



24 Hours Pharmacy



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Making lives healthy

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Heart

Heart is a muscular organ. It's located a little to the left of the middle of your chest, and it's about the size of your fist. The heart muscle is special because of its function. The heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. It also carries away waste.



Your heart works like a pump or two pumps working simultaneously. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body.

Coronary Arterial Disease

High blood pressure contributes to arteriosclerosis, a general term for the thickening and hardening of the arteries (blood vessels that carry pure blood). As we grow older, it is normal to develop some thickening of the arteries. However, if the arteriosclerosis is advanced, heart disease is likely to be developed.

One particular kind of arteriosclerosis that contributes to heart disease is atherosclerosis, which comes from the Greek words athero (meaning gruel or paste) and sclerosis (meaning hardness). Atherosclerosis is a progressive disease that is characterized by a buildup of plaque within the arteries. Plaque is formed from fatty substances, cholesterol, cellular waste, calcium, and fibrin. Plaque may partially or totally block the blood's flow through an artery. Two things can happen: either bleeding into the plaque, or formation of a clot on the surface of the plaque. If either of these happens and blocks the artery, a heart attack or

25 tips for a healthy heart

- Eat more of** grains, vegetables, fruits, 25% milk, fish, fish oils, & yogurt
- Eat less of** milk, cheese & nuts
- Add Garlic** to your recipes
- Beta-carotene** rich foods like carrots, pumpkins, and dark leafy greens
- Reduce sodium** intake to no more than 1.4 teaspoons of salt per day
- Eat regular meals**
- Drink water** throughout the day
- Switch** from coffee to tea
- Exercise** regularly
- Take the stairs** instead of an elevator or escalator at work
- Do Housework** Take it as an extra chance to exercise
- Healthy weight** should be maintained
- Quit Smoking**
- Avoid Alcohol**
- Sleep** adequately
- Blood Pressure** should be monitored
- Cholesterol** should be monitored
- Work Schedule** should be regular to avoid too much stress
- Practice** stress reduction techniques such as deep breathing, Tai Chi, meditation
- Laughter** is a good medicine
- Medical Check-Ups** should be done regularly
- Control Diabetes**
- Family History** of cardiovascular disease should be known
- Love** (Live it & receive it)
- Medication** prescribed by Dr. should be taken



- Pain or discomfort in other areas of the upper body including the arms, left shoulder, back, neck, jaw, or stomach
- Difficulty in breathing or shortness of breath
- Sweating or "cold sweat"
- Fullness, indigestion, or choking feeling (may feel like "heartburn")
- Nausea or vomiting
- Light-headedness, dizziness, extreme weakness or anxiety
- Rapid or irregular heart beats

CAD in Indians - The emerging scenario

The risk of CAD in Indians is 3-4 times higher than Americans, 6-times higher than Chinese, and 20-times higher than Japanese, Indians are prone as a community to CAD at a much younger age. Urban population is at much higher risk than the rural population.

Risk Factors

There are several risk factors that increase one's chances of developing coronary heart disease. Some of these risk factors can be treated or controlled, while others cannot be. The following are major risk factors of coronary heart disease.

Risk factors beyond your control:

- Age - Most people who die from coronary heart disease are over the age of 65.
- Heredity - If one's parents suffered from coronary heart disease, one is more likely to develop it.
- Gender - Men are more likely to develop coronary heart disease. However, women are prone post menopause.

Risk factors you can treat or control:

- Smoking
- High blood pressure
- High blood cholesterol

Healthy Heart Diet

Avoid aerated drinks, prefer low fat milk or tea, drink lots of water

Eat small portions to waste less and avoid obesity. Provide kids with nutritious snacks

Avoid oil, butter, ghee and other forms of saturated fats.

Never skip your breakfast, a healthy breakfast is essential for a productive day

Choose whole grains foods as source of fibre

Eat lots of fruits and vegetables daily

Eat 2 servings of sea-water fish like salmon tuna, etc. per week instead of fatty meat. Avoid salty food, caffeine and food additives

Nuts like almonds & walnuts and hazelnuts should be a part of daily diet

Consult your doctor for an eating plan that best suits your dietary needs. If you are of average health, you can probably follow the Food Pyramid eating plan.

The Food Pyramid





contributes to heart disease. Diabetes occurs when a body is unable to produce or respond properly to insulin which is needed to regulate glucose (sugar). Besides contributing to heart disease, diabetes also increases the risks of developing kidney disease, blindness, nerve damage and blood vessel damage. More than 80 percent of the diabetic patients die from some form of heart or blood vessel disease.

There are two forms of diabetes: Juvenile diabetes and Adult-onset diabetes. Adult-onset diabetes is associated with obesity and can be delayed or controlled with proper diet and exercise.

There is no cure for diabetes, but it can be controlled through changing eating habits regular exercise programs and appropriate medication. However, even if diabetes is under control, it still contributes to heart disease.

Hypertension

There is no "ideal" blood pressure reading. However, there is a range of "normal" blood pressure readings. Generally, a reading that is around 120 / 80 (upper 120 and lower 80) indicates that you don't need to worry. However, if there is a significant change in either of the values one needs to check with the doctor.

Hypertension (high blood pressure) is dangerous because it causes the heart to work under strain. This strain contributes to heart attacks and raised blood pressure leads to stroke. When the heart is forced to work extra for an extended period of time, it tends to enlarge. A slightly enlarged heart can function well, but a significantly enlarged heart cannot. High blood pressure also causes damage to the arteries, causing arterial disease.

