

Heart 'e' Health



March 2018, Issue 6

www.cardiacwellnessinstitute.com

Women's Heart Health is Top Priority

This Women's Day, let us take a moment to celebrate the women in our lives. Let us go out of our way to care for the health and wellbeing of our mother, wife, sisters, aunts, daughters, friends and helpers. Gone are the days when women in their reproductive age were protected from heart diseases, and gone are the days when cancers and childbirth related complications were the main culprits causing death in women. In the third millennium, cardiovascular diseases, that are diseases of the heart and the blood vessels such as heart attack, stroke and hypertension are the number 1 killer disease in women.

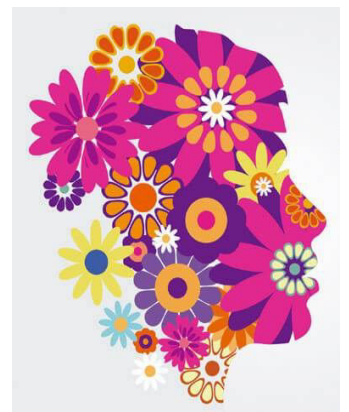


Why is this group of diseases, known to affect predominantly older people and especially men, threatening the lives of younger men and even women now? The answer is not that simple, but medical and epidemiological research has shown that the faster paced lives and the unhealthy lifestyles we lead today are the main reasons we end up with cardiovascular disease, diabetes, dyslipidemia, obesity, thyroid and other hormonal imbalances and fertility issues in our 30s and 40s.

Not only are we ignoring the rich traditions and cultural heritage of our ancestors which incorporated a naturally healthy diet pattern, ample exercise, adequate social interactions and mind-body techniques like yoga and meditation, but we are also rapidly imbibing foreign habits like processed and readymade foods, dependency on motorized vehicles and lack of time for the things we value in life.

While women often postpone seeking medical assistance for fear of disturbing their family members, it is well known that a heart attack can go untreated and lead to life-threatening complications in women. The symptoms may not always be chest pain and excessive sweating; women can experience a vague discomfort, jaw pain, fatigue and lightheadedness during a heart attack.

That is why we at Cardiac Wellness Institute are going the extra mile to create awareness amongst female students, employees and homemakers about getting timely medical help, making healthy lifestyle changes and the importance of periodic physician visits to keep the risk factors under control. We encourage family members of female patients to take time out from their daily routine and accompany their loved ones to rehabilitation programs and doctor consultations. It is heartwarming to see husbands, sons and brothers do their part and play a role in the women's quest for a healthier and happier life!



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Past Event in our Institute

Healthy Ageing Program - 25th January 2018



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Upcoming Event

“Health For All”

Screening cum Awareness Camp - 7th April 2018



World Health Day is a global health awareness day celebrated every year on 7th April. This year, the World Health Organization is focusing on the goal “Health for all” and is committed to make the dream of Universal Health Coverage (UHC) a reality.

In India, we are striving to provide UHC for all our people. However, diabetes, hypertension and dyslipidemia go unnoticed in a large majority of our population, leading to death and disability in the prime of life.

Cardiac Wellness Institute is conducting a free screening cum awareness camp on 7th April 2018. The aim of this camp is to detect abnormalities in body mass index, blood pressure, blood sugar and lipid levels and to identify risky behavior such as tobacco use and alcohol abuse. Our healthcare team will help create awareness about healthy lifestyle by way of health talk, exercise session and demonstration of healthy cooking methods.

We hope that many individuals will come forward to avail these services and in their turn spread the message of healthy lifestyle for a happy life!

You may contact us via phone or email for further details about the camp.

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Women can get fit and stay fit the fun way

In the modern world women play an important role in our society, but they neglect their own health because of various reasons such as lack of awareness, lack of time and lack of resources. Research has proven that regular exercise guarantees a healthy and happy life for women of all ages. So, if you are determined to improve your physical and mental health, the best way is to get into an exercise routine.

