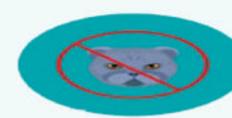
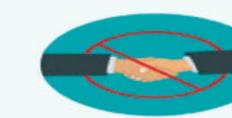


# STATETIMES

## SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



## Heart attack: Does the risk increase during the winter season?

**C**old season does not create a good environment for the human heart. The blood vessels contract due to the cold. This subsequently increases the blood pressure and hence the risk of heart attack and stroke. Also, chest pain due to heart attack can worsen during winters as the arteries constrict.

### Seasonal patterns across twelve cardiovascular diseases\*

A review article on the seasonal patterns across twelve cardiovascular diseases found that temperature, vitamin D, serum cholesterol level, physical inactivity, coagulation factors, hormones, air pollution, infections, age, sex, diet and obesity play an important role in determining the seasonal variability of cardiovascular diseases.

The twelve cardiovascular diseases in discussion are: deep venous thrombosis, pulmonary embolism, aortic dissection and rupture, stroke, intracerebral hemorrhage, hypertension, heart failure, angina pectoris, myocardial infarction, sudden cardiac death, ventricular arrhythmia and atrial fibrillation.

The review paper found that though a clear association between seasons and heart diseases is unknown, several theories have found that development of a disease in winter is more than other times in the year.

"It seems that the risk of cardiovascular diseases appears to be greatest during the winter months, particularly in elderly people," it said.

### When the temperature decreases...

"Whenever the temperature outside decreases below our body temperature, especially when it drops below 25 degrees, the surface of the body tries to keep us warm. Due to this the BMR (Basal Metabolic Rate) increases, which in turn increases the workload on the heart," explains Dr Jayesh Prajapati, Cath Lab Director & Senior Interventional Cardiologist, Apollo Hospitals, Ahmedabad.

"During the winters, chances of vasoconstriction increases, which can cause an attack. The increase in some coagulation factors like platelet aggregation and rise in fibrinogen levels early in the morning increase the chances of a blood clot in the coronary arteries of the heart can lead to an attack," he explains further.

"Due to the cold, the physical activity of many is restricted. Also winter is a time of festivities and weddings when people consume high calorie food. These add to the



risks of getting an attack in the winter season," he adds.

### Who is at greater risk?

While the heart is actually at risk during the winter season, there are certain groups of people who should be very careful about their cardiovascular health during the winters. "People with a history of heart attack, diabetes, hypertension, and high cholesterol are at high risk. Those with family history of heart diseases and people with high alcohol and tobacco consumption are also at greater risk," warns Dr Prajapati.

### How to mitigate the risks?

The expert suggests that people having above mentioned risk factors should get health checkups and take their medication at regular intervals. They must also be regular with their medical follow ups especially if they have a history of heart attack or stroke. Regular medical checkup is essential for those who have prior heart complications. During the pandemic experts saw a surge in heart health since people only focused on COVID and ignored other medical checkups.

### Does the diet have an impact on it?

Winter comes with its own set of diets. While many of us indulge in winter diets believing that seasonal diets are good for the health, we often ignore the side effects of it. On whether winter diet has an impact on heart health, Dr Prajapati says, "Yes, it does". "In winters, people consume a high calorie diet, especially sweets loaded with ghee," he says. People must also control their alcohol consumption during the winter season since it causes vasodilation, which can be harmful, he adds.

For good heart health, he suggests people to increase their intake of fresh fruits and vegetables instead of consuming junk and fatty food like pizza and burgers. "They must include nuts like almonds and other dry fruits in their diet," he adds.

### Those with comorbidities...

Those with comorbidities should take their medication regularly. They must protect themselves from the cold weather. If people start to feel or show any symptoms of a heart attack, they must take immediate medical help.

"Incidences of such symptoms are more common in early mornings during winter," the expert adds.

## Common parenting mistakes that raise people-pleasers

**E**very parent wants an obedient, compliant child. But sadly, what most parents don't realise is that a compliant kid often develops people-pleasing behaviour, which can impact their personality and overall confidence. So what are the mistakes you're committing as a parent that can give light to people-pleasing behaviour in kids?

### Invalidating your child's emotions

As a parent, you must let your kids deal and cope with their emotions. But that does not mean you leave them to fend for themselves. Belittling or invalidating your child's feelings may take a toll on their self-esteem. They may start doubting their thoughts and opinions and will likely give more importance to other people's opinions.

### Saying 'no' to all their requests

You do not have to give into all your child's demands. However, rather than saying a harsh 'no', understand and assess their request. Firstly, determine whether their request is practical and productive. If not, explain and communicate your reasoning to them. Let them know why you cannot fulfill their wish and if in fact you can grant it to them later. This way they will feel valued.

### Guilt, shame and punishment are your disciplinary tools

Ensure that you're not using guilt, shame and punishment to discipline your child. The three so-called disciplinary tools will not only increase the distance between you and your child, but will also impact their confidence and self-esteem. They might become dependent on people's opinion of them and may not value themselves, let alone others valuing and respecting them.

