

Heart 'e' Health

Team Work for Better Heart Health

Hello Friends!

Team Cardiac Wellness Institute brings to you Heart 'e' Health, a newsletter for sharing useful, reliable and evidence-based health information to help keep you and your loved ones in great health.

You might have worked as a team to achieve a goal in school, college or at your workplace but have you ever wondered what it is like to team up with your healthcare provider? Would it make managing your health easier? Would it alert you to an impending health crisis and help you prevent it?

With chronic lifestyle diseases like diabetes, hypertension, obesity, heart attack and stroke penetrating every household, it is imperative to become aware of your risk factors, keep track of your clinical parameters and establish a team approach with your doctors, nurses, exercise specialists, nutrition experts and mental health professionals. In this way, it will not be a one-way flow of instructions from the healthcare provider but a healthy discussion on the best prevention strategies and treatment modalities.

Your increased awareness of your state of health will automatically motivate you to take the necessary measures to become fitter, eat healthier, improve your emotional wellbeing and finally attain "health nirvana".

That is exactly why we at Cardiac Wellness Institute make it a point to team up not only with our clients but also with the public and with other healthcare professionals!



Walk Chennai Walk is an initiative where health-seekers of all ages walk together to increase awareness about the benefits of regular brisk walking. Mark your calendars for 29 September 2019 and get ready for the third edition of Walk Chennai Walk in Chennai.

As medical and allied health professionals have to put their heads together to bring about a holistic improvement in individuals' health, the 2nd National Conference on Cardiopulmonary Rehabilitation to be held on 13 & 14 July 2019 in Chennai aims to provide a forum for healthcare providers to share ideas, overcome challenges and better serve the people in need.

Enjoy reading our newsletter and feel free to share it with your near and dear ones.

Dr. Priya Chockalingam
MBBS, MRCPCH, PhD Cardiology
Clinical Director
Cardiac Wellness Institute

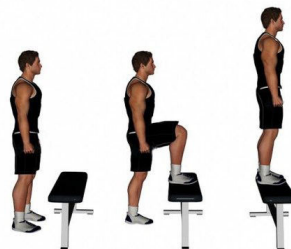
Heart 'e' Health

10 Simple steps to exercise and eat healthy while travelling

Following one or more exercise regimes regularly has tremendous health benefits. But if you are a frequent traveler, there is a chance that your exercise regime falls apart. If you often find yourself giving excuses like “I don’t have time while travelling”, “Travel makes me tired”, or “I don’t get a perfect place to do exercise while on the move”, please read on to see how to overcome the travel hurdle and be fit while on the go.



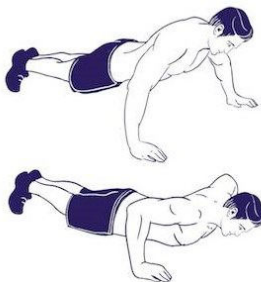
Abdomen Curls



Steppers



Forward Lunges



Normal Push Ups



Normal Planks



Half Squats

The above illustrations are some simple and basic exercises that you can try doing anywhere:

- Push ups – normal or modified
- Planks – normal prone
- Lunges – forward
- On spot jumping
- Half Squats
- Steppers
- Try to go for swimming or hit the gym if your accommodation has it
- Use water bottles instead of dumbbells for strength training
- Go for a brisk walk or jog if you have access to a park or lawn
- If staying by the beach, taking a brisk walk or jogging on the sand can help burn more calories and also relieve stress
- If cycles are available, try to cycle for 30-40 minutes

Heart 'e' Health

10 Simple steps to exercise and eat healthy while travelling

Whether you're travelling for work or vacation, here are some simple but effective strategies to help you eat healthy while travelling in order to maintain the nutritional balance and reduce stress.

- Choose whole-grain sandwiches and raw salads
- Opt for soups, nuts and fresh fruits in between meals
- Choose a small or medium portion when ordering out
- Opt for low fat dairy products and steamed, grilled or baked foods (with less cheese/cream etc.) instead of deep fried dishes
- Choose menus with lean proteins and veggies like grilled chicken and fish, sandwiches loaded with veggies and scrambled eggs with whole-grain toast
- Stay hydrated with adequate intake of water

Carry a healthy snack at all times



Mixed Vegetable Salad



Scrambled Eggs with Veggies



Vegetable Sandwich

As you can see, being prepared is the key to success if you want to stay healthy while travelling. Remember to also enjoy the local cuisine and enjoy the food culture wherever you are headed and to choose the healthy food options. You may even find some new flavors and spices to bring back into your own kitchen when you get home.

