STATETIMES

Your Companion for a Funday







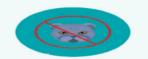












Early detection and prevention of heart failure: Here is what you should know

eart failure, a critical medical condition impacting millions globally, poses a significant challenge to public health. In India, this concern has grown steadily, with an increasing number of cases reported each year, especially among individuals below 65 years of age. Notably, urban areas witness a higher incidence due to lifestyle factors such as poor dietary choices, sedentary living, and mounting stress levels. However, amidst this rising burden of heart failure cases, early detection and prevention emerge as powerful tools for effectively managing this

Heart failure, also referred to as congestive heart failure, arises when the heart fails to pump blood effectively, leading to an inadequate supply of oxygen and nutrients to the body's tissues. This deficiency results in a range of distressing symptoms, including breathlessness, fatigue, limb and abdominal swelling, and diminished exercise capacity. Heart failure is often detected at an advanced stage when symptoms have already become severe. This late detection significantly impacts a person's quality of life, as the condition may have progressed to a stage where treatment options are limited and managing daily activities becomes increasingly challenging. The earlier the condition is identified, the greater the opportunity to mitigate its impact and improve the overall well-being of individuals at risk.

Recognizing the significance of early detection is paramount for several reasons. First and foremost, it paves the way for timely medical intervention, greatly enhancing the quality of life and extending the lifespan of individuals grappling with heart failure. Moreover, early detection significantly reduces the risk of complications and hospitalizations, thus alleviating the financial burden borne by both patients and healthcare systems. To facilitate this crucial early detection, individuals must be well-informed about the common risk factors, symptoms, and available screening methods.

Detection of Heart Failure

Know the Symptoms: Familiarize yourself with the common symptoms of heart failure, including shortness of breath, fatigue, swelling in the legs and abdomen, and irregular heartbeat. Recognizing these signs early is essential. Regularly monitor your blood pressure and cholesterol levels. High blood pressure and cholesterol are significant risk factors for heart failure, and managing these conditions can help prevent heart failure.

Family Medical History: Understand your family's medical history as it can pro-



vide valuable insights into your risk for heart disease. Share this information with vour healthcare provider. Visit vour healthcare provider for regular check-ups, especially if you have risk factors like a family history of heart disease or lifestyle choic-

Diagnostic Tests: If you experience symptoms or are at risk, your healthcare provider may recommend diagnostic tests like echocardiography, electrocardiograms (ECGs or EKGs), or blood tests to assess your heart's health, and measuring the MAP. Stay informed about heart health and the risk factors associated with heart

failure. Education can empower you to make informed choices about your lifestyle and health.

When it comes to heart failure, prevention is undeniably better than cure, as safeguarding one's heart health through proactive measures can eliminate the need for complex and often limited treatment strategies.

Prevention of Heart Failure

Heart-Healthy Diet: Consume a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins. Limit your intake of salt, saturated fats, and sugary foods, as they can contribute to heart disease. Excessive salt intake can lead to high blood pressure, increasing the risk of heart failure. Be mindful of sodium content in your diet and avoid processed foods high in salt.

Regular Exercise: Engage in regular physical activity to maintain a healthy weight and strengthen your heart. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week. Obesity is a significant risk factor for heart failure. Maintaining a healthy weight through diet and exercise can reduce your risk.

Stress Management: Practice stress-reduction techniques like meditation, yoga, or deep breathing exercises to manage stress effectively, as chronic stress can increase the risk of heart failure. Limit Alcohol and Quit Smoking: Excessive alcohol consumption and smoking are

detrimental to heart health. Limit alcohol intake and quit smoking to reduce your Regular Check-ups: Don't skip routine check-ups with your healthcare provider.

Early detection of risk factors can help prevent heart failure. **Medication Adherence:** If you have underlying conditions like high blood pressure or diabetes, adhere to your prescribed medications. Controlling these conditions is

essential for preventing heart failure. Support and Self-Care: Join support groups or educational programs to learn more about heart failure management. Self-care, such as monitoring your symptoms and adhering to your treatment plan, is essential for preventing complications.

Early detection and prevention of heart failure are interconnected and crucial for maintaining heart health. By staying vigilant about risk factors, recognizing symptoms, and adopting a heart-healthy lifestyle, individuals can significantly reduce their risk of heart failure and lead healthier lives. Remember, a healthy heart is a happy heart, making it necessary to take proactive steps to protect this vital organ.

