyderabad due to lack of estrogen. Also, stressful environment and working conditions have made them susceptible to heart diseases," says Amol Naikawadi, preventive healthcare specialist, Indus Health Plus.

Smoking is one of the biggest reasons for an increase in cardiovascular diseases. Doctors feel that smoking has risen among young women, placing them at a greater risk.

"A lot of young women today are smoking and this puts them at a greater risk. Also, diabetes is very rampant among young women. Intake of junk food too has increased that leads to high

cholesterol levels, which is bad for the heart. Smoking, diabetes, genetic disorders and high cholesterol levels are all factors for an increase in heart problems among women pre-menopause," observes Dr Nirmal Kumar, senior interventional cardiologist at Care Hospital, Nampally.

Experts observe that there has been a 10-15 per cent increase in cardiovascular diseases among young women over the last one year. Stress, smoking, diabetes compound their woes

A recent study revealed that close to 70 per cent of people working in the IT sector are prone to cardiovascular diseases. Explaining why youngsters are at a greater risk, Dr Kumar says, "The biggest reason for this is stressful nature of their jobs.

Most youngsters, not just those in the IT industry, have extremely stressful jobs. Some of them work in different night shifts and sleep during the day. As a result, their biological clock gets disturbed. All these combined factors make both men and women more prone towards cardiovascular diseases."