Heart 'e' Health

May 2019, Issue 9

Upcoming Events



Dear Colleagues,

With the rapid rise in the incidence of cardiovascular and chronic pulmonary diseases in India and with more and more people grappling with disease complications, comprehensive cardiopulmonary rehabilitation is the need of the hour.

As doctors, physiotherapists, nutritionists, psychologists and nurses come together as a team to reduce death and disability due to heart and lung diseases, this conference aims to be a multidisciplinary scientific platform for all interested healthcare professionals to update skills, share knowledge and advance this field of medicine.

Prof. Dr. V. Chockalingam
President

Dr. Priya Chockalingam
Organizing Secretary

Who should attend

Practicing professionals & students of
Medicine, Cardiology, Physiotherapy, Nutrition & Dietetics,
Psychology, Social Work, Nursing

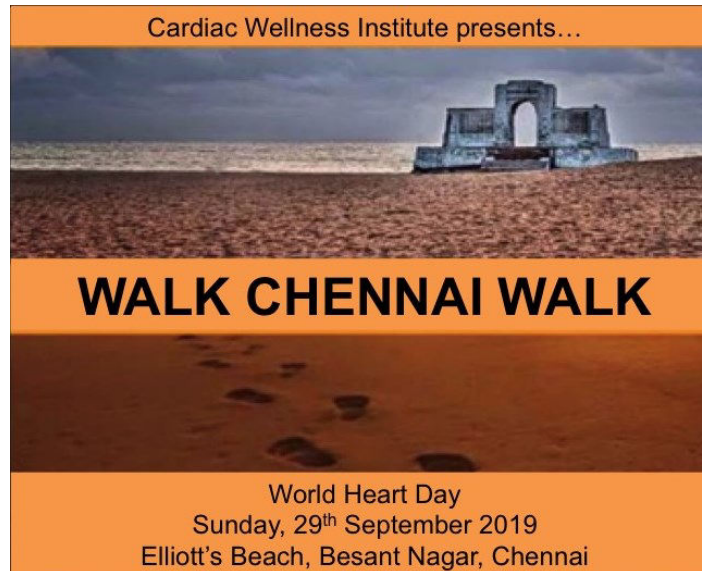
For enquiries please contact

Cardiac Wellness Institute
21, 5th Avenue, Besant Nagar, Chennai - 600090
Contact: +91-9940408828, +9144-43192828
cardiacwellnessinstitute@gmail.com

Heart 'e' Health

May 2019, Issue 9

Upcoming Events



Glimpses of Earlier Walk Chennai Walk Events

2018



2016



Heart 'e' Health

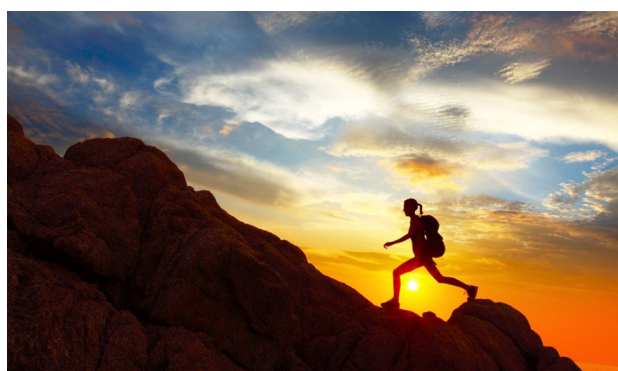
May 2019, Issue 9



www.cardiacwellnessinstitute.com

Beat the Summer & Exercise the Right way

As the summer is here, everybody will be planning for vacation, waiting to travel, play outdoor games and enroll in adventure activities. Exercise lovers will always find it difficult to exercise in the heat and some may be uncomfortable working out in the summer months. We hope this article will be a heads-up to exercise safely and adequately in the hot and humid season.



Exercise generates heat in our body, which increases the body's core temperature and ultimately which gets dissipated in the form of sweat. That is why sweat a lot while exercising. But during summer, as the outdoor temperature is higher than normal, it adds to the amount of sweat produced which is in fact a cooling mechanism. Hence, we can lose excessive body fluids and get dehydrated quickly. Light-headedness, headache and nausea may be the warning signs of dehydration. Individuals involved in outdoor sports will be prone to these issues.

