

Each and every person walking through the doors of Cardiac Wellness Institute shares a commonality: they or their loved ones are victims of a lifestyle disease. Whether it is obesity, diabetes, hypertension, arthritis, acid reflux disease, dyslipidemia, sleep disorders, hormonal imbalance, mental health issues, heart disease or stroke, the impact on daily life is huge.

[illegible]

- I am unable to do as much work around the house as I used to do before
- I feel more tired in spite of reducing my daily activities
- It is strange but I keep worrying about my health all the time
- The heart attack has created a lot of anxiety in the family
- We are caught in a maze trying to do the right things and avoiding the harmful things
- I am not very sure why I need to take all these medicines
- Is there some way I can overcome my disease without side effects?
- There's a lot of health-related information these days, how do we know which ones to follow?

And there are so many people out there with similar unaddressed health concerns. This is exactly why our expert healthcare team works closely with both healthy and diseased individuals to create awareness, provide education and counseling and impart the skills necessary for control and reversal of these lifestyle diseases.

We conducted a series of workshops focused on prevention and rehabilitation of heart disease in January and April this year. It was very satisfying to see the interest with which people enrolled and participated in the sessions, sharing their experience and interacting with one another enthusiastically. A big thanks goes to the print media for carrying news about the health program and publishing health

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www.cardiacwellnessinstitute.com

With a new and well-equipped facility to meet the varied needs of patients, and a young and dynamic team to support them in achieving their health goals, we are ideally poised to march ahead full steam in the fight against lifestyle diseases. But it all begins with you – the seeker of health – taking the first step and reaching out to us so that together we can curb this epidemic!



Upcoming events in our Institute

Heart Health Bootcamp

REGISTER AT
WWW.CARDIACWELLNESSINSTITUTE.COM

Venue: Cardiac Wellness Institute

Date: Saturday, 22 July 2017

Time: 8.30 am to 12.30 pm*

FITNESS MANTRAS

Better performance tips
for beginners group &
advanced sporters.

EATING RIGHT

Ensuring a balanced
nutrition that enhances
heart health.

MIND HEART CONNECTION

The secret to a healthy
heart is actually in the
head.

PREVENTIVE HEALTH CHECK

Simple tests to help
stay away from heart &
blood vessel diseases.

* **Optional** Preventive health check 7.30 – 8.30 am
(fasting blood sugar, complete blood count, lipid profile & ECG; blood pressure body mass index).

Registration fee: Rs.500 Bootcamp only and Rs.1000
Bootcamp + health check (incl breakfast)

Registration is mandatory.

Please call +9144 43192828 or +91 9940408828 or
send an email to info@cardiacwellnessinstitute.com
for registration.

You may register online at :

<https://www.eventjini.com/hearthealthbootcamp>

UNITING PEOPLE IN THE FIGHT AGAINST
CARDIOVASCULAR DISEASES

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Continuing Medical Education Program



CME PROGRAM
23, 24 September 2017



Current Concepts in Cardiopulmonary Rehabilitation

Who should attend?

Medical professionals - Cardiology, Pulmonology, General Medicine, CRRIs, PGs, Fellows
Allied health professionals - Physiotherapy, Nutrition & Dietetics, Counselling Psychology,
Nurses and Social workers

For further details & registration:

Please call +9144 43192828, +91 9940408828 or email info@cardiacwellnessinstitute.com.

The secret to an effective workout

Exercise can be viewed as the most important component to lower cardiovascular risk and improve overall health. Among the various types of exercises, cardio workout or aerobic exercise gives the maximum benefits. Exercise combined with other components of cardiac rehabilitation leads to better physical and mental health outcomes. The following three phases should feature in every exercise plan aimed at preventing or reversing heart and blood vessel diseases:

