

Heart 'e' Health



May 2020, Issue 13

www.cardiacwellnessinstitute.com

COVID-19 Special Edition

From the Doctor's Desk

Dear Friends,

There is no doubt that we are in the midst of an overwhelming crisis, the novel coronavirus pandemic. And it's also true that each of our lives has suddenly changed in multiple ways because of this crisis. The worst hit are those who have lost a loved one and are struggling to come to terms with the fact that life is too fragile. With the infectious rate much higher than past coronaviruses and the fatality rate ranging anywhere from 2% to 15%, the only tool we have in our hands is a **SOLID PREVENTION STRATEGY**.

Team Cardiac Wellness Institute is dedicating this issue of Heart'e'Health to the Frontline Heroes who are working relentlessly and putting their lives at stake for the wellbeing of the public. We are thankful to Mrs. Rutu Rangole, Cardiopulmonary Physiotherapist from Madhya Pradesh who had undergone training with us last year, for sharing her experience and contributing to this special newsletter edition.

We believe that you will not only enjoy reading this newsletter but will also start implementing the guidelines for staying healthy during these unprecedented times from the safety of your homes. Our ongoing initiative HeartHealth@Home is enabling us to stay connected with our valuable clients and address the concerns of cardiac patients during these challenging times.



HeartHealth@Home

**Cardiac Wellness Institute goes online to enable continued cardiac care
for you in the comfort of your home**

**For further information please call +91 63794 01080
or email cardiacwellnessinstitute@gmail.com**

Dr. Priya Chockalingam
Clinical Director, Cardiac Wellness Institute

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Upcoming Events



**Cardiac Wellness Institute's online platform
HeartHealth@Home brings to you a webinar on**

**“COVID-19 Precautions for High Risk Group”
5.00-5.45 pm, 14th May 2020**

Speaker

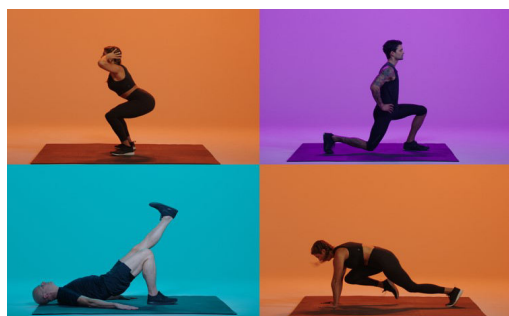
**Dr. Priya Chockalingam
MBBS, MRCPCH, PhD Cardiology**

**To register call +91 63794 01080
or email cardiacwellnessinstitute@gmail.com
Registration deadline 13th May 2020**

Self-Care Checklist

It has been rightly said, prevention is better than cure. In the present day's scenario, this saying holds so true. The entire world is fighting a battle against the CoronaVirus epidemic, better known as the COVID-19, the mainstay of which is prevention from acquiring its deadly self. A person suffering from a lung or heart disease is more likely to not see through this precarious infection, having once obtained it.

However, the good news is, that taking a few simple precautions can keep you from getting quarantined. Here's a checklist of self-care procedures that will guide you through this pandemic safely.



Physical Self-Care Checklist

- Clean your hands frequently with soap, or an alcohol-based sanitizer for at least twenty seconds each time
- Cough and/ or sneeze only into a tissue, or on your elbow, and discard the tissue in a covered bin
- Strictly avoid touching your face with unwashed hands
- Step outside your house only if absolutely necessary, and maintain a safe distance (at least 3 feet/1meter) from other people; always wear a face-mask while stepping outside
- Also keep distance enough, while with your family at home, especially if you are elderly and have comorbid conditions like diabetes, hypertension, heart or lung disease
- Don't stop having the regular medicines as prescribed by your doctor and be watchful of any symptoms such as fever, difficulty in breathing and cough
- Maintain a good respiratory hygiene by doing airway-clearing exercises daily. Breathing exercises as such help keep the lungs clear of secretions
- Regular exercises go a long way in keeping up the immune system as well as the mood. A brisk walk on the terrace of your house or in your backyard does a lot of good to your heart too!
- Identify frequently touched surfaces (like switches, television and AC remotes, door knobs, etc.) and disinfect them regularly
- Prepare a plan in advance in case of an outbreak in your community or neighbourhood

