

# Heart 'e' Health

## September - The month for Heart Health awareness

Dear Friends,

World Heart Day is observed globally every year on 29<sup>th</sup> September. The theme for the year 2019 is “Be a Heart Hero” by making a promise to take better care of your heart and that of your loved ones.

Cardiac Wellness Institute has made great strides in the past in creating awareness about heart and blood vessel related diseases such as heart attack and stroke and in prevention and rehabilitation of individuals with these disorders.

Our aim is to make each and every one of you a “Heart Champ”, that is, someone who is a champion of heart health and knows how to care better for his or her heart. In this way, we can control and curtail highly prevalent risk factors like diabetes, hypertension, cholesterol, obesity, sedentary lifestyle, unhealthy diet, smoking and chronic mental stress, thereby reducing the risk of life-threatening diseases.



This September, we are going the extra mile to provide heart-healthy lifestyle solutions to the members of our community. We will be conducting healthy lifestyle workshops at corporate companies, educational institutions and voluntary organizations throughout the month and at our Institute at the end of the month. Balanced nutrition, hands-on exercises, stress management techniques, yoga, meditation and better management of risk factors will be the main modules covered in these workshops.

Following this workshop, we have planned the "Heart Fit Program" which is an in-depth learning module on the various components of healthy living through 10 sessions spread out over 5 weeks. There will be indoor and outdoor sessions and a lot of variety to make it a fun learning experience.

Hope this World Heart Day (Month) brings a new breeze of health and happiness to one and all!

# Heart 'e' Health

## Upcoming Events

WORLD HEART DAY 2019

### HEART CHAMPS

*Become A Champion of Heart Health*

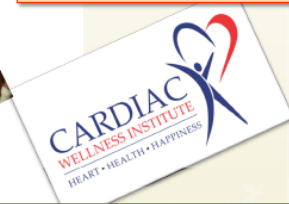
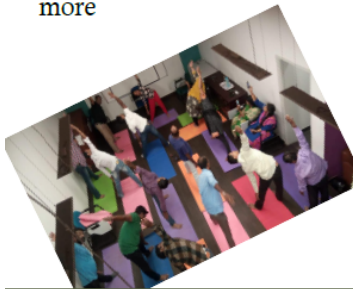
9.30 am – 12.30 pm, 27<sup>th</sup> & 28<sup>th</sup> September 2019

#### Hands-on Workshop (3 hours)

- Heart health assessment
- Exercises for the heart
- Dietary advice & recipes
- Mind body relaxation
- Games, Refreshments & more

Workshop fee is  
**Rs. 500 per participant\***  
\*Group discounts apply for 5 or more participants

**Limited spots only  
Register now!!!**



Registration: 044-43192828 / 9940408828

Venue: 21, 5<sup>th</sup> Avenue, Besant Nagar, Chennai 90

The Heart Champs Workshop is to be held on 27<sup>th</sup> & 28<sup>th</sup> September 2019 at our Institute. It will be a 3-hour workshop and can be attended by anyone. As we have limited space, we urge you to register at the earliest if interested.

While the workshop is sure to be an eye-opener, the 5-week Heart Fit Program (see below) is guaranteed to be the ultimate game-changer for those who wish to pursue a heart healthy lifestyle.

It is planned as a holistic lifestyle modification program for individuals with risk factors like diabetes, hypertension, cholesterol problems, obesity and chronic stress.

Those with a prior diagnosis and under treatment for heart disease can also register but acceptance will be confirmed after reviewing medical records.

## THE HEART FIT PROGRAM

*The proven way to get fit & stay healthy without any shortcuts*

### About the Program

**What?** A 5-week program from 1<sup>st</sup> October – 5<sup>th</sup> November 2019  
2 sessions per week; total of 10 sessions

**When?** 6.30 am – 7.30 am Wednesdays (outdoor)  
11 am – 12 pm Saturdays (indoor)

**Who?** Individuals of all ages can participate\*  
Expert Healthcare Professionals will conduct the sessions

**Where?** Cardiac Wellness Institute; 21, 5<sup>th</sup> Avenue, Besant Nagar,  
Chennai - 90



\* Grouping of individuals will be done by the healthcare team based on age & medical history

### Program Details

#### 1. Exercise session x 8

Focus will be on aerobic exercises, interval training, core strengthening exercises and circuit training

#### 2. Diet Counseling x 1

Focus on balanced heart-healthy nutrition to prevent & control obesity, diabetes, hypertension & cholesterol