Here are some tips to exercise in the summer:

- **Hydration** – Drink 1 or 2 glasses of water prior to commencing your workout and also keep a bottle of water or liquid electrolytes handy. Avoid consuming caffeinated drinks before exercising, as it can cause more fluid loss in your body. Consume minimum of 3 to 4 liters of water a day.
- **Time of exercise** – Usually the temperature will be at its peak between 10am to 4pm during summers. Thus try exercising early in the morning or late in the evening
Proper clothing – Wearing tight outfits and dark colored clothes might not be the right choice as you will sweat more compared to normal and also dark colors absorb heat and increase body heat. Wear a light shaded and cotton material which will absorb sweat and also helps to reflect sunlight.
- **Type of exercise** – during summer, avoid high intensity workout and try doing prolonged moderate intensity workout that will not harm you. Try indoor exercises in a temperature controlled environment.



Heart 'e' Health

Beat the Summer & Exercise the Right way

Some of the health complications that should be addressed as soon as possible are:

- **Heat Cramps** – acute exercise related muscle cramps are common, which causes severe pain even with mild touch. Try to take adequate remedies if you encounter this.
- **Dehydration** –Dehydration and electrolyte imbalance may lead to dizziness, nausea and fainting. Immediate intake of water and electrolytes is a must if these symptoms occur. If someone you know complains of these symptoms or faints, you should call for medical help immediately.
- **Heatstroke** – This is a fatal complication that can even lead to death. Immediate medical attention is required, to prevent organ failure.

Hope these tips help you to have a safe and healthy summer. Keep exercising and keep yourself fit and stay away from heart disease.

Do You Know Your Body Mass Index (BMI)?

Body Mass Index or BMI is the measure of proportion between an individual's weight and height. It is commonly used to scale one's body weight and the amount of fat in the body. BMI is an important tool when assessing the risk to certain health conditions and is more accurate than using body weight and the weight chart as a basis. The amount of fat in the body can help determine an individual's risk for developing cancer, heart disease, and diabetes among other health problems.



Individual Body Mass Index

The formula in computing the BMI was developed by Adolphe Quetelet, a Belgian statistician. Body mass index is used as an international tool to measure obesity. To be able to compute one's BMI, there are only two measurements involved namely height and weight. It can be computed by using weight in kilograms and dividing it by height in meters² (also known as metric BMI formula). Index of body mass can be computed by hand and there are also different BMI calculator tools available online.

Heart 'e' Health

Metric BMI Formula

Weight in kg

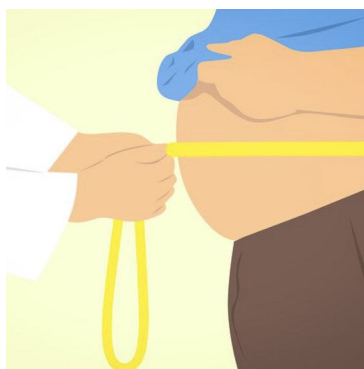
Height in meters²

Recently updated World Health Organization classification of adult BMI in Asians is:

Classification	BMI
Underweight	<18.5
Normal weight	18.5-22.9
Overweight	23.0-24.9
Pre Obese & Obese	25 – 29.9 & 30 onwards

Implications of High Body Mass Index

If your BMI is higher, you have a higher risk of several health problems including high blood pressure, high cholesterol, heart disease, diabetes, arthritis, infertility in men and women, urinary incontinence, gastro-esophageal reflux and breathing problems such as sleep apnea and asthma.