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However, physical precautions are not the lone way out of this situation. Along with keeping yourself physically fit, paying attention on the frequently-ignored mental and emotional state of yourself is also the need of the hour in times like this. Here's a checklist for you to keep your mind healthy and comfortable, for a mind with a robust and positive outlook is what you need the most right now, isn't it?



Mental and Emotional Self-Care Checklist

- Greet with Namaste instead of shaking hands or high-five
- Even though in-person meetings are not advisable owing to the current circumstances, keep in touch with family and friends with the help of technology
- Maintaining your routine of having a timely diet and exercise along with a good sleep helps a lot in coping with stress
- It is perfectly normal to feel sad, stressed, confused, scared or angry during such a crisis. Acceptance of things outside your control helps you stay calm
- It is important to stay informed, but limit your media intake to just once a day, and that too from reliable news sources
- Reviving your hobbies is an excellent way to utilise your time and remain nicely engaged; make your favourite dish, or get those legs up for just kicking to a beat!
- Music and yoga can push further the happiness button in you. Joyful music keeps the power of zoning you out momentarily from the current situation.

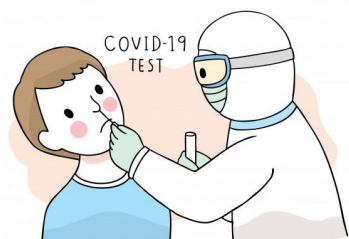
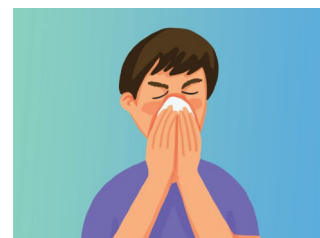
Keep your face to the sunshine, And you will never see a shadow

Prevention & Diagnosis

Who is more likely to get infected and to spread the virus?

Those who have been in close contact with an infected person, those who have travelled to places that are hotspots of the infection and those who work in the frontline to spread awareness and manage affected people are more likely to get infected and to spread the virus. This is why quarantine at home or in a healthcare setting and testing of such individuals are being carried out.

The incubation period of the virus is 1-2 weeks; this means that an infected individual may start showing symptoms like cough and fever only after a time period but may already be spreading the infection during the incubation period. A vast majority (80%) of affected individuals remain asymptomatic or have only mild symptoms and may still be infectious. It is for these reasons that work from home, shutting down of educational institutions, banning of public gatherings, limiting shopping to bare essentials and keeping the high risk population protected (elders and individuals with known conditions like diabetes, hypertension, heart disease, lung disease etc.) is mandatory.



What tests are available for COVID-19?

The most diagnostic test is the real time RT-PCR antigen test in which a swab is taken from the mouth or nose and studied in a centralized laboratory for presence of viral markers. The results are available in less than a day. The rapid test kits, which are easier to handle and avoid the transport time, are not very reliable as they lack proper standardization procedures.

How is life after lockdown going to be?

While the deadly impact of the novel corona virus is slowing globally, it is anticipated that the virus will continue to spread and wreak havoc for a few more months. And there is a lot of research and efforts going into discovering a vaccine but it might be 6 to 12 months before it becomes available for public use. Hence it is imperative that we do not return to our old ways hastily. All the preventive measures need to be followed as rigorously as possible by individuals, families, companies and communities even after the lockdown is lifted in order to ensure that the virus does not take an upper hand again.

