



Change lifestyle to prevent heart-related problems: Dr. Sushil Impressive Walkathon organized to mark World Heart Day



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JAMMU : Emphasizing the need of changing lifestyle to prevent heart-related problems, Dr. Sushil Kumar Sharma, Head of the Department, Department of Cardiology, Government Medical College Hospital (GMCH) Jammu focussed on the need for preventive measures like maintaining a healthy lifestyle, dietary preferences, physical activity to remain healthy. Speaking on the conclusion of Walkathon on the World Heart Day, Dr. Sushil said that nothing is more powerful than human resolve which can be ascertained with the Jammuites pledge to participate in the walkathon as well as by the huge response received with participation from all the sections of the society while maintaining social distancing norms. This Walkathon was organized regarding World Heart Day, to make people aware of how to keep a healthy heart to avoid morbidity and mortality particularly in times of pandemic when already we have suffered millions of deaths worldwide.

Mayor of Jammu Municipal Corporation, Chander Mohan Gupta, ADGP J&K Police, Mukesh Singh, Director AIIMS Jammu, Dr. Shakti Gupta, president Chamber of Commerce and Industries (CCI) Arun Gupta, eminent cardiologist Dr. Mohan Lal, Dr. Rajinder Singh (Former principal GMCH Jammu) and other dignitaries of the city attended the impressive Walkathon. This year the theme of World Heart Day is, "Use Heart To Connect Every Heart" and all the



participants were made aware to use their head, influence, and compassion to beat cardiovascular diseases. "The aim of organizing this Walkathon is to address the ever-rising trend of CVDs which take the lives of 18.6 million people every year; 31% of all global deaths. Triggering these diseases – which manifest primarily as heart attacks and strokes – are tobacco use, unhealthy diet, physical inactivity, and the harmful use of alcohol", Dr Sharma said.

Dr. Sushil further said that collective factors like abnormal lipids, smoking, hypertension, diabetes, abdominal obesity, psycho-social variables, and alcohol consumption need early intervention so that they should not turn uglier enough to initiate the onset of chronic morbidities among the common populace.

"There is very low awareness about these diseases among people leading to further challenges to inculcating lifestyle changes and prevention methods", he said and added that the aim of today's event was to create awareness among society by involving all sections of the society. Speaking on the occasion, Mayor JMC Chander Mohan Gupta called for coordination among all sections of the society to create awareness among people about such diseases. He said that JMC has started a comprehensive campaign to make Jammu city neat and clean. Appreciating the participation of a large number of people in the Walkathon, ADGP Mukesh Singh observed that it is a good sign that a large number of people have participated in today's event. He said that every section



of society must create awareness among people to prevent such diseases. He also emphasized the need for regular exercise to remain healthy. Dr. Shakti Gupta assured Jammuites that AIIMS Jammu would start functioning before the stipulated time as it is his mission to provide quality health services to the people of Jammu.

"I am here with a mission to provide world-class health services to the people of Jammu", he said. Walkathon started from Bikram Chowk and culminated at Superspeciality Hospital, Jammu. At the outset, Dr. Mohan Lal, Dr. Gurjit Singh, Dr. Arvind Kohli and Dr. Nasir Ali Choudhary informed the participants on how to stay healthy and how to prevent any complications in patients who already have cardiovascular disease.

The walkathon concluded with the release of balloons bearing messages like Beat CVD, Quit Smoking, Healthy Diet, Physical activity, Maintain adequate blood pressure, Control diabetes, cholesterol level, and de-stress. Jawans of Border Security Force (BSF), Scientists Dr. Vivak Arya, Dr. Vikas Sharma and students of Sher-e-Kashmir University of Agricultural Sciences and Technology Jammu (SKUAST-J), students of Shishu Niketan and Janki Nath Memorial School, cyclists from different parts of Jammu, prominent citizens and Media persons attended the walkathon.

World Heart Day - 2021 Use Heart to Connect



DR SUSHIL K SHARMA, HEAD DEPT OF

CARDIOLOGY, GMC JAMMU

World Heart Day was first observed in 2000 to inform people around the globe that heart disease and stroke are the world's leading causes of death claiming 18.6 million lives each year. The term 'cardiovascular disease' (CVD) refers to any disease of the heart, vascular disease of the brain, or disease of the blood vessel. More people die from CVDs worldwide than from any other cause: over 18.6 million every year; according to the World Health Organization. Of these deaths, 80% are due to coronary heart diseases (eg heart attack) and cerebrovascular diseases (eg strokes) and mostly affect low- and middle-income countries. The World Heart Federation leads the global fight against heart disease and stroke with a focus on low and middle income countries via a united community of more than 200 member organizations that brings together the strength of medical societies and heart foundations from more than 100 countries. Through our collective efforts we can help people all over the world to lead longer and better heart-healthy lives.

In May 2012, world leaders committed to reducing global mortality from non-communicable diseases (NCDs) by 25% by 2025. Cardiovascular disease (CVD) is accountable for nearly half of all NCD deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for the CVD community to unite in the fight against CVD and reduce the global disease burden.

