

Sowkhya

October, 2013

WORLD HEART DAY

29th September is World Heart Day.
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Message From The Editor



Hello, and welcome to our very first edition of 'Sowkhya'. Over the last few months, we at Baliga Diagnostics have been

expanding our services, and thought it appropriate to include a newsletter that is not just informative, but is also a light read.

'**Sowkhya**' means 'well' or 'healthy' in Sanskrit. We decided to launch our magazine on the 2nd of October, not just because it is an auspicious day on our calendar, but also because it is 28th anniversary of our clinic. We could not have made it this far without our patients, friends and well-wishers so we would like to thank you immensely!

29th September saw the celebration of World Heart Day, and this year is particularly special as the underlying theme was Women's Health. Women's cardiac care has become extremely important these days. In fact, 1 in 3 deaths in women is due to heart disease. Over 17 million deaths a year are from heart disease globally, and this is over 14 million more than HIV/AIDS, Tuberculosis and Malaria combined! The popular myth that heart disease mostly affects men has been disposed off, and it is now well recognised that South Asian women are equally affected by heart disease as are men.

Sowkhya is aimed at providing you with tips and ways to look after your health at home, concentrating mostly on the health of your heart. We invite you to join our mailing list at www.baligadiagnostics.com to receive this newsletter every month free in your email.

I hope you enjoy our first edition of **Sowkhya**. Here's wishing you good health!

Dr. B G Baliga
Director, Baliga Diagnostics Pvt. Ltd.

September 29th Is World Heart Day

World Heart day was launched back in 2000 to recognise how important one's heart is, and also making people aware of the steps that can be taken to keep the heart healthy.



But why have a whole day dedicated to heart health? Well, if one were to look at the statistics, it would be evident that heart disease is a major public health problem that is linked with high death rates and morbidity if left untreated. In fact, by 2030, it is believed that 23 million people will die of cardiovascular disease across the globe every year!

There is no longer any truth to the myth that heart disease affects only the elderly population. At our practice, we have seen numerous individuals in their 30's and 40's who have risk factors or have suffered from a heart attack. Women form a substantial portion of this, and this year's World Heart Day is focussed on heart health in women.

South Asian women are particularly prone to developing heart disease. High levels of stress, the use of oral contraceptive pills, high cholesterol levels, diabetes, hypertension, obesity and lack of physical exercise are the main risk factors. These days, smoking has become a lot more prevalent and seems to be a major contributing factor as well.

Women tend to neglect their own health while taking care of their family and loved ones. Furthermore, women these days are in high profile busy jobs that can take up much of their time. Professional and personal stresses including work deadlines and looking after a busy household mean that women do not give their health the due attention that it deserves.

It may be interesting to know that over 60% of women who consider themselves healthy can die from coronary heart disease. These numbers are very high, and 1 death occurs every 4 seconds! Heart disease deaths are even more common than death from breast cancer.

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There are simple ways to prevent heart disease. Lifestyle modifications such as regular exercise, a healthy diet and stopping smoking are key components. Alcohol (particularly red wine) in moderation may be beneficial, but of course, it is not recommended as a therapy.

The American Heart Association recommends at least 150 minutes of exercise per week. The exercise should be of moderate intensity and can include aerobics, brisk walking and exercise treadmill, skipping, cycling, swimming or jogging. It is important to make sure you see a doctor before starting any form of exercise. A healthy diet includes one which rich in fruits, vegetables and sprouts, and is low in fried foods and snacks such as biscuits, chocolates, ice-cream and sweets. Indian sweets have a lot of sugar and ghee, and consuming these can result in high blood cholesterol levels and blood sugar levels.

Another important step to take is to maintain an ideal body weight. If you are keen to check out your ideal body weight, then take a look at the BMI tool we have on our website.

Finally, regular health checkups are recommended for all individuals above the age of 25 yrs to identify the cardiac risk factors early.

At Baliga Diagnostics Pvt. Ltd, we offer a comprehensive cardiac care risk factor package for women and men. Give us a call or visit our website at www.baligadiagnostics.com for more information today.

Spice World



Cloves

Cloves are an essential component of Indian cuisine, and add to it a fragrance that reminds every child of their mother's cooking.