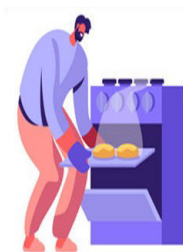


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Staying fit while at Home

It has been 7 weeks since we as a nation have gone into lockdown mode to fight the Coronavirus(COVID-19) pandemic. It is imperative that we do not allow the lockdown blues to creep in at this crucial time. Turning our focus towards working effectively from our homes, for our homes as well as working out to stay fit within the confines of our homes is sure to work wonders! Let us see how....

Work For Home — Whether you are a stay-at-home person or a working individual, there is no doubt that the amount of work you're actually doing during lockdown for your family has shot through the roof. Whatever the household chores you're involved in, from cooking to cleaning to caring for young children or dependent parents, you have done great so far without the help of domestic help. It is an interesting fact that these household chores actually help in shedding calories and keeping fit too. For instance, an hour of cooking/sweeping/mopping/childcare burns anywhere from 100-180 Kcal, which is the same as half an hour of brisk walking! Below, we have listed some of the household chores and their calorie expenditure.



Workout at home — Even if you are physically active almost all day doing work from home or working for your home, engaging in exercises that promote physical and mental wellbeing is a must. Lack of access to your usual exercise haunts like beaches, parks and gyms should not deter you from regular exercise. In fact, using the quarantine time properly to get some home workouts will reduce the risk of developing or the severity of many diseases like diabetes, hypertension, obesity, cholesterol issues and heart problems. Thus workout at home is an effective way to improve your fitness and overall health. Some examples of exercises that can be done at home without any equipment are as below. You can workout for about 30 minutes, doing each of these exercises for 1-2 minutes one after the other.



On spot jogging



Lunges



Wall push ups



Steppers



Stair Climbing

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On spot jumping



Brisk walking in terrace/compound



Half Squats

Performing resistance exercises and abdominal exercises 2 days/week in addition to the above exercises is recommended but proper exercise technique is mandatory. Adequate warm-up and cool-down periods before and after an exercise session are equally important. We hope that you implement these suggestions so that work from home, work for home and workout at home become more pleasurable and enjoyable.

How to Eat Healthy in the midst of Lockdown

We have been asked not to leave our houses unnecessarily to help slow the spread of the virus. Food has been announced a basic necessity and one person from each household is allowed to step out to buy the essential commodities, while maintaining social distancing. But people have a tendency to rush to super markets, grocery shops and vegetable markets to hoard things in a state of panic, forgetting all about social distance and other safety measures. It is therefore important know how to survive with limited commodities or prepare a balanced meal from whatever we have in our kitchen.



There is strong evidence that a healthy diet improves the immune system. A healthy immune system plays a major role in defending our body against diseases by fighting infection. Micronutrients namely vitamins and minerals, required by our body in small quantities, play a major role in optimal health and wellbeing.

- Vitamin A (orange to dark green coloured fruits and vegetables)
- Vitamin C (citrus fruits and greens)
- Vitamin D (fortified cereals and milk products)
- Vitamin E (nuts and oil seeds)
- B complex vitamins (non vegetarian food, cereals)
- Minerals such as Iron, selenium, zinc, magnesium and copper plays an important role in ensuring the immune system can function properly

We can ensure optimal intake of vitamins and minerals listed above through consumption of a well balanced diet (2 cups of fruits + 2-3 cups of vegetables per day).

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If canned, dried or frozen foods are only available, choose foods that are low in saturated fat, added sugar and salt. A healthy diet helps to reduce the risk of chronic illnesses such as cardiovascular disease, diabetes and obesity, as well as depression and anxiety. Whole grains, fruits and vegetables provide nourishment to our brain and stabilized our mood. Let us see how we can optimize our food intake to stay healthy and prevent diseases.