If you are wondering how to get started here are some tips:

If you have never exercised before, start out slowly and gradually increase your exercise level. Before starting an exercise program it is advisable to consult your doctor and obtain a personalized exercise plan. A general rule of thumb for beginners is to start your exercise program with 10 minutes of walk on your first day and to gradually increase your time and effort level in the following days and weeks. If you have been walking regularly, you can add flexibility and weight training exercises along with your walking program.

The World Health Organisation recommends that every person should do at least 30 minutes of moderate intensity exercise per day for 5 days in a week (150 minutes). Strength training should be performed a minimum of 2 non-consecutive days per week, with one set of 8-12 repetitions.

Key components

There are many types of exercises like strength training, flexibility exercises and aerobic workout. An ideal exercise session always starts with a warm-up period, then continues with the actual workout and finally ends with a cool-down phase.



There are several reasons why women should incorporate exercise in their daily routine. Some of them are:

- Helps to build and maintain healthy bones, muscle and joints
- Promotes psychological well-being
- Helps to control weight, build lean muscle mass and reduce body fat
- Reduces the risk of chronic diseases like hypertension, diabetes, heart disease and cancer
- Improves and boosts your energy level

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Other than general work out, women need to strengthen their pelvic floor muscles to avoid problems like urinary incontinence and prolapse of the uterus. The muscles surrounding the vagina are known as pelvic floor muscles. You can identify the muscles by attempting to stop urinating midstream. Kegel exercise is a simple but effective exercise to strengthen these muscles and should be done regularly from middle age onwards even if you have no symptoms of weak pelvic floor muscles.



Steps of kegel exercise

- Lie on your back with your knees bent
- Lift your hip slightly
- Contract your pelvic floor muscles for 3 to 5 seconds
- Relax for 3 to 5 seconds
- Try to do at least 30 to 40 Kegels every day

Here are some rules to get fit and stay fit. Remember the key is to experiment various combinations before deciding your perfect exercise regimen. Also keep in mind that there is nothing such as a magical regime that works for everyone; you have to format a plan that best suits your requirements and stick to it.

- Choose an exercise that you enjoy
- Vary your activities, so you don't get bored
- Set small goals to help you reach the big goal
- Create a group or partner for workout
- Choose a time of day that will work well for you.

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1. **Lack of time:** Try to create time for exercise by reducing television time or getting assistance with household chores. Working women can add physical activity to their daily routine by sneaking in walks or mini workouts at their workplace.
2. **Lack of motivation:** Join an exercise group or class if possible. Setting goals and achieving them can help keep you motivated.
3. **Parenting demands:** Try to exercise with your kids so that kids also understand the importance of exercise. Choosing a time when kids are busy at school or other activities is an alternative.
4. **Lack of energy:** Schedule your exercise in an energetic time of the day and not at the fag end of the day when you're exhausted.
5. **Health conditions:** Consult your doctor, perform routine screening tests and get proper medical advice prior to starting an exercise regime.
6. **Weather conditions:** Plan indoor or outdoor exercises based on the climatic conditions of where you live. Extreme heat and cold are to be avoided; proper hydration and ventilation are a must.
7. **Fear of injury:** Always do warm-up and cool-down; get specific advice from an exercise specialist if necessary.

Berries are a Super food for Women's Health

Berries are bright, flavourful, sweet and powerful super foods. They are rich in nutrients, antioxidants and polyphenols, which help fight chronic disease and cancer. The antioxidants in berries can help your body fight oxidative stress caused by free radicals that can lead to illness. Consuming a diet rich in antioxidants is known to improve your health, protect your skin and hair and prevent certain diseases. All fruits and vegetables contain antioxidants, but nutrient-rich berries are some of the absolute best sources.

There are several powerful antioxidants that appear in berries, including anthocyanins, quercetin, and vitamin C. Anthocyanins give berries their vibrant colour, reduce inflammation and may help to prevent and manage arthritis. Quercetin can also decrease the joint pains for people with inflammatory conditions like rheumatoid arthritis. Anthocyanins work together with quercetin to help slow age-related memory loss.

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Vitamin C is another strong antioxidant found in berries. It is largely responsible for the health of collagen, which helps maintain cartilage stores and aids in joint flexibility. Eating vitamin C-rich berries will contribute to radiant skin and healthy hair and may reduce the risk of arthritis, cataracts, and macular degeneration.

