

HEART 'e' HEALTH

www.cardiacwellnessinstitute.com

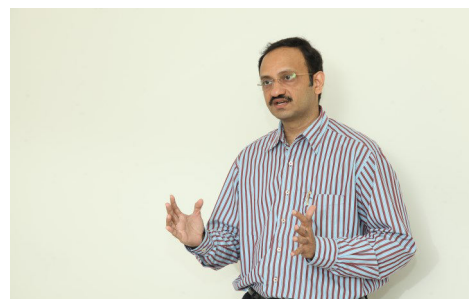
Issue 3; January 2017

We just celebrated a key milestone

Cardiac Wellness Institute is a pioneer in the field of cardiac rehabilitation and preventive cardiology in South India. Dr. Priya Chockalingam, the founder and clinical director, is extremely glad that their personalized exercise cum education programs, which are based on international guidelines and adapted to the local population, are effective in South Indian patients.

“While acute medical and surgical care for heart diseases are on par with developed countries, India is lagging behind in the prevention and rehabilitation front. The outcomes of our program, namely significant increase in exercise capacity, reduced angina (chest pain), improvement in body mass index, and better stress management skills and health-related quality of life, have been published in Heart Asia, a journal of the prestigious British Medical Journal group.

Team Cardiac Wellness Institute is excited to have moved to a bigger and better facility in Besant Nagar where we celebrated this important milestone with healthcare professionals and members of welfare associations. On behalf of my team, I would like to thank all the doctors who work with us and all the brave men and women who have trusted us, followed our medical advice and made the efforts to improve their health” she said.



Individuals with coronary heart disease, by-pass surgery, stent placement, heart failure, heart transplant, other cardiac surgeries, chronic lung disease, diabetes, hypertension, cholesterol abnormalities, obesity, or family history of heart attack and stroke can get themselves evaluated for cardiac rehab at the Institute. Medically supervised exercise sessions; education about healthy eating, physical fitness and risk factor management; pre- and post-surgical counseling; stress management; smoking cessation; and goal-setting to achieve the various health parameters are all integral parts of the program offered at the Institute. The family members and caretakers of patients are encouraged to attend the sessions as well.

Cardiac Wellness Institute is located at 21, 5th Avenue, Besant Nagar, Chennai – 90. It is conducting a health camp cum workshop on 26 & 27 January 2017. For further details and registration, call 9940408828, 044-43192828 or email info@cardiacwellnessinstitute.com.



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Commencing hospital-based services

Cardiac wellness institute is glad to provide Cardiopulmonary rehabilitation services for patients of Fortis Malar Hospital. To mark this collaboration, we jointly organized the World Heart Day Walk at Marina Beach on 29th September 2016.



Power your life with these heart-health tips

- P** – Plan your daily routine such that you do at least 30 minutes of brisk exercise on 5 or more days a week
- O** – Opt for natural foods like fruits, vegetables, whole grains and nuts
- W** – Worrying doesn't help; stop worrying and do something about it
- E** – Ensure you eat a balanced diet with adequate amounts of carbohydrates, proteins, healthy fats, fiber, vitamins, minerals and water
- R** – Rest well and refresh yourself by sleeping for 7-8 hours every day
- Y** – You should learn from your past, look to the future but live in the present
- O** – Open your heart to love and compassion; open your mind to positive thoughts and new skills
- U** – Understand your health condition well; only then can you manage it better
- R** – Regular health checks are a must; it is the only way to detect the silent killers like diabetes, hypertension and cholesterol abnormalities
- L** – List out and make time for the things you enjoy doing; active hobbies like walking, cycling, swimming, hiking, dancing, gardening and playing a sport will keep you fit
- I** – Involve your near and dear ones in your efforts to lead a healthy lifestyle; you are not alone in this quest for health
- F** – Follow the advice of your healthcare personnel; do not modify or stop any treatment without their knowledge
- E** – Eliminate tobacco products completely; avoid excessive consumption of alcohol

10 Super foods for healthy heart

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Eating an overall balanced food which includes a variety of fruits and vegetables, whole grains, low-fat dairy products, vegetable oils and fish should be your target. Here are ten super foods you can include every day to help your heart work efficiently. Incorporate these super foods into your daily menu and your heart health will be the best it can for you.

1) Fish

You need healthy fats in your diet but trans-fat is known to increase your risk of developing heart disease and stroke over a lifetime. So, what are trans-fats? They are industry produced fats often used in packaged baked goods, snack foods and fried items to add flavor and texture. Look for 0% trans-fat (hydrogenated oils) in nutritional labels while purchasing packed foods. The omega 3 fatty acids in fish are crucial for heart health and sardines (mathi) have the highest. Mackerel (Ayilai/Asalai, kaanangeuthi), Tuna (choora), cod (kalava) and salmon are very good sources of omega 3 fatty acids. The healthiest ways to eat fish are steaming, grilling, baking and boiling them in a gravy rather than deep frying them.