Overcoming Challenges

Experience Sharing-1

I am in awe, to see how my state Madhya Pradesh is fighting this COVID-19 pandemic, in spite of the ongoing political issues here. The process of preventing the spread of the virus started by identifying the highly afflicted cities of the state as HOTSPOTS where a strict curfew was imposed. Further, the areas from where the cases were reported were called CONTAINMENT ZONES, and were put under surveillance. A massive disinfection drive is ongoing to sanitize crowded residential areas, hospitals, govt. offices, grave yards and crematoriums. With government medical facilities under strain, the private hospitals are taken over to treat COVID-19 patients under government medical schemes.

Garbage collection vans of the municipality are engaged to supply daily essentials to each doorstep. Hospitals are categorized into red, orange and green to isolate infectious patients. Private clinics like ours are closed by the government. We are doing our bit by keeping in touch with our patients through phone calls and media messages. We send them videos of simple stretching exercises, postural correction charts and breathing exercise reminders. We urge them to practice mindfulness, and reassure them that "TOUGH TIMES NEVER LAST, TOUGH PEOPLE DO"

Mrs. Rutu Rangole

Cardiopulmonary Physiotherapist, Madhya Pradesh

Experience Sharing-2

I'm doing minimal exercises in terrace, along with 30 minutes of walking in the morning as well as evening.

Also taking healthy diet as usual and some additional medicinal foods to improve my immune system to fight the COVID-19 infection. I am involving myself into other activities and learning new stuffs which keeps me busy.

Mr. P, 58 years

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Experience Sharing-3

One of the first things that crossed our mind is that we will be tied to our homes and not be able to do the much needed morning walks and exercise. Then we put together a program for ourselves that included walking on the terrace, doing yoga asanas, stretches and indoor cycling. I feel we are more disciplined in our lives and certainly awakened us to a more healthy living, eating and spending time with family and friends. Thanks to the wellness program I recently attended at the cardiac wellness institute, all the activities were implemented during these difficult times and is helping us keep fit.

Mr. P, 60 years



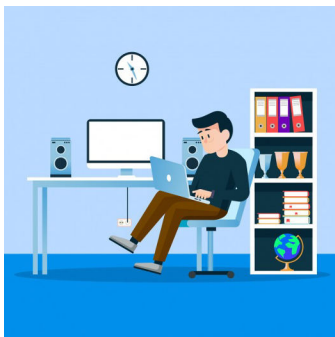
Experience Sharing-4

The overall lockdown was challenging as days passed by. I had an ongoing new project which needed a lot of proactive working across all aspects from recruitment to planning in India as well as in Germany including software and also construction related works. All this kept me on constant video calls, phone calls, each day went with some achievements but with quite a lot of efforts we put in to communicate which was time consuming. As a family we planned right from buying groceries, menu, human power and others for those 3 weeks including sharing of household works. Both the Indian team and German team worked on COVID-19 precautionary measures and awareness across all employees and made it a mandatory of proper sanitization procedures.

During weekends I tried my hand on cooking some street and popular dishes along with my wife baking cakes as my son and daughters birthdays were during this lockdown. My Home based cardiac rehabilitation program was very helpful in maintaining the activity mental well being and of course a very motivated team of Cardiac Wellness Institute helps to keep in schedule.

Dr. A, 49 years

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Experience Sharing-5

For me, a person who likes meeting and spending time with diverse people, the forced isolation in social distancing was becoming a little depressing. Many would point to WhatsApp/zoom/skype etc. as a way out, but they are no substitute for face to face interaction, especially since after my cardiac incident I was making a conscious effort to reduce my Social Media time and reconnect with friends and family.

As a result I started interacting with the people in my building a lot more, and I came to the realization that I didn't really know my neighbors that well. Until the lockdown it had been a hello/bye kind of relationship. Now I'm aware of the paati two floors down who likes making yummy pickles but has no one to eat it (kids settled abroad) the opinionated mama across the block, the kids in the flats with more energy than sense, and many more. Now shouting at each other across the balcony has become a common practice

Mr. G, 39 years

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