In addition to antioxidants, berries are also called as “juicy foods,” which means they contain mostly water. Juicy foods are helpful for weight loss because they fill you up quickly since their high water content bumps up the volume while driving down the calories. Berries also contain fibre and folate. Fibre aids in weight loss and helps lower cholesterol level and blood pressure. Folate may protect against cardiovascular disease and age-related memory loss and it contributes to the production of serotonin, it may also help ward off depression and improve your mood.



Blackberries

- Blackberries are rich in polyphenols, which may help protect you from cell damage in the heart, brain, and other organs and even cancer.
- They are an excellent source of soluble and insoluble fiber.
- They are rich in vitamin A, vitamin C, iron, vitamin K and manganese, low in calories and almost fat-free.



Blueberries

- Blueberries are a good source of vitamin K. They are also high in potassium, vitamin C and fibre, and free of saturated fat, manganese and other antioxidants like anthocyanins.
- Eating blueberries can help improve your memory and keep your coronary arteries dilated and relaxed, enabling blood to pass through freely.
- Blueberries also contain bone-healthy vitamin K and heart-healthy fibre. They have a protective role against breast cancer, colon cancer, esophageal cancer, congestive heart failure, diabetes, hypertension, and diabetes.



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Strawberries

- Strawberries are an excellent source of vitamins C and K as well as fibre, folic acid, manganese and potassium.
- They also contain significant amounts of phytonutrients and flavonoids which gives strawberries their bright red colour and maintain health and immunity.
- They can help with digestive ailments, teeth discoloration and skin irritation. Their fibre and fructose content may help regulate blood sugar levels and cholesterol level. And they help prevent heart diseases.



Raspberries

- Raspberries contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight cancer, heart and circulatory diseases.
- Raspberries are an excellent source of vitamin C, manganese and dietary fiber. They are a very good source of copper and vitamin K, pantothenic acid, biotin, vitamin E, magnesium, folate, omega-3 fatty acids and potassium.
- Raspberries contain potassium content so it helps to regulate heart beat and blood pressure. They are rich in minerals like manganese, copper and iron which are all required for healthy red blood cells.



Acaiberries

- Acai berries contain powerful antioxidants, fibre, monounsaturated fats, calcium, fiber, vitamin A and anthocyanins.
- The high amount of fibre present in acai berries helps to improve digestion and assimilation of nutrients and prevents constipation.
- Acai berries are rich in carbohydrates, proteins and good fats that help to keep our stamina and energy levels high.



Cranberries

- Cranberries are a very good source of vitamin C, dietary fiber, manganese, vitamin E, vitamin K, copper and pantothenic acid.
- The nutrients in cranberries help to reduce the risk of urinary tract infections, certain types of cancer, infections and hypertension.
- Drinking cranberry juice may increase levels of HDL (or good cholesterol) level and reduce LDL (or bad cholesterol).



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Mixed Berry Banana Smoothie Recipe

Berry Banana Smoothie recipe provides vital nutrients necessary for healthy hair, skin, and nails, as well as enduring energy levels. This low-calorie smoothie is deep purple in colour and is one of the most popular blends. The fruits in this recipe offer a multitude of nutritional benefits, including a healthy source of vitamins B and C. Blending a banana into the berry drink adds fiber, potassium and enough density to satisfy an after-workout appetite. The low fat yoghurt delivers a generous dose of both calcium and probiotic bacteria to support a well-functioning digestive system.

Ingredients needed

- Raspberry -1/2 cup
- Blueberry -1/2 cu
- Black berry- 1/2 cup
- Strawberry -1/2 cup
- Ripe Banana -1 (any banana)
- Low fat yogurt -1/4 cup
- Low fat Milk -1/2-3/4 cup

Method

- Wash all the berries well.
- Chop the berries and the banana into small pieces.
- In a blender, add all the chopped berries, banana, yogurt (this gives a creamy texture to the smoothie), and milk.
- Blend everything together until smooth and frothy. Serve chilled.



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