### Do you reward them for being obedient?

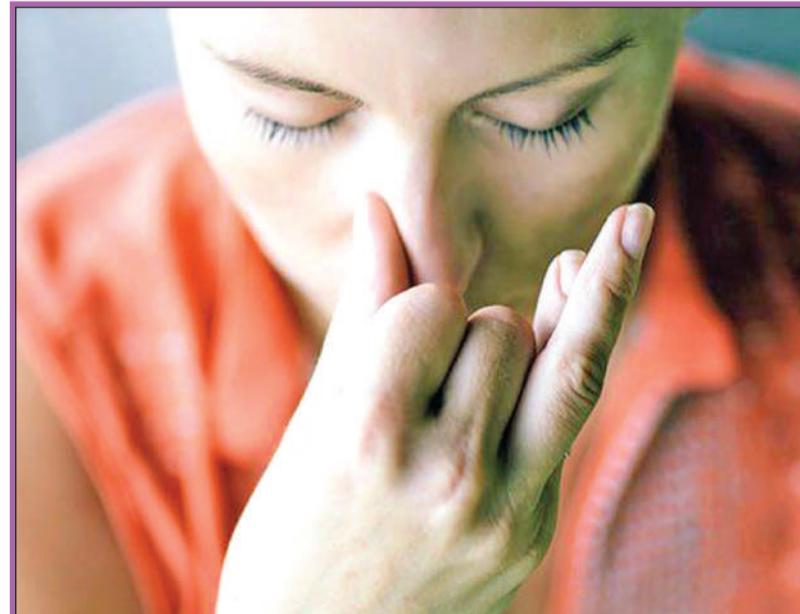
Obedience is good. But becoming a 'yes' child is not. Just because your child is compliant, agreeing to everything you say or following your orders, irrespective of how wrong they may be, doesn't mean they're good or likely to succeed in life. On the contrary, they may become a people-pleaser, who do not have opinions of their own.

### Making your child feel bad about their opinion

If your child disagrees with you or questions your ideas and opinions, what do you do? Do you ask them for an explanation or do you downright call them out? While the former gives them a chance to express their views, which may even impress you, the latter only limits their creativity and cognitive abilities. But making kids feel bad about disagreeing with you, you're only telling them that they cannot have an opinion and that they must comply with what others have to say, which is one of the traits of people-pleasers.



## Best breathing exercises to boost immunity and positivity in your body



**M**editation is the best practice to calm our body as well as the sympathetic nervous system. Yoga and meditation can also be quite helpful in addressing a lot many lifestyle disorders and issues. For example, controlling our breath, and practising pranayama is one of the simplest exercises we can do to balance a lot of hormonal imbalances. Most importantly pranayamas are the easiest and the most effective form of yoga that can be done anytime and anywhere. Hence we've brought you some of the magical pranayamas or meditative practices suggested by Manisha Kohli, a wellness expert to help you boost immunity and infuse your body with vitality and positive energy.

### Even count breathing (the healing breath)

Sit in a cross-legged, relaxed position such as sukhasana (half lotus pose)

Count six to breathe in through the nostrils.

Hold the breath for 6 counts.

Exhale through the nostrils for 6 counts.

This breathing exercise can be done anytime of the day, especially whenever you're stressed out and need a break.

### Kapalbhati

Sit in a comfortable position with your spine straight while keeping your hands on your knees, palms facing the sky.

Take a deep breath in and exhale slowly.

Pull your navel back towards your spine as you exhale. Do as much as you are able to comfortably. You can feel the abdominal muscles contract by placing your right hand on the stomach.

Breathing flows into your lungs effortlessly as you relax the navel and abdomen. To finish one round of Kapal Bhati, take 20 such breaths.

After completing the circle, rest with your eyes closed and analyse the sensations in your body.

This exercise strengthens the core and helps to maintain the body's pH level. However this also boosts your body's immunity.

Remember that this asana is recommended to be done empty stomach or early in the morning.

One can do this asana upto 200 counts but slowly.

### Amulom vilom/alternate nostril breathing (healing breath)

Sit in any meditative position, such as Sukhasana or Padmasana.

The spine should be in a straight position.

Block the right nostril with your right thumb. Inhale for 2 counts through the left nostril. Now close both of your nostrils and hold your breath for four seconds.

Keep your left nose closed and your right nostril open. Exhale for a few seconds through the right nostril. Inhale for 2 counts through your right nostril.

For seconds close both nostrils and hold the air. Slowly exhale via your left nostril for 2 counts. Both nostrils should be closed.

This marks the completeness of one circle.

You can even include the even count breathing in this practice as well.

This practice is even practiced by many cancer patients due to its healing benefits.

### Amulom vilom variation

Sit in the cross legged posture and perceive the vishnu mudra.

While maintaining the vishnu mudra, place the left hand on your thigh and the



right hand for blocking your right nostril.

Inhale from your left nostril.

Slowly both the nostrils and hold the breath for a few seconds.

Slowly move your chin towards your throat, making a bandha in your throat.

Slowly lift your head up and exhale from your right nostril.

Follow the same procedure from the opposite side.

This marks the completion of one set.

You can do this for a couple of more rounds to get more and more benefits of this meditation. Do for 6 times each side.