Stages of a Workout

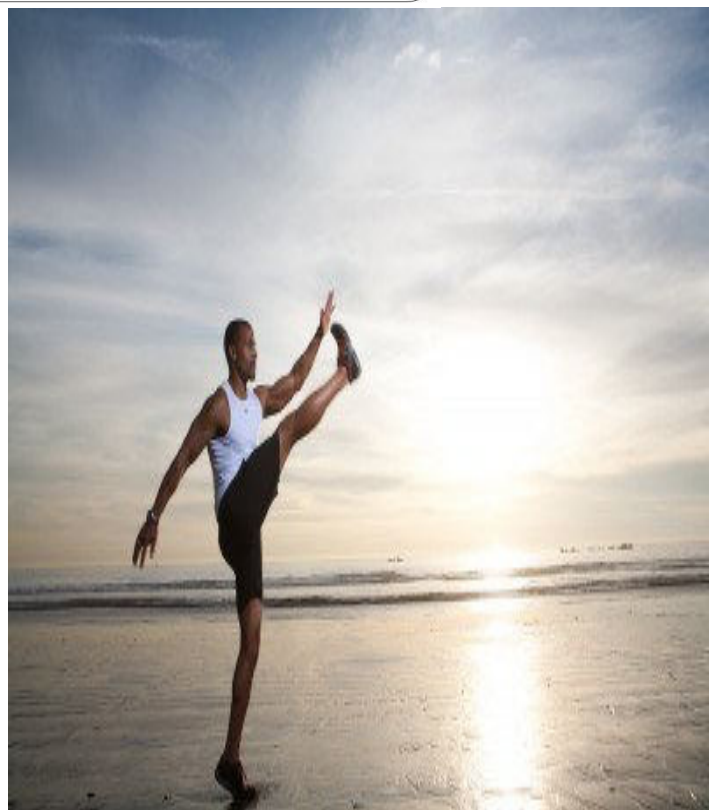
Warm-UP
Workout
Cool-Down

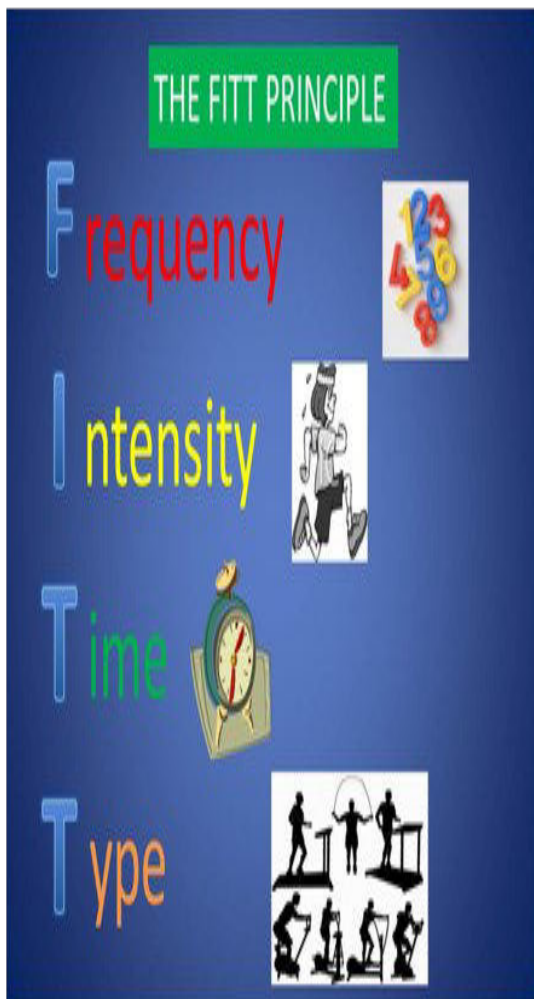
Warm-up

This phase consists of a minimum of 5 to 10 minutes of low to moderate level activity prior to actual exercise.

Effects of warm-up

- Gradually raises body temperature and heart rate
- Increases blood flow to the muscles thereby preventing injury
- Helps the muscles to work optimally
- Prepares the body for aerobic activities





Conditioning phase

Conditioning phase is the actual aerobic exercise phase which should be done following the FITT principle.

Frequency: At least 5 days a week.

Intensity: Intensity can be self measured by various tools such as walk and talk test, heart rate etc.

Time: Start with a short session and increase the duration by 5 minutes a week. Aim for 30-60 minute workout based on your health condition.

Type: Endurance exercises like running, brisk walking, swimming, elliptical trainer, cycling, stationary bike, etc. can be done regularly.

Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

Effects of conditioning

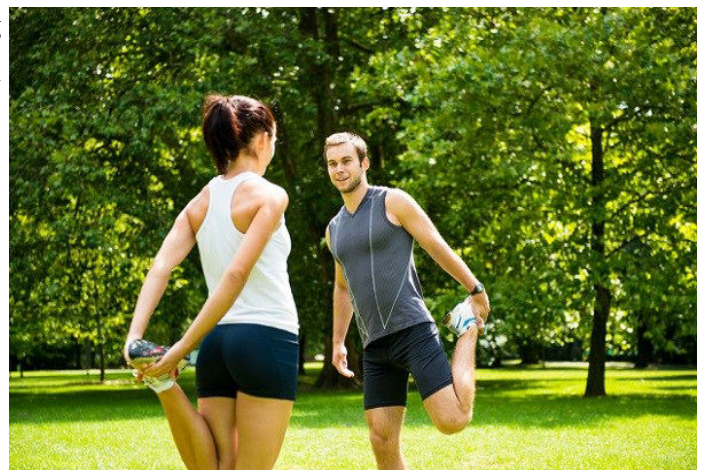
- Builds stamina
- Helps in maintaining heart rate
- Boosts HDL (good) cholesterol levels
- Helps control blood pressure
- Strengthens bones
- Helps maintain normal weight

Cool-down phase:

Cooling down phase is as important as warming up. It helps the body to return to its resting state, slowing your heart rate and breathing down to normal levels. Cool down phase consists of minimum of 5 to 10 minutes of low to moderate level activity. Stretching of various muscle groups is an ideal way to cool down after your workout.

Stretching tips

- Should be done for individual muscles
- Stretch the muscle from starting position
- Hold each stretch for 10 to 30 seconds
- Stretch should be strong but not painful
- Do not bounce



Importance of heart-healthy nutrition in women

The Global Burden of Disease Study has reported that ischemic heart disease and stroke are the most important causes of death and disability in women. The report on causes of death by the Registrar General of India also reported cardiovascular diseases (CVD) as the prime killer in Indian women. Of the more than 10 million deaths annually in India, almost 2 million are due to diseases of circulatory system, of which 40 per cent are women from urban and rural settings. More than half of the 800,000 annual CVD deaths in women occur prematurely. This simply means that women of all ages and socioeconomic statuses are succumbing to heart diseases and we have to put a stop to this trend.

Prevention & control of CVD in women & children in India, Indian J Med Res. 2013 Sep; 138(3): 281–284.

Being more heart-health aware is not just knowing what to do after a heart attack or other diseases strike but also understanding the following factors that can increase your risk for heart disease as a woman.

- High Blood Pressure
- Abnormal Cholesterol levels
- Elevated blood sugar
- Stress and Mental Health issues
- Unhealthy food habits
- Obesity
- Lack of Physical activity
- Menopause
- Family history



Types of food women should focus on

Whole Grains and Dietary Fibre

Whole grains represent unprocessed grains that contain endosperm and the bran. The most common whole grains are whole wheat, whole rice, barley, corn, rye, millets and oats. It is recommended that adult women should consume 25 grams of whole grains every day.

Vegetables and Fruits

Vegetable and fruit consumption is associated with lower blood pressure and ideal blood sugar and cholesterol levels. The health effect of vegetables and fruits can be attributed to the dietary fibre and antioxidants. The recommended fruit and vegetable intake is 2 to 6 cups i.e. 5 to 13 servings per day. Vegetables and fruits also act as low-calorie, low-sodium, and satiating foods.

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Green leafy vegetables

Dark green leafy vegetables are good sources of many vitamins such as vitamins A, C, K and folate and minerals such as iron and calcium. They have a beneficial effect on reducing the risk of cancer and heart disease since they are low in fat, high in dietary fiber, and rich in folic acid, iron, potassium and magnesium. It is recommended for women to include at least 3 cups of dark green vegetables per week, or about ½ a cup every day.



Nuts

Nuts are nutrient-dense foods, rich in unsaturated fatty acids. This group includes almonds, walnuts, pistachios, cashews, macadamias etc. Some nuts like walnuts also contain alpha-linolenic fatty acid. Other macronutrients in nuts include plant protein and fibre; micronutrients including potassium, calcium, and magnesium. These nutrients may have a beneficial effect on lowering blood lipids as well as oxidation and inflammation known to increase risk of heart disease.

Soy

Soy protein that is found in soybeans is often used to replace animal protein in a diet. The soybean is a legume that contains no cholesterol and is low in saturated fat, and is the only vegetable food that contains all eight essential amino acids. Soybeans are also a good source of fibre, iron, calcium, zinc, and B vitamins. Soybeans are the best known and most widely consumed food that contains phytoestrogen.

