

Headline: High Cardiovascular Threat to Young Women, Say Experts

Website: Andhra Everyday

Link: <http://andhra.indiaeveryday.in/fullnews-high-cardiovascular-threat-to-young-women-say-experts-1109-7587545.htm>

High Cardiovascular Threat to Young Women, Say Experts

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.

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."

Headline: 25-30% of working population are at a higher risk of suffering from heart diseases

Website: Healthy Dunia

Link:http://www.healthydunia.com/article/3908/37/25_30_of_working_population_are_at_a_higher_risk_of_suffering_from_heart_diseases.html

25 - 30% of working population are at a higher risk of suffering from heart diseases

Posted On : September 25,2014



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 & 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 today released an abnormality report that revealed there has been a rise of 10-15% in cardiovascular disease among youngsters in Pune. Out of total heart ailments reported:

- 10-12% was of sudden cardiac arrest
- 16 – 18% was of heart blockages
- Increase in CVD cases between the age bracket of 30 - 35 years
- 25 - 30 % of working professionals in Pune are suffering from heart ailments due to high stress level and sedentary lifestyle, especially from IT and BPO sector

- Lipid profile and cholesterol level have been observed to be high amongst men and women in the age bracket of 40 – 45 years

An increase in hypertension, smoking, obesity, diabetes and family history amongst Pune-kars 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. There is almost an equal ratio of increase in heart diseases, 6:4 between the urban and rural Pune.

Younger women in the age bracket of 27 – 35 years are smoking heavily which has increased the CVD cases. People below 30 years were not aware of symptoms related to heart diseases and therefore they had a tendency to ignore chest pain and uneasiness due to stress which increases the risk of heart ailments. The age bracket for men suffering from heart diseases has also reduced. Male below 30 years are suffering from sudden cardiac arrest and blocked arteries. High stress level along with exposure to cigarette smoking has increased the heart problems by 7 – 8% as compared to last year.

Mr. Amol Naikawadi, Preventive Healthcare Specialist and JMD Indus Health Plussays, “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”. In Maharashtra, blocked arteries, sudden cardiac arrest and coronary heart disease are common forms of CVD.

Pollution, smoking and high stress level with sedentary lifestyle are contributing factors for heart diseases. 80% of deaths due to heart attack happen in India. India accounts for approximately 60% of the world’s heart disease burden, despite having less than 20% of the world’s population, 40% of which are women. 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors like tobacco, unhealthy diet and physical inactivity are controlled.

Headline: Amdavadis aren't all hale and hearty

Website: DNA

Link: <http://dnasyndication.com/showarticle.aspx?nid=DNAHM75330>

Amdavadis aren't all hale & hearty!

DNAHM75330 | 9/28/2014 | Author : dna correspondent | WC :351 | Health

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...as city sees a surge in cardio-vascular diseases among women & young people

WORLD HEART DAY TOMORROW

Ahmedabad: Ahead of World Heart Day on Monday, the World Health Organisation has reiterated its clarion call for reduction in salt intake, which is directly linked to approximately 2.5 million people dying annually from cardiovascular diseases. Doctors in the city too are concerned with the rising number of youngsters showing signs of cardiovascular abnormalities.

In its report released on Saturday, Indus Health Plus revealed an 11% rise in cardiovascular diseases among youngsters between 20 to 30 years age group in Amdavad. Out of the total heart ailments reported, there has been a 10 % rise in heart problems among females across the age groups as compared to last year and a 7 % increase in CVD's among females between the age group of 28 to 35 years. There has also been a 13 % increase in heart diseases between 30 to 40 years age-group in males and 10 % of working population is under the risk of heart ailments.

Dr Jay Shah, a cardiovascular specialist said that generally females are protected from the disease before they reach their menopause. However, in the last one year, heart diseases in is increasing about 5 to 8% in women of the age-group 35-40.

As per the observation, the reason behind the increasing number is that working women have more responsibilities than men, which increaseS their stress. Dr Tejas Patel, a heart specialist said: "Around 25 years back, women in the age-group of 55 to 60 years came with heart problems but nowadays, not only men but young women too are showing signs of these diseases. We found stress is the main factor behind this problem. Ahmedabad is becoming a metro-city which makes its citizens vulnerable to such kinds of diseases. Smoking and oral contraceptive pills are also a reason for increase cardio vascular disease in females. Dr Anish Chandarana, senior cardiologist, said: "In last one year, the number of CVD in young women is increasing at a very fast pace in the city. They have to remain alert about their health issues and up their intake of green vegetables."



Headline: Cases of heart diseases among women up by 10%

Website: Veooz

Link: <http://www.veooz.com/news/HHWWCEz.html>

[Cases of heart diseases among women up by 10%](#)



Summary Shruti Shah, a 36-year old IT professional and mother of a teenager, worked 10-11 hours every day. "Due to their ignorance, the treatment gets delayed, putting them at the risk of heart ailments. Women need to be more careful and pay attention to their heart condition. We receive many cases with women complaining about frequent chest pain," added Dr Dani.

Headline: 37% of population suffering from higher risk of heart diseases

Website: Deshdoot Times

Link: http://www.deshdoot.com/news.php/news_details/4334606/print

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 diabetes 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 arteries 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.

Headline: Indus Health Plus joins hands with Green Hills Group to plant saplings for healthy heart

Website: Healthy Dunia

Link:http://www.healthydunia.com/article/3925/37/indus_health_plus_joins_hands_with_green_hills_group_to_plant_saplings_for_healthy_heart.html

Indus Health Plus joins hands with Green Hills Group to plant saplings for healthy heart

Posted On : September 28,2014



Indus Health Plus in association with Green Hills Group conducted “Plant a Sapling” activity at Chaturshringi Hill on Sunday to create awareness for healthy heart among Pune-kars on World Heart Day.

Over 100 people came together early morning to plant 120 saplings at Chaturshringi Hills where Neem, Ashoka, Banyan saplings were planted.

Mr. Amol Naikawadi, Joint Managing Director Indus Health Plus said, “The objective behind organising this activity is to create heart-healthy environments where we live in so that our heart remains hale, hearty and strong.”



Mr. Sanjay Suryavanshi, Green Hills Group said, "We are happy to associate with Indus Health Plus for this noble cause of planting saplings for a healthy heart. We hope that this activity will encourage others to keep the environment clean and healthy."

Headline: Indus Health Plus joins hands with Green Hills Group to plant saplings

Website: Instant Publish

Link: <http://instantpublish.blogspot.in/2014/09/indus-health-plus-joins-hands-with.html>

Indus Health Plus joins hands with Green Hills Group to plant saplings for healthy heart and

environment on occasion of World Heart Day



Pune, Mumbai 2014 Sep XXVIII(NAP1,STU1):Indus Health Plus in association with Green Hills Group conducted “Plant a Sapling” activity at Chaturshringi Hill on Sunday to create awareness for healthy heart among Pune-kars on World Heart Day.

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