How to help your child overcome shyness

re you concerned about how few friends your child is making? Is it possible that he is introverted or shy? While shyness stems from nervousness in social situations with strangers, introversion is a personality attribute. Although shy children Ane not always introverted, introverted children can be happy and comfortable in their own little world. Even though they would like to socialize with other children, their overwhelming worry and shame are winning out. You want your child to be socially adept. The good news is that there are lots of things you can do to assist overcome shyness, as it can often be outgrown. Here are some easy ways you may help your youngster get over their shyness.

By doing so, you're teaching your child to think of himself as "shy". He might act out the "shy" role as a result of this without trying to change. Attempt to use adjectives other than "shy" to characterize your child's actions rather than assigning a label. Alternatively, you may explain to people that the child simply needs time to adjust to new circumstances or that he prefers to watch activities unfold around him before getting involved.

Boost your child's self-confidence

Kids who are confident in themselves are less prone to shyness. Determine your child's assets and capitalize on them. Is he rtistic? Is she a sport? Your child will be able to consider himself as a talented and capable person it ties. His self-assurance may enable him to act more courageously in social settings

When your child is in social settings, such as a playgroup or a parent's group, stay by their side and let them explore. You can progressively step away from your child for brief intervals as they become more at ease. For instance, while your child plays on the floor, you adults can sit on chairs together. If it becomes necessary, you can return to your child.

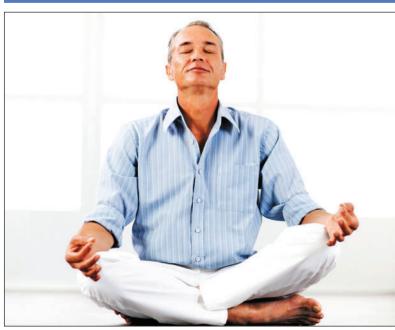
Praise outgoing behaviour

Encourage your child to use the new social skills they are learning. Give her lots of warm, heartfelt praise when you witness her making an effort to get over her shyness. If doing this in public will make your child feel uncomfortable, proceed with caution. Tell her how good she's done in private instead.

Allow your child some time to settle in. Avoid sending children straight to another child to communicate. Rather, have the child choose if they wish to play with a toy close to the other children. Speak in a soothing tone when you motivate them.



Exercises to ease depression and anxiety



epression, a widespread mental health condition affecting an estimated 5% of adults globally as per the World Health Organization data. It is a concern that often requires varied approaches for management. A thing to notice is that more women are impacted by depression than men. Here we have mentioned 10 exercises that have been recognised for their potential to reduce the symptoms of depression and anxiety.

A simple yet effective exercise, walking promotes the release of endorphins, known as "feel-good" hormones. Taking a daily stroll and making it a habit into your routine can positively impact mood and reduce stress. As per a research published in

the British Journal of Sports Medicine, when compared to standard care (such as medications), doing 150 minutes per week of various types of physical activity (such as brisk walking, lifting weights, and yoga) significantly reduces depression, anxiety, and psychological distress.

The combination of gentle movements, controlled breathing, and mindfulness in yoga has been shown to reduce symptoms of depression and anxiety. Various yoga poses and practices cater to different comfort levels. For example Sukhasana, Adho Mukha Syanasana and Uttanasana. Running or jogging

Doing cardiovascular activities like running or jogging can significantly enhance mood by increasing the production of neurotransmitters like serotonin. The Harvard Health Publishing also recommends for you to start with short sessions and gradually build up with exercise to reduce your anxiety to some level. Strength training

Resistance exercises not only improve physical health but also contribute to mental well-being. Building strength has been linked to increased self-esteem and a more

positive outlook on life. Swimming The rhythmic nature of swimming, combined with the lightness of water, creates a

soothing environment. Swimming has been associated with reduced symptoms of

Dance therapy Expressive movement through dance provides an outlet for emotions and promotes a sense of joy. Dance therapy is gaining recognition for its ability to enhance mood and reduce stress. As per the research "Exercise for Mental Health" published in the US National Library of Medicines also states that dancing and aerobics could

be beneficial in helping you cope with depression.

Cycling It's a leisurely ride through the park or a more intense cycling session, this activity can enhance your mood and improve overall mental well-being. The combination of fresh air and physical activity is a powerful antidote to stress.

Meditation While not a traditional "exercise," meditating in a true sense is a powerful tool for



managing depression and anxiety. Meditation has been associated with improvements in mood and overall mental health.

Pilates

Focusing on core strength and flexibility, Pilates can be a gentle yet effective way to improve mental well-being. It promotes body awareness and encourages a mindbody connection.

Group fitness classes: Joining group fitness classes, such as aerobics or spin classes, not only provides physical activity but also a sense of community. The social aspect can contribute to improved mood and decreased feelings of isolation.