

Heart 'e' Health



October 2018, Issue 7

www.cardiacwellnessinstitute.com

Walk Chennai Walk 2018

The healthcare team at Cardiac Wellness Institute recently hosted a walkathon “Walk Chennai Walk” to mark World Heart Day. The event was held on Saturday 29th September 2018 from 6.00 - 8.00 am at Elliot's beach, Besant Nagar, Chennai. The aim of the initiative was to raise awareness about heart health and to involve the whole family in an active lifestyle.

There was a great response from the public and close to 400 participants of various age groups joined the walk covering a distance of 2, 4 or 6 km each. The health Secretary Mr. Radhakrishnan presided over the event and flagged off the walk. His message to the participants was crystal clear: “You can take care of your heart by just walking briskly for 30 minutes everyday, eating healthy, staying away from tobacco and alcohol and managing your stress better”. Dr. Priya Chockalingam welcomed the participants, thanked the sponsors and spoke about how each and every one of us should take some time and effort on a daily basis to prevent deadly diseases like heart attack and stroke.

Cardiac Wellness Institute Presents...

Saturday, 29th September 2018

6.00 - 7.30 a.m

ELLIOTT'S BEACH, CHENNAI



WALK CHENNAI WALK



Andhra Bank, Abbott, Design Classics, VBJ, Decathlon, Epigamia, Maa, Westminster Healthcare and Wishtree events sponsored the event.

All participants received T-shirts, medals and refreshments. The energy and enthusiasm of the event was very encouraging; our team is extremely happy that so many of our people came out early in the morning to support the cause of heart health.



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Walk Chennai Walk 2018



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Upcoming Event

Healthy Heart Workshop

SIMPLE STEPS TO A
HEALTHY
HEART



Venue: Cardiac Wellness Institute
New no: 21, 5th Avenue, Besant Nagar, Chennai-90

Date: Saturday, 17th November 2018
Time: 10.00 am to 12.30 pm

Registration is mandatory. Please call
+9144 43192828/ + 91 9940408828
(or)

Email: info@cardiacwellnessinstitute.com
to register

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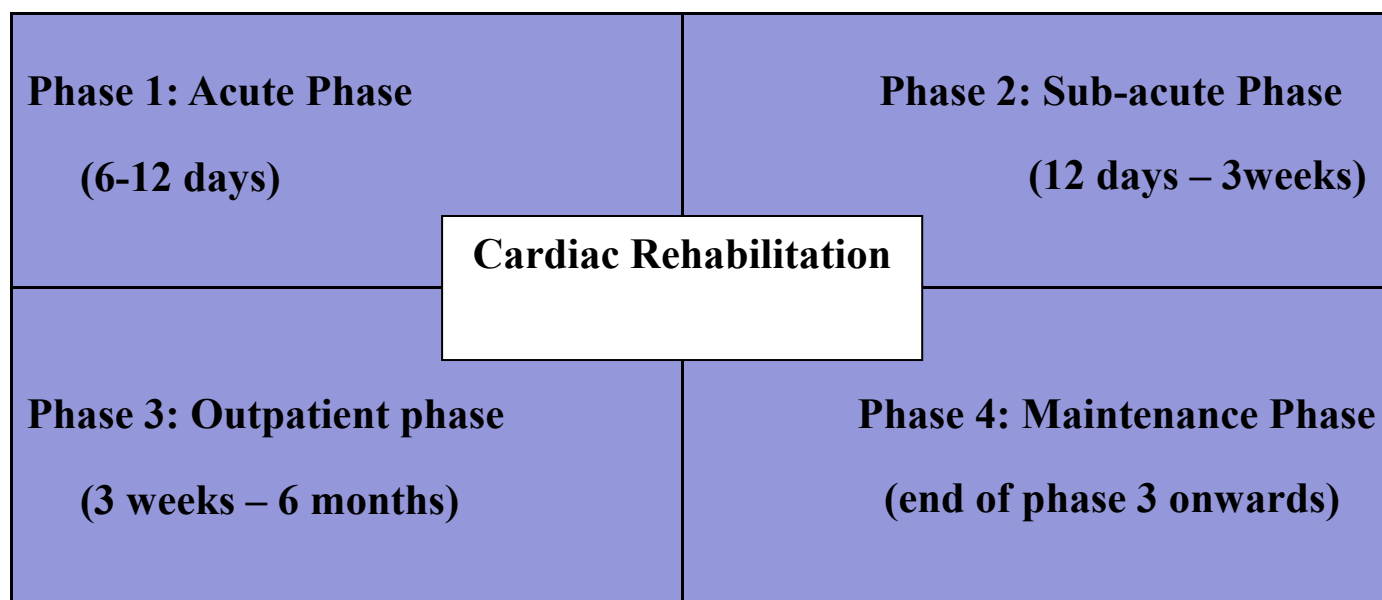
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Exercise in Cardiac Rehabilitation

