

HEART 'e' HEALTH



Your gateway to health

It is indeed a wonderful feeling publishing the first issue of Heart 'e' Health, our monthly newsletter! You will find useful information pertaining to your heart, health and wellness in these pages. You will also come across snippets of our personal experience, especially on issues that challenged us, intrigued us, and surprised us, in our daily encounters with individuals and their families.

We hope you enjoy reading Heart 'e' Health and wish you a healthful life ahead! Please send us your comments and feedback and do share the link with your friends and relatives.

ISSUE 1; MARCH 2016

A peek inside



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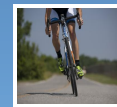
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The epidemiologic transition

Cardiovascular disease (CVD), including heart attack, stroke and blood vessel disease, is the leading cause of death globally. The World Health Organization has estimated that over 17 million people die due to CVD each year and that this number will rise to 23 million by the year 2030. Non-communicable diseases such as heart disease, chronic respiratory disease, diabetes, hypertension and cancer have overtaken nutritional deficiencies and infections to become the biggest threat to the health and economy of developing countries. Industrialization and urbanization have been implicated in this epidemiologic transition.

The link between lifestyle and health

Lifestyle is nothing but the way of life or the behaviour of an individual. Talking about lifestyle in relation to health, it is an aggregate of all our health-related behaviour such as eating habits, exercise routine, mental attitude, stress management techniques, coping skills, and use of tobacco products, alcohol and drugs.

Medical research has helped establish a strong link between our health-related behaviour and diseases of the heart and blood vessels, metabolic disturbances, hormonal imbalance, altered immunity, and even cancer.

If you have heard that diseases

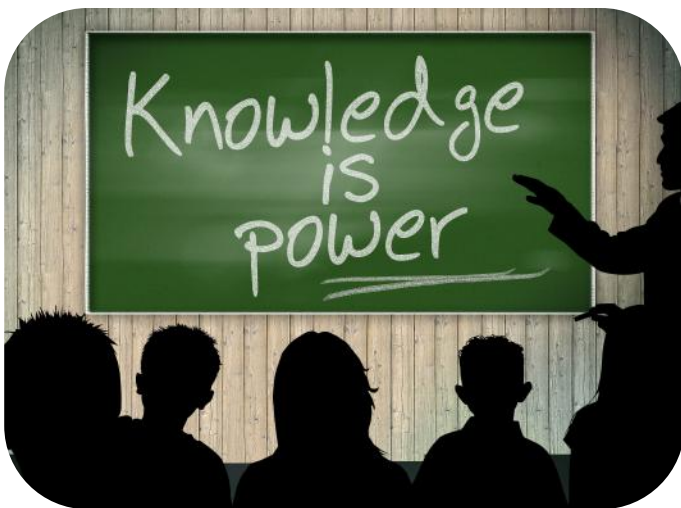
like heart attack, hypertension, diabetes, cholesterol abnormalities and obesity run in families, you have heard right. These are all examples of multifactorial diseases with genes and lifestyle interacting with each other to cause disease.

Recent research has shown that genetic expression can be controlled by epigenetic mechanisms. In other words, disease-causing genes can be turned off by a healthy lifestyle! By doing so, we not only protect ourselves from a gamut of diseases but also ensure that our children have a healthy genetic make up. So why not shift to a healthy lifestyle right away?



Lifestyle choices that matter are our eating habits, exercise routine, mental attitude, stress management techniques, coping skills, and use of tobacco products, alcohol and drugs

Risk factors: know them, control them, overcome them



Knowing our risk of disease is the first step in the journey of health

Risk factors for heart attack, stroke and blood vessel disease are broadly classified into modifiable and non-modifiable risk factors. Modifiable risk factors are in turn divided into metabolic and behavioral factors.

Modifiable risk factors		Non-modifiable risk factors
Metabolic	Behavioral	
Hypertension	Inadequate exercise	Increasing age
Type 2 diabetes	Unhealthy diet	Male gender
Dyslipidemia	Psychosocial factors	Genetic factors
Obesity	Smoking & drinking	Racial factors



Heart healthy eating for the entire family

There is only one mantra for those who aspire to eat healthy – ‘balanced nutrition’. A healthy balanced diet means consuming a wide variety of natural foods in the right proportion, in the right amount and at the right time to achieve a healthy supply of energy and to maintain ideal body weight.

Consuming a healthy diet throughout our lifetime helps prevent malnutrition in all its forms as well as a range of non-communicable diseases and conditions. But the increased availability of processed foods, rapid urbanization and changing lifestyles have together led to a shift in our dietary patterns. People are not only consuming foods high in energy, unhealthy fats, free sugars and salt but are also eating inadequate portions of fruits, vegetables and dietary fiber on a daily basis.

The ingredients that actually make up our everyday food depend on several factors such as cooking habits, eating culture, geographic location, local availability of ingredients, and age, health condition and personal preferences. However, the basic principle of what constitutes a healthy diet remains the same.