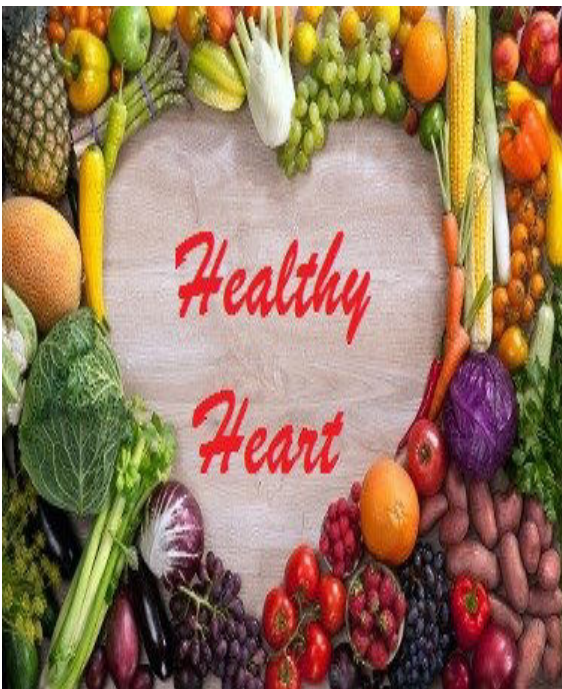


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Dairy Products

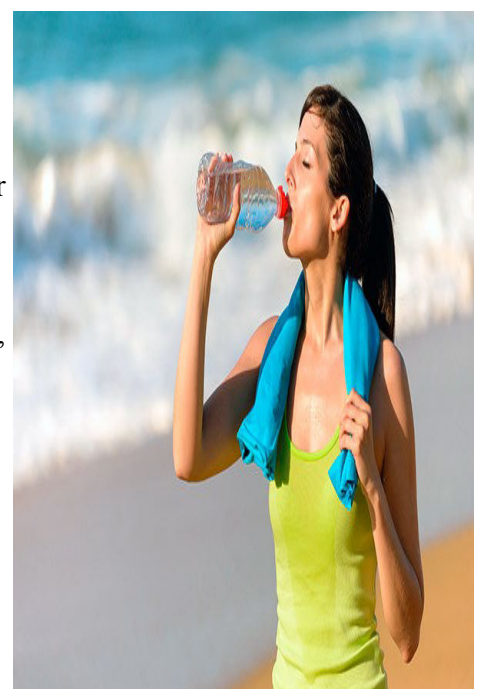
Dairy products are rich in minerals like calcium, potassium, and magnesium, protein in the form of casein and whey, and vitamins like riboflavin and vitamin B-12, all of which have a beneficial effect on heart and blood vessels. The blood-pressure-lowering effects of dairy products include the high content of potassium, magnesium, and calcium. The general health recommendation is to include around 500ml per day of low-fat dairy products.



A healthy diet is nothing but a well-balanced intake of different health promoting foods. Naturally, it is the best way to maintain a healthy weight. It is preferable to eat fresh foods using cooking methods that retain the original nutrients undestroyed. Daily food intake should be a mix of a variety of vegetables and fruits, legumes, nuts and whole grains. The use of sugar, salt, cholesterol-rich foods and packed and processed foods should be limited as much as possible. Vegetable oils (such as sesame seed oil, rice bran oil, olive oil and sunflower oil) should be used for everyday cooking instead of animal fat such as butter and ghee.

Summer Hydration Tips

- Drink 30 minutes before or 60 minutes after you eat
- Avoid electrolyte replacement beverages, soft drinks, and other sugary drinks filled with chemicals
- Alcoholic, sugary, and caffeinated beverages dehydrate you, which is another reason water is best
- Wear lightweight, light-color, loose-fitting clothes
- Protect yourself from the sun with sunglasses



Healthy summer drinks to beat the heat

Watermelon Lime Chillier

- 350 ml of chilled water
- 1 cup of crushed watermelon
- A handful of mint leaves
- Wedges from 1 lemon



Tender Coconut Cooler

- 300ml of Fresh Tender coconut water
- A handful of mint leaves
- Wedges from 1 lemon

This newsletter is published in the interest of the public. You may provide your feedback and comments through phone or mails.