This World Heart Day, let us learn the importance of cardiac rehabilitation in heart patients. Cardiac rehabilitation simply means restoring physical, psychological and social function in individuals who have been diagnosed with a heart problem. It involves medication, exercise training, emotional support and education about lifestyle changes such as eating a heart-healthy diet, maintaining a healthy weight and quitting smoking.

Cardiac rehabilitation is a holistic approach to reversing heart disease. The healthcare team usually consists of a physician, cardio-respiratory physical therapist, nutritionist and psychologist.

The four phases of cardiac rehabilitation as per the American Heart Association guidelines are:



Phase 1: Acute Phase (6-12 days)

The first phase of cardiac rehabilitation occurs soon after a cardiac event. All the team members work with the patient to treat the emergency condition appropriately and restore normal function as soon as possible. The patient is closely monitored for any signs of cardiac de compensation.

Goal: To decrease the ill effects of bed rest.

Treatment: Initiate patient (and family) education and counseling and help to prevent anxiety and depression. Exercise therapist will help the patient in his/her activities of daily living such as sitting, standing and walking with some emphasis on joint movements.



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Phase 2: Sub-acute Phase (12 days – 3weeks)

Continuous monitoring of cardiac response under activity is needed in this phase. Patients are asked to attend the session in the cardiac rehabilitation centre. The important aspect of phase two cardiac rehabilitation is education about proper exercise procedures.

Goal: Initiate exercise training from low to moderate level of physical activity. Improve the overall physical condition of the patient.

Treatment: Exercise therapist analyze the exercise capacity of the patient and sets the exercise regimen according to the patient's physical condition.

Phase 3: Outpatient phase (3 weeks – 6 months)

This phase consists of organized and supervised exercise sessions. Empowering the patient to adopt self-management strategies is a key goal of outpatient cardiac rehabilitation.

Goal: Set the exercise regimen with FITT principal.

Treatment: Aerobic exercise including warm-up and cool-down periods is the mainstay of this phase. Strengthening exercises for the various upper and lower body muscles are incorporated in the exercise routine during this phase. Self-monitoring of intensity by BORG's scale or wearable devices is taught to the patients.



BORG's Scale

6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion

Phase 4: Maintenance Phase (end of phase 3 onwards)

The last phase of cardiac rehabilitation is typically an independent and ongoing conditioning phase. In this phase, patients are stable clinically and they can maintain their exercise regimen by regular home-based or gym-based exercises together with monthly follow-up with the rehab team.

Goal: Ensure long-term adherence to medications and lifestyle changes to keep risk factor under control and prevent further complications.

Treatment: In the maintenance phase, the individual will continue to do all the exercises taught by the exercise therapist. Changes to the exercise regimen, diet and medications will be advised based on the clinical progress and other periodic investigations.

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The cardiac rehab program is a personalized program and is recommended for individuals with Coronary Heart Disease, After bypass surgery, after Angioplasty (stent procedure) and in individuals with Heart Failure, Valve Disease, Cardiomyopathy, Cardiac Devices and Heart Transplantation.

Cardiac Rehab Sessions At Our Institute



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Seeds for a Healthy Heart

Seeds are rich in nutrients and have many health benefits. Seeds are great sources of fibre and they also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants. Seeds are extremely versatile and can be incorporated easily into a variety of different recipes. When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.

