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How do you know if your heart is healthy? Here are some ways to check

In today's world, the sudden rise in heart attacks, even among those with no prior complaints and normal recent ECG, ECHO, and TMT results, has raised widespread concern. Videos depicting people collapsing during routine activities like dancing, gaming, or exercising on treadmills have heightened anxieties. India, being home to many hardworking smokers and individuals under constant life stress, has seen a surge in premature heart attacks and cardiac arrests.

Heart disease has become the leading cause of death, claiming over 1.79 Crore lives annually worldwide (approximately 50,000 daily). Alarmingly, 80-90% of patients reach hospitals after experiencing heart attacks. India leads in heart disease incidence, with many having 40-50% plaque blockage that goes unnoticed until plaque rupture leads to a sudden heart attack. Sometimes, individuals have 90-95% artery blockage with minimal symptoms, experiencing silent ischemia.

Now comes the big question: How do I know my heart is OK?

Among the heart health indicators are:

Blood Pressure: The normal range is usually less than 120/80 mmHg.

Cholesterol Levels: LDL (bad) cholesterol should be below 100 mg/dL, and HDL (good) cholesterol should be over 40 mg/dL for males and 50 mg/dL for women. Total cholesterol should be less than 200 mg/dL.

Heart Rate: It is generally thought to be healthy for one's heart rate to rest between 60 and 100 beats per minute.

Body Mass Index (BMI): A lower risk of heart disease is linked to a BMI of between 18.5 and 24.9.

Physical Activity: Maintaining heart health can be aided by regularly exercising for at least 150 minutes a week.

Diet: Heart health can be supported by eating a balanced diet full of fruits, vegetables, whole grains, lean meats, and healthy fats.

Blood Sugar Levels: Blood sugar levels after fasting should normally be less than 100 mg/dL.

Tobacco Use: Reducing your exposure to secondhand smoke and tobacco products is essential for heart health.

Stress Levels: Reducing stress with exercise, social support, and relaxation techniques can help keep the heart healthy.

Family History: It's important to be aware of any inherited factors and discuss them with your healthcare provider. A family history of heart disease may raise your risk.

The first & most important thing is to meet your doctor, who will evaluate your heart on multiple factors, including:

- History
- Cardiac risk factors (like: smoking, diabetes, hypertension, family history, lipid profile, sedentary lifestyle, etc) & scoring.
- Blood tests
- Non-invasive tests (ECG, ECHO, TMT - generally these tests suffice in low risk cases).

According to Dr. (Prof) Purshotam Lal, Chairman, Metro Group of Hospitals, Padma Bhushan, Padma Vibhushan & Dr. B. C. Roy National Awardee, "Depending on the result, your doctor may want to do a risk assessment of heart disease through Framingham Risk Score, an algorithmic test that estimates a patient's 10-year cardiovascular risk & the resulting score helps classify individuals into high, moderate and low-risk categories."

In addition to the conventional risk factors, there have been reports indicating an increase in cardiovascular complications, including heart attacks, in both young and elderly individuals due to COVID-19. This is attributed to the virus's direct impact on the cardiovascular system, which can lead to inflammation and disruptions in the blood clotting system.

How to be ascertained on heart condition?

If you fall under the high-risk category, to ensure proper heart evaluation, it is important to go for further advanced screenings such as CT Coronary Angiography or Conventional Angiography.

For individuals at a high risk of coronary artery disease, the CT Coronary Angiography procedure becomes a viable option, particularly when selected with care. In cases where the results return as normal, there is no need for concern.

A good doctor, through comprehensive history-taking and clinical judgment, or by employing risk scoring methods, can effectively identify individuals at high risk.



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In situations where critical blockages are absent but mild to moderate disease is observed, the emphasis shifts to advocating for proper risk modification strategies for the patient, such as:

- No smoking
- Manage diabetes
- Blood pressure control
- Exercise and diet program for achieving an ideal weight - Yoga and stress-reduction activities

This way anybody will get to know whether their heart is Ok or not.

6 powerful signs that show you have the mind of a tiger

Tigers have always been the mighty jungle cats who are the epitome of strength, agility and determination. Tigers are the emblem of strength and courage, and their mind is finely honed, and their instincts are razor-sharp. Be it determining the right time to pounce on their prey, to setting the right example for their pack, a Tiger excels in it all.

Here we list six powerful signs that show you have the mind of a tiger.

Courageous in the face of adversity

The most evident sign that a person has a tiger's mind, is his or her unwavering courage, especially when facing any kind of adversity. People who have a tiger-like mindset show remarkable courage in the face of life's challenges and instead of pushing themselves behind someone in fear, they confront problems head-on, not worrying about how big the problem is, but just about how to take it down.

Like a tiger stalking its hunt, they move forward with determination and refuse to bow down to the hurdles and fear.