2) Walnuts

Just ¼ cup (7 walnuts) provides you with 94% of your Daily Value for those hard-to-find omega-3 fatty acids. Alpha-linoleic acid which is a major fat in walnuts acts as an anti-inflammatory agent and has actually been shown to help reduce plaque buildup in coronary arteries. Particularly in studies on the cardiovascular health of men, the gamma-tocopherol form of vitamin E present in walnuts has been found to provide significant protection from heart problems. Walnuts are a delicious way to add extra nutrition, flavor and crunch to a meal. Consumption of walnuts reduces the level of apolipoprotein B, which is a strong genetic risk factor for coronary heart disease.

3) Flax seeds

Flax is a source of high-quality protein, potassium and contains lignans, which have phytoestrogenic (type of estrogen found in plants) and antioxidant properties. Eat your flax – don't take it in pill or oil form, since such versions lack fiber, lignans and protein. When you eat flaxseed, make sure you grind the seeds to get the most benefit. Also, put flax in the refrigerator as soon as you grind it. The whole flax can be stored at room temperature for one year, but once it's ground, it goes bad – so grind a little bit at a time. Aim for two to three tablespoons of ground flaxseed a day. Try adding it to your food, such as chapatti dough, gravy etc.

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4) Fruits

Oranges, lemons, limes and grapefruit aren't just refreshing, they're super-nutritious too. For instance, one medium orange packs more than 100% of the recommended daily dose for vitamin C. Oranges, grapefruit, lemons and limes are rich sources of flavonoids. The predominant flavonoid in these fruits—hesperidin—is credited with boosting “good cholesterol” or HDL and lowering “bad cholesterol” or LDL and triglycerides. A reduced risk of cardiovascular disease has been associated with apple consumption mainly due to the presence of Quercetin, a flavonoid, and its pectin (soluble fiber) content.



5) Tomato

Intake of tomatoes has long been linked to heart health. Fresh tomatoes and tomato extracts have been shown to help lower total cholesterol, LDL, and triglycerides due to the presence of lycopene. Tomatoes are a treasure of riches when it comes to their antioxidant benefits. In terms of conventional antioxidants, tomatoes provide an excellent amount of vitamin C and beta-carotene; a very good amount of the mineral manganese; and a good amount of vitamin E. Lycopene is also present in water melons.

6) Almonds

Vitamin B2 (riboflavin), vitamin E, magnesium, and zinc are all packed in a handful (about 1/4 cup a day) of crunchy almonds making it good for your heart and your mood. B vitamins and magnesium help produce serotonin, which helps regulate mood. Zinc has also been shown to fight some negative effects of stress, while vitamin E is an antioxidant that destroys the free radicals related to stress and heart disease. They're the perfect snack — so much better than a pack of chips.

7) Garlic

Garlic contains a compound called Allicin, which has potent medicinal properties. Cardiovascular diseases like heart attacks and strokes are the world's biggest killers. High blood pressure is one of the most important drivers of these diseases. Human studies have found garlic supplementation to have a significant impact on reducing blood pressure in people with high blood pressure.

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8) Whole grains

Ideally, everyone should be getting 25 to 35 grams of fiber a day. Fiber binds to cholesterol and eliminates it from your body. You can increase your fiber intake by getting more whole grains, legumes (such as beans and lentils), vegetables and fruits. Whole grains contain the entire grains – the bran, germ and endosperm which are good sources of fiber. Examples include whole wheat, oats/oatmeal, rye, barley, corn, popcorn, brown rice, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, and sorghum. Whole grains digest slowly, keeping you feeling fuller, longer.

9) Green leafy vegetables

Dark green leafy vegetable are high in vitamins, minerals, and antioxidants that may protect against cardiovascular disease; it's also a source of omega-3 fatty acids. Green leafy vegetables are also rich in folate which helps reduce the blood levels of the amino acid homocysteine, known to be linked to heart and blood vessel diseases.

10) Soy products

Rich in omega-3 fatty acids, protein, vitamins and minerals, soy protein is a good alternative for red meat. Soybeans are an excellent source of high quality protein, which most other legumes lack, making the soybean and its food products a superior protein source for people following a strict vegetarian diet. Both the FDA and the American Heart Association encourage eating at least 28 grams of soy protein daily. You can get your soy from soybeans, soy nuts, soy milk, soy flour, energy bars, fortified cereal, and tofu.



While including these super foods is usually beneficial, you should seek medical/nutritional advice if you have been diagnosed with any health problems such as cancer, autoimmune disorders, allergies, hormonal disturbances, renal failure, heart disease and stroke.

Here is a simple diet chart to help you include these super foods in a day's menu.