Flax Seeds (ஆளி விதைகள்)

Flaxseeds, also known as linseeds, are a great source of nutrients like protein, vitamin B1, omega-3 fatty acids and important minerals such as zinc, magnesium and copper. Two tablespoons of flaxseeds contains 6 grams of fibre and 4 grams of protein. Flaxseed also contains lignans, known to protect the body from cancer and cardiovascular diseases. It may also help reduce blood sugar and bad cholesterol level. Incorporate them into your diet such as salads, yogurt, smoothies, cereal, and soups.



Chia Seeds (சியா விதைகள்)

Chia seeds, like flaxseeds, are a good source of protein, fibre and minerals. It is an excellent source of protein, especially for vegetarians. They are high in iron and folate, as well as bone-boosting calcium and magnesium. They also contain omega-3 fatty acids and soluble fibre. These tiny seeds contain 10 grams of fibre in a 2-tablespoon serving. It also reduces the risk factors of heart disease and blood sugar level. Chia seeds are easy to add to your favorite dishes like cereal, vegetables and yogurt. Soak them in water to add to cooked cereal or make it into a smoothie with fruits (recipe at the end).

Hemp Seeds (சணல் விதைகள்)

Hemp seeds are an excellent source of protein and contain all the essential amino acids. They pack in 10 grams of easily digested protein into just 2 tablespoons. These seeds have a mild, nutty flavor. It promotes healthy hair and skin as well as richest source of polyunsaturated fats, containing a perfect 3:1 ratio of omega-3 and omega-6 fatty acids. It may also help reduce symptoms of eczema and other chronic inflammatory conditions. They can be eaten on their own, added to salads, or on top of yogurt.



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Sesame Seeds (எள் விதைகள்)

Sesame is one of the oldest oil crops and it is high in antioxidants and rich in protein. These seeds are very nutritious as they contain essential minerals such as manganese and copper, along with calcium and vitamin B1. Despite their tiny size, they contain 20% protein and lots of fibre. Sesame oil is a good choice for salad dressings as it is rich in linoleic and oleic acids, which have a cholesterol-lowering effect. They are good for heart, bones and can also increase your blood count and reduce inflammation and oxidative stress. Sprinkle sesame seeds on salads or stir-fry dishes for an added crunch.



Pumpkin Seeds (பூசணி விதைகள்)

Pumpkin seeds are one of the most commonly consumed types of seeds, and are loaded with good amount of Vitamin E, zinc, manganese, phosphorus, monounsaturated fats and omega-6 fatty acids. These seeds reduce the risk of cancer, especially prostate cancer. It is also known as pepitas and it looks like flat, dark green seeds. It contains 5 grams of fibre in 28 grams of pumpkin seeds. These seeds and oil will help improve heart health and symptoms of urinary disorders. Fresh roasted pumpkin seeds are an excellent snack, and can be sprinkled on oatmeal and mixed into smoothies.



Sunflower Seeds (சூரியகாந்தி விதைகள்)

Sunflower seeds are an incredibly nutrient dense food with high amount of vitamin E and antioxidant. These seeds contain high levels of monounsaturated and omega-6 fatty acids as well as protein, fibre, phytochemicals, copper, selenium and magnesium. Since these seeds have very high oil content, they are one of the main sources of polyunsaturated oil and it is used for cooking purposes. It may help reduce inflammation and cholesterol levels. Incorporate them into bread recipes, vegetable dishes, cereals and in raitas. Try crushed sunflower seeds as a tasty gluten-free coating for fish or chicken.



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Apple Banana Chia Seed Smoothie Recipe

Apple Banana Chia Seed Smoothie makes a delicious and refreshing drink and is perfect for a healthy breakfast or snack anytime. It is rich in omega-3 fatty acids, protein, antioxidants and fibre.

Ingredients

- 2 cups fresh apple chunks
- 2 cups ripe banana chunks
- 1 cup low-fat plain yogurt
- 1 cup low-fat milk
- 1 tablespoon chia seeds

Method

- Add apple chunks, ripe banana chunks, yogurt and milk and chia seeds to a blender
- Puree until smooth and blended
- Pour into two glasses of choice
- Serve immediately or refrigerate until ready to serve.



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