Grab the right opportunity

Just like a tiger patiently waits for the right moment to strike its hunt, those with a tiger-like mindset have a sense of the right timing and opportunity. They can recognise incidents and opportunities that will be perfect for them and seize them with skill and quickness.

Be it a career advancement, a business venture, or a personal goal, they know when to pounce, maximising their chances of success. Their judgment and quick decision-making make sure that they make the most of every opportunity that comes their way.

Becoming a symbol of power

Tigers are known to be the symbols of power and authority. From their exceptional hunting skills, to the determination and discipline with which they live, it all



makes them the epitome of control and power. And just like that, people with a tiger-like mindset have an aura of strength and dominance to them. Just being around them makes people feel a sense of authority in them which naturally commands respect and admiration.

Be it through their words, actions, or demeanour, they have an air of confidence and self-assurance in them.

Being happy in lonesome

Despite their power as hunters and leaders, tigers are solitary by nature and prefer to walk alone. People with a tiger-like mindset find happiness and strength in their own company. They are comfortable being alone with their thoughts, have time for self-discovery and personal growth and the lone time helps them better themselves. Instead of feeling sorry about their state, they enjoy that alone time and reconnect with their inner raw energy.

Don't fear leading

Although tigers are solitary by nature, when the need arises, they lead with unparalleled confidence and fearlessness. People who have a tiger-like mindset have natural leadership qualities that inspire others to follow them. They do not shy away from taking charge or making tough decisions when the situation demands it. Instead, they embrace the role of a leader with courage.

Unwavering determination

Above everything else, the tiger displays unwavering commitment and determination to its life and cause. A human who has the mind of a tiger is also committed to his or her cause and knows the rights and wrongs of life. They are determined and persistent when it comes to achieving something and do not settle down till they have their way. They set ambitious goals for themselves and pursue them relentlessly, and channel their energy and focus toward achieving their ultimate destination.

How handwriting reveals one's personality traits

The bigger circle you make at the end of a small g or whether your signature is twisted has a big impact on one's life. Yes, one can learn about 5000 characteristics of a person through graphology. One of the most demanding and unique concepts, Graphology can help you recognize your personality and everything," says Mahi Kashyap, CEO & Founder of Vedic Meet. In this article he writes about some interesting facts about Graphology and how it reveals one's personality.

What is Graphology?

Graphology is handwriting analysis that shows the connection between an individual's handwriting and personality traits. It includes loops, pressure, lines, spacing, and signature types, and, amazingly, many secrets are hidden in writing. Yes, you can be famous and earn money by being a graphologist. You can also guide people to make improvements in their life and move ahead. Let's scroll down to know more.

Some parameters in handwriting for revealing the personality traits:

Well, graphology is one of the modern techniques that help in telling about an individual and also recognizing the personality traits of an individual. Let us see how :

Size

When it comes to handwriting analysis, the font size matters. The overall size of the handwriting can reveal many things about the writer. We all have a habit of writing, which also includes the size of the writing.

Large handwriting tells that the individual is an extrovert and has an outgoing personality.

Small handwriting indicates that the person is introverted and wants attention.

Slant

The slant is how your handwriting leans left, right or vertically, and is seen as a way of emotional expression. Let's see what different slants show.

A rightward slant may suggest sociability and openness,

A leftward slant may indicate introversion or reserve,

A vertical slant may suggest emotional control.

Pressure

Many people apply pressure on pen and paper while writing. Do you know what



pressure writing means? It is mainly of two types.

Heavy pressure shows the writer's emotional and energy intensity or levels.

Light pressure suggests sensitivity and a gentle nature.

Spacing

Everyone loves spacing, and when it comes to handwriting, most people love spaces in their writing. Many people do it to make their handwriting appear beautiful and good. Spacing is mainly of two types .

Wide spacing: independence or a desire for freedom, self-dependent etc.

Narrow spacing: preference for closeness or attention to detail.

Baseline

The base is important in life, and so is the baseline in handwriting. Yes, a good base makes a foundation for more floors, and so does the baseline. It is about stability, confidence and also mood fluctuations. Baselines are of two types.

A steady baseline may suggest emotional stability.

A fluctuating baseline may indicate mood swings or instability.

Letter forms

The letter forms are an important part of graphology, as people use different shapes and sizes of letters in their handwriting, which can reveal many things about you. There are many types. For example, rounded letters suggest warmth and friendly nature, while single letters show intelligence and awareness.

Margins

The use of margin is good as it shows a sense of boundaries, organization, and self-control. Margins are mainly of two types:

Wide margin: Need for personal space.

Narrow margin: efficiency or desire to maximize size.

So the above parameters are used by a Graphologist to determine the various personality traits of an individual.

As mentioned earlier, many characteristics of a person can be revealed through graphology. Practicing it can be good, as it not only makes you famous but also makes you a good guide, counsellor and social worker.