#### 3. Stress Management session x 1

4. Doctor Consultation will be provided to all participants prior to start of program

### Program Fee

Rs. 5000 per person

Rs. 4000 per person for 2-4 members

Rs. 3000 per person for 5 or more members

Call 044 43192828 or 99404 08828

Or mail [info@cardiacwellnessinstitute.com](mailto:info@cardiacwellnessinstitute.com) to register

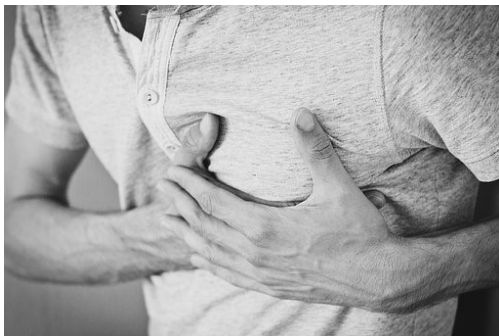
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## Heart Attack Awareness in a nutshell

Heart attack is the number 1 killer disease in the world today. It can present in different ways ranging from extremely lethal causing sudden death within a matter of seconds to gradually worsening chest pain that can become life-threatening if left untreated. Blockage of arteries supplying the heart known as coronaries by fatty deposits and blood clots (atherothrombosis) or sudden constriction of the arteries (vasospasm) are the main mechanisms underlying a heart attack.

The common warning signs of a heart attack are:

- Pain/discomfort in the chest, known as Angina
- Pain or burning sensation in the upper abdomen, lower jaw, neck, upper back
- Pain/discomfort in the shoulder or arm
- Shortness of breath or choking sensation
- Excessive sweating, light-headedness, nausea or vomiting



The risk factors associated with heart attack are:

- Abnormal blood cholesterol levels (dyslipidemia)
- High blood pressure (hypertension)
- Elevated blood sugar level (diabetes)
- Smoking or tobacco use in any form
- Excessive alcohol consumption
- Obesity
- Sedentary lifestyle
- Unhealthy diet
- Chronic stress and other psychosocial factors



Each of the above 9 are independent risk factors for heart attack and when they occur as multiple risk factors in an individual, the risk of heart attack also increases several folds. Male sex, increasing age and genetic predisposition are the other factors that are known to be closely associated with heart attack and other blood vessel disorders.

Keeping the risk factors under control is the best and most effective way to prevent, manage and reverse heart problems.



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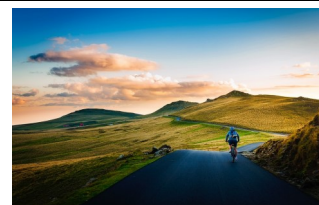
## Physical Activity & its role in Heart Disease Prevention

Physical activity refers to any bodily movement produced by our muscles that results in energy expenditure. Activities such as walking, cycling, jogging, household activities and gardening are all part of our daily physical activity. Today, cardiovascular disease or diseases of the heart and blood vessels is the leading cause of death and disability, and lack of physical activity is the commonest cause across the globe.

Let us see how being more physically active can significantly reduce the risk of disease in healthy individuals (primordial prevention), in those with some risk factors like diabetes (primary prevention) and also reverse disease in individuals who already have heart problems and its complications like a poorly functioning heart (secondary and tertiary prevention).

**Physical activity guidelines for various age-groups** as outlined by the American Medical Association - Physical Activity Guidelines for Americans 2<sup>nd</sup> Edition (2018) are as follows:

Categories	Aerobic Activity (brisk walk, swimming, jogging, cycling, free ex- ercises)	Strength training activity (dumbbells, barbells, weight equipments, body weight training)	Bone Strengthening, Flex- ibility & Balance (skipping, jumping, uphill running, stretching, balance activities)
<b>Pre-School</b> (up-to 5 years of age)	They have to be kept active throughout the day and should also be encouraged to en- gage in a variety of activities for better growth and development		
<b>School Chil- dren &amp; Adoles- cents</b> (6-17 years)	60 minutes; moderate to vigorous intensity; 3 days/week	30-60 minutes; moderate to vigorous intensity; 3 days/week	30-60 minutes; moderate to vigorous intensity; 3 days/week
<b>Adults</b> (18 & above)	30-60 minutes; moderate to vigorous intensity; 5 days/week (OR) 15-30 minutes; vigorous intensity; 5 days/week	20-30 minutes; moderate to vigorous intensity; 3 days/week	20-30 minutes; moderate to vigorous intensity; 3 days/week



# Heart 'e' Health

## Physical Activity & its role in Heart Disease Prevention (Contd.)

Following the above guidelines is an effective way to decrease the occurrence of risk factors and to keep them under control if risk factors have already been diagnosed. It will also help to modify your sedentary behavior to an active mode and keeps you healthy.