Improving BMI for Better Health

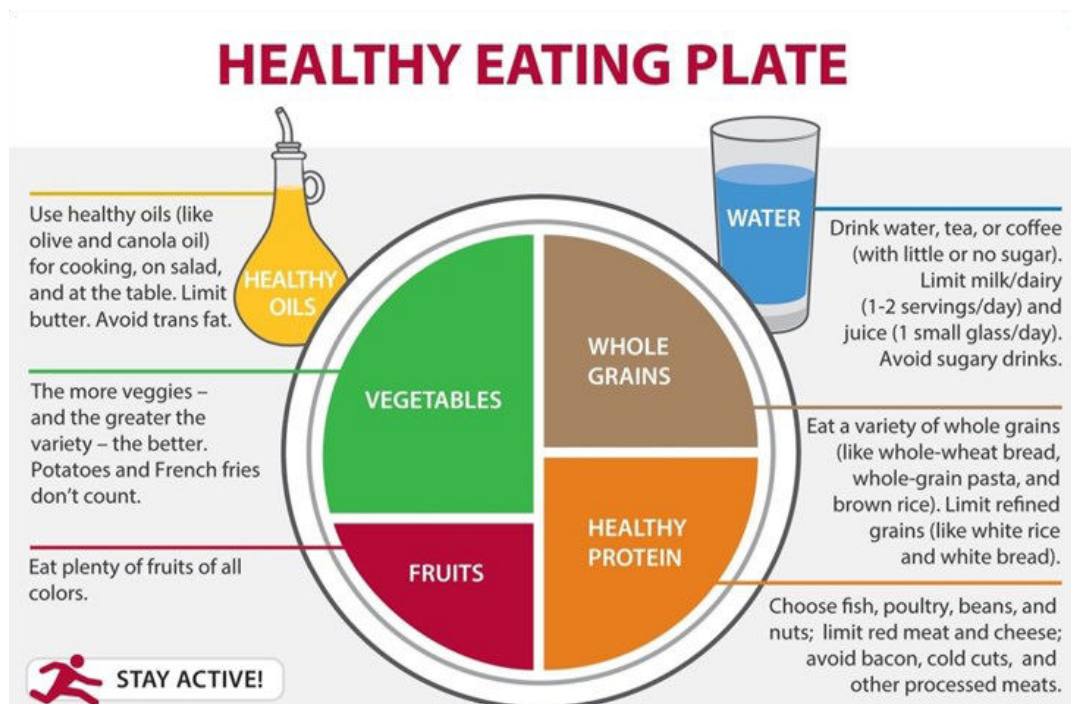
Always keep your BMI within the normal range. Increasing fitness through regular exercise and healthy eating habits will automatically lead to weight loss and reduction in BMI. It is important to keep in mind that weight loss should be done gradually to maintain energy balance in the body. Commercial weight loss programs and products are extremely harmful to health and best avoided. At the same time, if you are underweight you should resort to medically proven measures like exercise and healthy diet rather than consume over-the-counter body building products.

As a single tool, BMI is clearly not a perfect measure of health. But it is still a useful starting point for important conditions that become more likely when a person is overweight or obese. As a preventive healthcare team, we recommend everyone know their BMI and modify their lifestyle choices to bring it within normal range. It is equally important to consult a medical doctor to rule out underlying hormonal problems and other medical conditions if you are in the extremes of the BMI spectrum.

Heart 'e' Health

Healthy Eating Plate for Better Health

The current “Healthy Eating Plate” guidelines provide scientific recommendations on food and nutrition so people can make decisions to help keep their weight under control and prevent chronic conditions like diabetes, hypertension, cancer and heart disease.



This plate shows how our every meal should look – half the plate should be vegetables and fruits, a quarter should be whole grain based, and a quarter should be healthy protein.

The major difference between the old dietary guidelines and the new ones are that instead of focusing on food groups like proteins, carbohydrates and fats, the new guidelines focus on healthy eating patterns overall.

1. Follow a healthy eating pattern throughout life
2. Focus on eating a variety of nutrient-dense foods at an appropriate amount
3. Reduce salt intake and limit calories from added sugars and saturated fats
4. Shift to healthier variety of nutritious food from the five food groups every day and drink plenty of water
5. Support healthy eating patterns for everyone.

Heart 'e' Health

The following **5 core foods** should be consumed on a daily basis because eating them provides the nutrients we need for a healthy life. They are:

- Consume 5-6 servings/day of a variety of differently colored **vegetables**, including dark green leafy vegetables, red and orange vegetables, legumes (beans and peas), starchy and other vegetables. Eat 2-3 servings/day of **fruits**, especially whole fruits like banana, apple, orange or pear (practically any fruit that is seasonally and locally available)
- Choose grain-based foods; preferably **whole grains** like whole wheat, rice, oatmeal, millets and include 4-6 servings/day
- Include fat-free or **low-fat dairy** like low fat milk, yogurt, cheese and skip sugary dairy products. Include oils from plants such as canola, corn, olive, peanut, safflower, soybean and sunflower.
- Consume a variety of **protein** foods 2-3 servings/day, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds

In conclusion, healthy eating plate is a combination of many things, including good nutrition, regular exercise and a positive attitude. Taking care of your body and feeling pride in your healthy behaviors can improve both your physical and mental health.

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

Cardiac Wellness Institute
21, 5th Avenue, Besant Nagar, Chennai - 600090
Contact : +91 44 43192828/ +91 9940408828
Email : info@cardiacwellnessinstitute.com
Website : www.cardiacwellnessinstitute.com