Hypertension (high blood pressure) is preventable as well as treatable. Mild cases of hypertension can be treated through lifestyle modification like changing diet and starting regular exercise. More severe cases of hypertension require medications like diuretics, beta blockers, ACE

inhibitors, and calcium channel blockers.

Please note that these are general statements about hypertension. For individualized information, it is essential that you consult with a medical professional.

Physical Exercise

The hardest part of an exercise routine is getting started. Once you've established a regular pattern of exercise, you'll find yourself following it. So, how do you get started? Well, first of all, consult your doctor. Your



doctor can recommend the specific kinds of exercise for your own individual needs. Generally, however, these guidelines should get you going.

Plan your exercise routine. If you are a morning person, then plan to exercise in the morning. If you are addicted to your snooze button, plan to exercise in the evening. Start with fifteen minutes. As you get into



your routine, increase it to twenty and then thirty minutes. Repeat your exercise routine 3 or 4 times per week to experience the change.

Kinds of Physical Exercise

First of all, exercise will only become a habit if it's fun! Choose something that you enjoy doing. If you like being with a group of people, try a team sport. Social activities like dancing and mall-walking are also good. If you prefer being alone try cycling or swimming.

Everyday Healthy Heart Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try some of the following tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator . Just start with one flight. Soon, you will be ready for two.
- Park your car at the far end of the parking lot. The short walk wherever possible helps your heart.
- If you travel by a bus, get off a stop before your destination. Walk for rest of the way.
- Spend a few minutes of your lunch break taking a stroll.
- Think of housework as an extra chance to exercise.
- Gardening is a job that can be done by you as a chance to exercise.
- A brisk walk with your dog (if you have one) is good for both of your hearts. Make it a part of your daily routine.
- Schedule an after-dinner walk with your family. Make it quality time.

Healthy Heart Diet

If you want to have a healthy heart, you have to learn how to eat a healthy. All of the food you eat, affects the health of your heart.

- Obesity
- Diabetes mellitus
- Physical Inactivity
- Stress
- Excessive alcohol drinking

What should you know in advance?

- The symptoms of a heart attack.
- If one is at higher risk for a heart attack. Consult your doctor to reduce the risk level. Be sure to ask about aspirin and nitroglycerin.
- Whom to call for emergency help. Do not call a friend or family member. Call for an ambulance to take the patient to the nearest emergency room, to prevent damage to heart muscle, do not delay seeking medical treatment.

Share this information with family members and caregivers so they can recognize the symptoms of a heart attack and when to seek emergency treatment.

Risk Screening

- Periodic Health Check up
- Screening for Diabetes & Hypertension
- Lipid profile: ' Good v/s Bad 'Cholesterol
- ECG, Stress test
- CT Scanner

Diagnosis of Coronary Artery Disease

Coronary angiography is the only certain way to diagnose and measure the extent of coronary heart disease. If your physician suspects a coronary heart disease, he may recommend the procedure.

Diabetes: Can You Beat It?

While diabetes is not actually a form of heart disease, it very often



Keeping the Heart Clean

The human heart's job is to pump nutrient-rich blood throughout your body. If you smoke, take drugs, or drink alcohol excessively, you are giving your heart extra work. How do you feel when you have too much work to do? Your heart too cannot handle extra work for a long period of time. Over a period of time, the health of your heart will suffer.

It is proven that smoking doubles your risk of having a heart attack. Also it doubles, triples or quadruples your risk of sudden cardiac death. Smoking kills 9,00,000 people every year in India. So, do not smoke. If you do, quit. The sooner you quit smoking, the sooner your risk will start to decline. There is hope!! Former smokers can completely lower their risk of sudden cardiac death within ten years of quitting.

Although drinking alcohol in moderation may not pose a risk, but drinking excessively poses a serious hazard to your heart. While alcohol flows in your blood stream, the nutrient-rich blood finds it difficult to nourish the heart. Excessive alcohol content in the blood stream is dangerous for the heart. So, avoid excessive alcohol drinking.



stroke may result.

Some of the factors that contribute to the progression of atherosclerosis are high blood pressure, cigarette smoking, high cholesterol levels, obesity, sedentary lifestyle, high stress level etc.

What is Angina?

Angina is a recurring pain or discomfort in the chest that happens when some part of the heart does not receive enough blood. It is a common symptom of a coronary heart disease (CHD), occurs when coronary arteries that carry blood to the heart become narrowed and blocked due to atherosclerosis.

What is a Heart attack?

Heart attack (also called coronary attacks) result from coronary heart disease of the blood vessels that feed the heart muscle. Coronary artery disease and ischemic heart disease are other names for coronary heart disease.

What causes a Heart attack?

A heart attack occurs when the supply to part of the heart muscle itself is severely reduced or stopped. The medical term for heart attack is Myocardial Infarction. The reduction or stoppage happens when one or more of the coronary arteries supplying blood to the heart muscle are blocked. This is usually caused by the buildup of plaque (deposits of fat-like substances) due to atherosclerosis. The plaque can eventually burst; tear or rupture, creating a "snag" where a blood clot forms and blocks the artery. This leads to heart attack.

Symptoms of Coronary Artery Disease

If one has angina or any of the symptoms listed below that last for more than 5 minutes, SEEK EMERGENCY TREATMENT WITHOUT DELAY. These symptoms could be the signs of a heart attack (also called myocardial infarction or MI) and immediate treatment is essential.