**Secondary Prevention** - Physical activity plays a major role in the recovery from cardiac procedures and surgeries such as stent procedure, bypass surgery, valve replacement surgery and heart transplantation. We recommend our cardiac patients to gradually return to their normal physical activity level in the days to weeks after their hospital admission and encourage them to enroll in a cardiac rehabilitation program for maximum benefits. Engaging in different kinds of physical activity has the following advantages:

- Makes you feel more energetic
- Improves your exercise capacity
- Makes your muscles, including your heart muscle, stronger
- Helps to control body weight, blood sugar, blood pressure and cholesterol level
- Improves overall well-being and quality of life.



**Tertiary Prevention** - Recent medical research has made it clear that those cardiac patients with a poorly functioning heart (heart failure) and those in the elderly age group (octogenarians and nonagenarians) should also be physically active and perform age appropriate exercises. Those who do so experience the following benefits:

- Fewer hospital admissions
- Improvement in symptoms like breathlessness and tiredness
- Reduction in medications for cardiac and other diseases like diabetes and hypertension
- Reduction in falls due to stronger muscles and joints
- Decrease in the incidence of other conditions like dementia, depression and cancer.

We would like to conclude that physical activity definitely has positive effects in all levels of heart disease prevention. However, it is advisable to consult your healthcare provider prior to starting a new activity; especially if it's something you are not used to and are in doubt about its safety. Be active and stay healthy!

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## Facts about Cholesterol Levels

Each and every cell in our body is made up of the fatty and waxy substance known as “Cholesterol”. Cholesterol is not only present in some of the foods we eat (eg. animal based foods) but is also produced by our liver. Our body requires cholesterol for normal functioning but in case of excess production, it can cause heart related disorders. Let us see the different types and measures for cholesterol control as follows.

### **LDL (Low Density Lipoprotein):**

LDL is considered as “Bad cholesterol” as it leads to build-up of plaque in the arteries, resulting in narrowing of arteries and increased risk of heart attack and stroke. Meat, whole milk products, egg yolk, poultry and fried foods increase LDL cholesterol level in the blood. An ideal level for LDL is less than 100 mg/dl.

### **HDL cholesterol (High Density Lipoprotein):**

HDL is considered as “Good cholesterol” as it protects against heart disease, by removing the "bad cholesterol" from the body and thereby preventing its build up in arteries. Nuts, seeds and oily fish are the best sources to improve our HDL level. An ideal HDL level is 60mg/dl or above.

### **VLDL (Very Low Density Lipoprotein) or Non HDL:**

VLDL is a type of blood fat which is considered to be one of the "bad" forms of cholesterol. It is produced by the liver and gets released into the blood streams. The purpose of the VLDL is to carry triglycerides to the tissues. An optimal VLDL level is 2 to 30 mg/dl.

### **Triglycerides:**

Triglycerides are also a type of fat that are produced during excess calorie intake, which our body converts them into. Triglycerides are also present in foods like vegetable oils and animal fats and are considered to be a risk factor for developing hardening of the arteries, if present in excess. An optimal level is less than 100 mg/dl.

### **Total cholesterol:**

It is a measurement of total cholesterol in blood, which consists of both LDL and HDL cholesterol. Total cholesterol should remain below 200 mg/dl.



### **Best ways to control Cholesterol**

- Adequate intake of 25 – 30 g of fiber per day is essential to avoid LDL build-up (i.e., 1-2g of fiber intake = 1% reduction in LDL)
- Limitation of saturated fat intake such as red meat, pre-prepared frozen foods, processed foods and bakery items helps to control LDL level. The recommendation of saturated fat per day is 5% to 6%
- Trans fat comes from hydrogenated or reused vegetable oil (normal cooking oil heated more than once) and is extremely harmful for the heart, blood vessels and all other organs. Deep fried foods (eg. bajji, bonda, papad) and bakery products are rich in trans fat. Choose foods free of trans fats in your daily diet

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- Include at least 4-5 portions of fruits and vegetables every day and choose healthy fats (nuts and oil seeds, and skimmed dairy products) instead of the unhealthy fats mentioned above
- Limiting the amount of added sugar helps to control triglycerides as too much of sugar consumption increases chances for obesity and cardiovascular disease
- Maintaining a healthy body weight with normal Body Mass Index helps to lower cholesterol and raise HDL
- The National Cholesterol Education Program of USA recommends a daily intake of 2 to 3 g of sterol per day to reduce LDL cholesterol by 6 to 15% (eg. Yogurt, Orange)
- 30 or more minutes of brisk physical activity helps to control blood cholesterol level.
- Chronic stress can sometimes raise LDL cholesterol and lower HDL cholesterol. So adequate stress management techniques helps to control cholesterol level
- Smoking causes high LDL level and a much higher risk of heart attack. Thus, quitting smoking is mandatory
- Consumption of excessive amount of alcohol also raises the bad cholesterol level.