World Heart Day takes place on 29th September every year and is the World Heart Federation's and the world's biggest platform for raising awareness about cardiovascular disease, including heart disease and stroke. Each year's celebration has a different theme reflecting key issues and topics relating to heart health. This year, our global campaign focuses on USE HEART TO CONNECT is about using your knowledge, compassion and influence to make sure you, your loved ones and the communities you're part of have the best chance to live heart-healthy lives. It's about connecting with our own hearts, making sure we're fuelling and nurturing them as best we can, and using the power of digital to connect every heart, everywhere.

Three Key Pillars

Equity - Use Heart to Connect Every Heart

Disconnected hearts are at greater risk of heart disease and stroke due to lack of access to CVD prevention, treatment and control - yet half the world's population doesn't have access to internet connectivity.

Technology and data will help us bridge the gap and do it fast. It is about enabling and empowering everyone, everywhere - young and old, men, women and children, patients,

Community health workers, doctors to use digital tools for better prevention, diagnosis and care of heart-related conditions.

Not all hearts are equal. But they should be... and digital health can help to redress the balance.

Prevention - Use Heart to Connect with your Heart

Look after your heart by eating a healthy diet, saying no to tobacco and getting plenty of exercise. Digital tools, like phone apps and wearables, can really help you to get motivated and stay on track.

If you have an underlying health condition, such as heart disease, heart failure, diabetes, high blood pressure or obesity, don't let COVID-19 stop you from attending your regular check-ups. And never avoid calling the emergency services if you need to - it's safe and medical professionals are there for you.

Community - Use Heart to Connect People with Cardiovascular Diseases

There are 520 million people globally living with CVD that have been disproportionately affected by COVID-19 in the last year. Due to increased vulnerability to more severe forms of COVID-19, this population has been told they are vulnerable, at-risk and should shelter in place.

There are many consequences of this, amongst them: Missing medical appointments or lack of contact with family and friends or Reduced physical exercise

Digital networks have the power to connect patients with families, friends, other patients, doctors and carers. No one should have to feel alone, pandemic or not, so let's use technology to overcome isolation and gaps in care.

CVD and Covid-19

Cardiovascular disease (CVD) patients are more susceptible to severe COVID-19. Diseases affecting some form of heart condition or heart function include hypertension and diabetes, acute coronary syndrome, injury to muscles/tissues of the heart, (myocardial injury), heart failure, and less heard of but prevalent diseases such as rheumatic heart disease and Chagas disease.

Some key takeaways are:

COVID-19 patients need to be triaged or designated for care based on disease severity so

that patients with moderate and severe disease are admitted in a separate ward or hospital depending on the available infrastructure.

Further, patients also need to be triaged based on underlying health risks such as hypertension, diabetes, prior cardiovascular or respiratory disease, kidney failure and cancer as part of the process to identify patients with a higher likelihood of developing a severe form of COVID-19 and implement targeted care.

Special attention must be given to ensuring that there are separate facilities in place for dealing with COVID-19 cardiac patients and non-COVID-19 cardiac patients including catheterization laboratories for performing invasive heart examinations.

Heart attack warning signs

Some heart attacks are sudden and intense, where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are some signs that can mean a heart attack is happening:

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Heart attacks often manifest themselves differently in women than in men. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

There are three Components of Acute Coronary Syndrome

Unstable Angina: Typical ischaemic symptoms without ST Elevation on ECG and without elevated Bio Markers of Necrosis.

Non STemi: Typical ischaemic symptoms without ST Elevation on ECG but with elevated Bio markers of Necrosis

STemi: Typical ischaemic symptoms with ST elevation on ECG and with Bio markers of Necrosis

Risk factors for Coronary Artery Disease:

There are many risk factors associated with coronary heart disease and stroke. Some risk factors, such as family history, cannot be modified, while other risk factors, like high blood pressure, can be modified with treatment.

You will not necessarily develop cardiovascular disease if you have a risk factor: But the more risk factors you have the greater the likelihood that you will, unless you take action to modify your risk factors and work to prevent them compromising your heart health.

Modifiable risk factors include:

Physical inactivity
Unhealthy diet
Raised blood pressure
Tobacco use
Cholesterol
Obesity and being overweight
Diabetes

Non-modifiable risk factors include:

Family history

Age: Simply getting old is a risk factor for cardiovascular disease; risk of stroke doubles every decade after age 55.

Gender: Your gender is significant: as a man you are at greater risk of heart disease than a pre-menopausal woman. But once past the menopause, a woman's risk is similar to a man's. Risk of stroke is similar for men and women.

Ethnicity: Your ethnic origin plays a role. People with African or Asian origin are at higher risk of developing cardiovascular disease than other racial groups.

Socioeconomic status: Being poor, no matter where in the globe, increases your risk of heart disease and stroke. A chronically stressful life, social isolation, anxiety and depression also increase the risk.