Including at least 5 portions of fruits and vegetables, ensuring that at least half the intake of grains is whole grains, incorporating more of healthy fats derived from vegetable oils, nuts, lean meat, fish and fat-free dairy products and drinking adequate quantities of water, EVERYDAY, are definite ways to improving our health. Knowing what we eat is also important; hence eating home-cooked foods is by far a healthier option than eating or ordering out.

HEALTHY & TASTY



Mixed Bean Salad (protein rich)

Ingredients

- Kidney beans, soya beans, moong dal, ½ cup each (soaked overnight and boiled with a pinch of salt)
- Ginger 2 inch piece
- Red chilli sauce ½ tsp
- Salt to taste
- Vinegar/lime juice 1 tsp
- Coriander leaves 1 tsp

Nutrition info

Calories 560 Kcal
Carbohydrate 44 g
Protein 70 g
Fat 9 g

Method

1. Place the boiled beans in a bowl
2. Roughly chop ginger, grind with a little water and filter out the juice
3. Add 1 tsp of ginger juice, vinegar/lime juice, red chilli sauce and salt and mix well
4. Add coriander leaves, mix well and transfer into a serving bowl
5. Serve immediately

Spinach Vegetable Soup (iron rich)



Nutrition info

Calories 220 Kcal
Carbohydrate 31 g
Protein 11 g
Fat 4 g
Iron 7 mg

Ingredients

- Spinach chopped 1 cup
- Onion chopped 1 medium
- Spring onion chopped 1 tbs
- Ginger chopped 1 inch piece
- Garlic chopped 6 cloves
- Vegetable stock 4 cups
- Oil (sunflower/rice bran) 4 drops
- Black peppercorns crushed 8-10
- Lemon juice 1 tbs
- Salt to taste

Method

1. Boil the spinach in water for 3 mins and paste it
2. Heat oil in a pan. Add onion, spring onion, ginger and garlic and sauté till transparent. Add vegetable stock, cabbage and carrot and bring to a boil
3. Add crushed peppercorns and cook for 5-10 mins
4. Add spinach paste, salt, cook for 3 more mins, add lemon juice and serve hot

Get active, have fun, prevent heart disease

Beware of sedentariness

We are leading an increasingly sedentary life these days, depending more than ever before on gadgets and machines. Most of us, urban dwellers, do not walk to the neighborhood store any more but drive down or call for home delivery. Elevators and escalators are our default choice, even if its just a matter of climbing one or two floors. Riding bicycles to work or school has gone out of vogue. And while at work, do we realize how many hours we spend sitting at a desk to complete our day's tasks? Unfortunately, even children, who inherently enjoy active exploration, are opting to watch television or play computer games rather than spend time outdoors.

Time for action

We all know that diabetes, hypertension and heart diseases are a major health concern in our country. They are the leading causes of death and disability even among younger people. Both men and women are equally falling victim to these diseases. Regular exercise not only protects us from succumbing to disease but also improves our happiness quotient and health-related quality of life. Even 30 minutes of moderate exercise daily can be immensely beneficial.

Prevention versus cure

We have all heard the proverb "prevention is better than cure". The best application for this proverb is in preserving health and preventing disease. Especially, when there is no permanent cure in sight, we might as well take steps to prevent the disease as well as its risk factors. For coronary heart disease (blocked arteries), you might have come across various treatment options like stent placement, bypass surgery and a range of drugs. While it is very important to adhere to these therapies, supervised exercise, an integral part of cardiac rehabilitation, helps you get better soon and prevent complications like heart failure and arrhythmias.

Beat those barriers

The key to sticking to an exercise routine is actually doing what you enjoy. There is no harm in trying out a few activities to check out what interests you and if it fits into your daily schedule. In big cities, several environmental factors discourage people from leading more active lives even if they want to. Lack of public spaces such as parks and grounds, safety issues on the roads, pollution and annoying traffic do not allow us to step out of homes to run or walk. But, there are so many people who have overcome these barriers and found a solution to exercise regularly. Walking in the early hours of the day when traffic and pollution are the least, driving to a beach or park which is further away but clean enough to exercise, and adapting your home to cater to your fitness needs are just a few examples.



Coping with disease: the role of counseling

The enormous advances in the medical management of disease have lead to better survival rates and longer life span for many. However, the psychological issues faced by the affected individuals and their near and dear ones are barely addressed. Let us take the example of a 55-year-old woman who recently experienced a near-death situation due to a myocardial infarction (heart attack), was hospitalized for a week, treated with drugs and surgery (bypass) and sent home with a list of medications, do's and dont's.

The missing link in this woman's story is the failure to manage the emotional upheavals associated with an acute illness that could have ended life abruptly. Today, this gap is filled through counseling. The term counseling has several facets; risk factor counseling, anxiety management, preparation for surgery, nutritional counseling, managing expectations of affected individuals and family members, educating them about healthy lifestyle choices and supporting them in their recovery process.



Counseling has the propensity to calm us down, help us cope better and see the positive side of things

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



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