On Rising

Plain water 300-500ml

Almonds - 8 + dates - 2

Breakfast

Fruit Salad (banana, grapes, papaya, etc)

Ragi or kambu dosai (2 tbsp of flax seeds can be added to batter) – 2; with tomato+onion+garlic chutney

Mid morning

1 glass buttermilk / 1 glass coconut water + 1 egg white boiled

Lunch

1 cup raw vegetable salad + 2 cups rice + 1 cup poriyal + 2-3 pc of mathi Fish + 1 cup curd

Evening

1 cup low-fat milk /coffee /tea (without sugar) + 1 fruit / 1 bowl sprouts

Dinner

Walnuts - 7

Chapatti (multi grain flour) – 3; with a gravy including mixed veggies & soya chunks or tofu

Bed time

Guava/apple/pomegranate

Stretching exercises for Seniors

What is Stretching?

Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is flexed or stretched in order to improve the muscle's extensibility and achieve comfortable muscle tone.

We Need To Stretch!

Stretching is an important part of elderly and seniors flexibility and will help offset the effects of normal decline in the flexibility of your joints, and help you remain active and independent.

As you age muscles become shorter and lose their elasticity.

Aging can affect the structure of your bones and muscles causing pain and decreased range of motion in the shoulders, spine and hips.

Stretching is an excellent way to relax and relieve tension if you incorporate breathing exercises and good posture in your stretching program.

It becomes very important for seniors to maintain range of motion and the ability to move all joints normally with activities during the day.

When and how much should I stretch?

Generally elderly and seniors stretching should be done 2 to 3 days per week, performing each stretch 3 to 5 times with a 10 to 20 second hold.

Try one or two stretches for each body region.

If you would like to increase your flexibility, stretches should be performed 4 to 5 days per week.

Remember that it is important to mobilize your joints before beginning an elderly flexibility exercise program.

Benefits of stretching

Strength: Create a stronger torso and legs to increase you stability

Safety: Increase your ability to get up, walk and exercise

Mobility: Achieve a lasting ability to get around more easily

Activities: Enjoy those tennis lessons or bike riding again

Social: Begin to see and enjoy your friends and family

General flexibility guidelines

Mobilize your joints by doing free movements before stretching

Don't hold your breath during a stretch

Stretching should not cause pain, be gentle

Don't combine turning and bending back exercises at the same time. To stretch the back relax in a chair by supporting yourself with your hands on your legs while leaning forward.

Keep your back straight throughout the exercise

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Upper Body Stretches

Improve your upper back, arm and neck mobility with these excellent stretching routines.

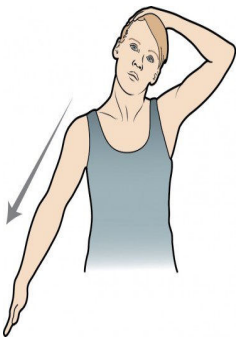
Start an upper body stretching program today by choosing 2 or 3 upper body stretching exercises to perform 3 times per week.

Most stretches can be held for 20 seconds.

Repeat 3 times. You can then choose 2 or 3 new stretches every week.

This will add greatly to the flexibility of your arms, chest and upper back.

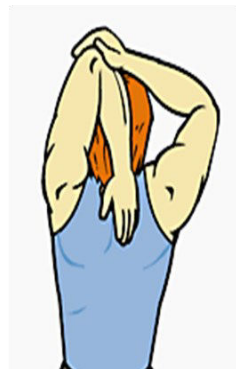
So give it a try and see how much better you can reach to those high shelves!



1. Neck stretch: Use your free hand to pull your head straight toward the opposite side and hold it for 20 seconds.



2. Shoulder stretch: Stand with feet shoulder width apart, chest up and head back over your shoulders. Raise the right arm and grab your right elbow with the left hand. Pull your right elbow over to the left gently and bend your trunk to the left until a comfortable stretch is felt.



3. Triceps stretch: Raise one arm with your bicep near your ear, and the hand on your upper back. Use your other arm to slowly pull your elbow backwards as shown in the picture, until you feel a stretch in the triceps. Hold stretch 20-30 seconds, and then repeat with the other arm.

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4. Chest stretch: Hold your arm flat on a wall with your hand facing the wall. Keeping your arm flat on the wall, move your body closer to the wall, turn your body away from the direction of your arm, as shown in the picture, until you feel a stretch in your chest muscles. Hold for 20-30 seconds, and then repeat with the other arm.



5. Biceps stretch: Stand closer to the wall and keep your arm fully extended, with the thumbs up, and press your fingers against the wall, as shown in the picture. Turn your body away from the wall, until you feel a stretch in the biceps. Hold the stretch for 20 seconds then repeat with the other arm.



Please get in touch with us for any comments or suggestions.

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