Know Your Numbers:

Blood Pressure: High blood pressure is one of the main risk factors for CVD. It's called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realize they have it. You should have a blood pressure test performed at least once every two years to screen for high blood pressure as a risk factor for heart disease and stroke, starting at age 18.

If you're age 40 or older, or you're between the ages of 18 and 39 with a high risk of high blood pressure, ask your physician for a blood pressure reading every year: Optimal blood pressure is less than 120/80 millimetres of mercury (mm Hg).

Diabetes: People living with diabetes are twice as likely to develop and die from cardiovascular disease. Diabetes is a major global health threat. It affects 1 in 11 adults... 425 million people with the overall figure predicted to rise to 629 million by 2045. Type 2 diabetes accounts for approximately 90% of all people with diabetes. All of those living with diabetes

are at heightened risk of CVD making the prevention of CVD onset a major priority.

Diabetes can damage your blood vessels and nerves. People with type 2 diabetes might also have high blood pressure, high cholesterol or are overweight. These increase the chances of getting heart disease. The longer you live with diabetes, the higher your risk of heart disease and stroke

For adults at age 60, having type 2 diabetes and cardiovascular disease shortens life expectancy by an average of 12 years.

Cholesterol levels: Cholesterol is associated with around 4 million deaths per year so visit your healthcare professional and ask them to measure your levels, as well as your weight and body mass index (BMI). They'll then be able to advise on your CVD risk so you can plan to improve your heart health.

By making just a few small changes to our lives, we can all live longer, and decrease the morbidity and mortality associated with cardiovascular diseases

Cut down on sugary beverages and fruit juices - choose water or unsweetened juices instead

Swap sweet, sugary treats for fresh fruit as a healthy alternative

Try to eat 5 portions (about a handful each) of fruit and veg a day - they can be fresh, frozen, tinned and dried.

Keep the amount of alcohol you drink within recommended guidelines

Try to limit processed and prepackaged foods that are often high in salt, sugar and fat

Make your own healthy school or work lunches at home

Aim for at least 30 minutes of moderate-intensity physical activity 5 times a week

Or at least 75 minutes spread throughout the week of vigorous-intensity activity

Be more active every day - take the stairs, walk or cycle instead of driving, Running, Jogging, Swimming, Cycling are heart friendly exercises.

Exercise with friends and family - you'll be more motivated and quit smoking

It's the single best thing you do to improve your heart health

Within 2 years of quitting, the risk of coronary heart disease is substantially reduced

Within 15 years the risk of CVD returns to that of a non-smoker

Exposure to second hand smoke is also a cause of heart disease in non-smokers

So by quitting (or not starting in the first place) you'll not only improve your health but that of those around you.

Manage Stress. Reduce stress as much as possible. Practice techniques for managing stress, such as muscle relaxation and deep breathing.

Deal with Depression. Being depressed can increase your risk of heart disease significantly. Talk to your doctor if you feel hopeless or uninterested in your life.

Practice Good Hygiene. Stay away from people with infectious diseases such as colds, get vaccinated against the flu, regularly wash your hands, and brush and floss your teeth regularly to keep yourself well.

Diagnosics Tests

The tests you'll need to diagnose your heart disease depend on what condition your doctor thinks you might have. No matter what type of heart disease you have, your doctor will likely perform a physical exam and ask about your personal and family medical history before doing any tests. Besides blood tests and a chest X-ray, tests to diagnose heart disease can include:

Electrocardiogram (ECG): An ECG records these electrical signals and can help your doctor detect irregularities in your heart's rhythm and structure. You may have an ECG while you're at rest or while exercising (stress electrocardiogram).

Holter monitoring: A Holter monitor is a portable device you wear to record a continuous ECG, usually for 24 to 72 hours. Holter monitoring is used to detect heart rhythm irregularities that aren't found during a regular ECG exam.

Echocardiogram: This non-invasive exam, which includes an ultrasound of your chest, shows detailed images of your heart's structure and function.

Stress test: This type of test involves raising your heart rate with exercise or medicine while performing heart tests and imaging to check how your heart responds.

Cardiac catheterization: In this test, a short tube (sheath) is inserted into a vein or artery in your leg (groin) or arm. A hollow, flexible and longer tube (guide catheter) is then inserted into the sheath. Aided by X-ray images on a monitor, your doctor threads the guide catheter through that artery until it reaches your heart.

The pressures in your heart chambers can be measured, and dye can be injected. The dye can be seen on an X-ray, which helps your doctor see the blood flow through your heart, blood vessels and valves to check for abnormalities.

While individual choices play a part in these behaviours, government and policymakers also play an important role in ensuring people have access to the tools they need to live a healthy life, including clean air, affordable healthy food, and well-planned urban spaces that encourage an active lifestyle. Health policies that create environments where healthy choices are not only available, but also affordable, are essential for motivating people adopt and sustain healthier lifestyles. Addressing just one risk factor, such as exercising more, will help, but in order to significantly reduce your risk of CVD, it's important to look at your lifestyle as a whole. If you are already living with CVD, staying healthy and active can help you live longer and reduce the chances of it getting worse.

Wishes On World Heart Day!