It is quite clear that managing cholesterol begins with a healthy diet. Consuming a balanced and healthy diet low in unhealthy fat, salt and sugar and high in fiber and healthy fat helps to control the level of bad cholesterol in blood and automatically increases the good cholesterol. Lifestyle modification is the best way to reduce heart diseases such as heart attack, heart failure and sudden cardiac death.

## Hearty Healthy Eating

A balanced diet and a healthy lifestyle are the two weapons to fight cardiovascular disease. Eating healthy is easier than we think, because once we are aware about the dietary ingredients we can easily buy them from local shops or markets and prepare tasty and healthy food at home. A heart healthy diet is one that can help us to lose weight, lower cholesterol (LDL, VLDL, and Triglycerides) and control blood pressure. Eating a diet low in unhealthy fat, salt and added sugar is important to prevent and overcome cardiac problems.

### **Dietary fat – Healthy vs. Unhealthy fat**

Fat consumption is closely associated with coronary heart disease (CHD) or heart attack, so we need to be careful about the type of fat we consume. It is very important to monitor the overall fat intake and the type of fat we use. Eating too much unhealthy saturated fats (like Palm oil, dalda, butter, ghee) and trans fat (like reused oil, dalda, vanaspathi) can increase your blood level of bad cholesterol. Choosing food with healthier fats like omega fatty acids (fish and nuts), MUFA (Mono Unsaturated Fatty Acids) and PUFA (Poly Unsaturated Fatty Acids) is proven to reduce bad cholesterol, increase good cholesterol and avoid heart problems.

Selection of healthy fat:

- Choose milk, cheese, paneer, and curd with reduced (skimmed) fat instead of whole or full fat milk
- Choose lean cut of meat or trim all the visible fats and remove skin from chicken; choose fish and poultry over red meat (mutton, beef, pork)
- Include nuts and oil seeds regularly. Avoid roasted and over salted nuts
- Use healthier oil like sesame seed oil, groundnut oil, and rice bran oil instead of palm oil and ghee for cooking and preparation of foods. Recommended level is 5 to 10 ml of oil per day per person



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## Hearty Healthy Eating (Contd.)



### **SALT – Hidden & visible salt**

Excessive intake of dietary salt is one of the leading causes of high blood pressure and heart disease. Salt is made up of sodium chloride. We consume both visible salt (for example the salt added during cooking) and hidden salt (typically the salt in packaged foods) on a daily basis. Excessive intake of salt (more than 1 teaspoon per day) causes fluid retention in the body which raises the blood pressure level. Preserved and processed foods consist of lots of hidden salt as salt increases the shelf life of the products like pickles and papad. Check the nutritional labels for salt content and choose 'No added salt' foods to avoid excessive hidden salt intake.

### **SUGAR – Natural vs. added**

Sugars occurring naturally in fruits and vegetables pose no increased risk for Coronary Heart Disease. The problem is refined sugars with ultra processed foods being of greatest concern. A diet high in sugar has also been found to cause diabetes and heart attack. The increased amount of sugar intake puts a strain on the heart muscle and also increases cholesterol and blood pressure level.

### **FIBER**

High fiber diet is a good tool to control many chronic lifestyle diseases like diabetes, hypertension, dyslipidemia as well as to prevent heart diseases and cancers. High fiber foods like fruits, vegetables and whole grains also helps to eliminate excessive fat in the body. The normal recommended level is 25 grams per day; of which 5 to 10 grams should be soluble fiber like oats, nuts, beans, fruits and vegetables. Soluble fibers can bind with cholesterol particles in the digestive tract and eliminate them from the body before they are absorbed into the blood.

### **Hearty-healthy eating goals:**

- Include a variety of vegetables (3-4 servings), fruits (1-2 servings), whole grains, and nuts and oil seeds (20 grams) every day
- Select and use healthy fats and oils and reduce intake of unhealthy fats
- Choose fish, sea food and lean meat over red meat
- Limit or avoid fried or baked (chips, biscuits, cakes), processed, preserved (sugar sweetened drinks), salted food item (pickle, papad).



# Heart 'e' Health

## Recent Events

### 2nd National Conference on Cardiopulmonary Rehabilitation - 13 & 14 July 2019



# Heart 'e' Health

## Refresh Reflect Recharge - 11 June & 06 July 2019



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