But did you know that clove has a number of health benefits? It can treat an upset stomach, can fight inflammation and can treat skin irritation. Remember the toothpaste ads? Cloves in toothpaste can protect gums and reduce tooth ache. Clove oil is rich in components that help control pain. So should the dictum be 'A clove a day...?'

Did You Know?

The stethoscope was invented way back in 1816 by French physician René Laennec. It looked very similar to a trumpet, and was used to listen to heart sounds through just one ear. Interestingly, he started out by using a rolled up piece of paper which he placed one end of on the patient's chest and the other to his ear! Previous to that, doctors had to place their ears directly onto the patient's chest to listen to their heart. No doubt this caused many women to be uncomfortable and embarrassed.

The stethoscope remains to this day a landmark invention in the history of medicine.

Yoga Corner



The Suryanamaskara

The Suryanamaskara is an ancient yogic tradition that has been around for generations. It is a widely performed form of yoga to maintain both physical and mental health.

The actual yoga involves a series of stretches, lunges, bends and dips, and is often performed as sets. Starting off can be hard, and over-exerting yourself can cause you pain in the muscles you never thought you had! These improve over a course of time. Over time, many perform 20 to 30 sets every morning.

Be that as it may, the Suryanamaskara involves 12 different manoeuvres. These not only help strengthen and tone the muscles, but also offer a number of other benefits such as improved digestion, improved bowel movements, a stronger heart, better blood pressure control and increased overall energy levels. It can regulate hormone secretion and improves concentration as well.

The Suryanamaskara is an all-in-one exercise that can keep you fit and healthy! Now is the time to start, so make sure you see your doctor and get the go ahead today.

PS: If you are looking for books on yoga, check out our new book store at <http://baligabooks.in>.

Medical News

Dementia - Time to Remember the Facts

It is natural to get a bit forgetful as we get older. But these momentary memory lapses are normal. Dementia on the other hand, is a completely different condition. It often begins with an increasing frequency of these memory lapses, but progresses to difficulty managing daily activities, along with trouble recognising close relatives and mood swings.

But there are some simple steps that one can do to prevent dementia. It has always been believed that simple tasks such as solving the crossword puzzle and Sudoku keep the mind sharp and focused. However, a study published in the journal *Neurology* stated that while these activities can help keep you mentally stimulated, it only delays the onset of dementia and can cause it to progress faster. In other words, an individual will suffer from dementia but for a shorter period of time, that's all.

In a study published in the American Journal *Stroke*, older patients who performed regular physical exercise reduced their chances of developing dementia by 40%. This beneficial effect is seen in patients who have previously suffered from a stroke or who have underlying diabetes, meaning exercise has benefits regardless of a patient's underlying health. But how much exercise is actually beneficial? Well, the recommendations are that 30 minutes of moderately intense exercise performed 3 times a week can reduce the chances of developing dementia. Moderately intense exercise refers to activities such as brisk walking, jogging and aerobics.

Smoking also bears a strong link to dementia, and smoking 2 packs of cigarettes or more a day increase the risk of developing dementia. So if you don't want to lose the bulb in your head, time to extinguish the lit cigarette in your hand for good!

Lifestyle modifications are the best way to prevent dementia. Keep healthy by exercising, stopping smoking and monitoring your blood pressure and cholesterol regularly.

Myth Masala !

'You should drink at least 8 glasses of water a day'. This popular myth has been debunked numerous times. Your body will tell you how much to drink. Don't force down water unless recommended!



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Did You Know?

Women Are As Likely As Men To Develop Heart Disease!

The incidence of heart disease is **rapidly** rising amongst Indian Women. This increase is closely related to

- ✓ High Cholesterol
- ✓ High Blood Pressure
- ✓ Obesity
- ✓ Diabetes Mellitus
- ✓ Smoking
- ✓ Family History
- ✓ Domestic and work related stress
- ✓ Lack of exercise
- ✓ Oral Contraceptive Pills


But YOU can take control by booking an appointment in our speciality Women's risk factor clinic today!


Our comprehensive package includes

- Blood tests – Haemoglobin, Fasting Blood Sugar, Full Lipid Profile, Serum Creatinine, SGPT.
- BMI Assessment
- Electrocardiogram
- Echocardiography
- Exercise stress test
- Full risk assessment score and report

Total Cost Just Rs. 3000/-

This is a **SPECIAL OFFER** on heart attack risk detection for women. Ask reception for further details!





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