

Learnings from the Pandemic

Dear Friends,

I am extremely happy to connect with you once again through our newsletter! While it is a surreal feeling to be able to pen down my thoughts after having lost so many near and dear ones to the pandemic, it is also a golden opportunity to reflect on what needs to be done better today to prevent such a tragedy in the future.

The first and foremost learning is that a healthy lifestyle is our most valuable asset. It is the best vaccination with the maximum immunity against any infectious disease or chronic ailment.



We are unfortunately dealing with a steep rise in the incidence of Cardiometabolic Diseases, also known as Metabolic Syndrome. Obesity, diabetes, lipid disorders, hypertension and heart diseases are becoming rampant and posing a bigger threat than the COVID-19 pandemic. Adding to this challenge is the heavy burden of psychosocial issues like anxiety, depression and mental stress. There is no simple solution to this problem but going back to the basics and spending adequate time with our loved ones, expressing gratitude for what we have, focusing on naturally available healthy foods, working out on a regular basis, taking time out to rejuvenate ourselves and getting a good night's sleep are some of the easy ways to ensure we get back on the healthy path. I am thankful to Rainbow FM for the recent opportunity to interact with listeners on this topic through a live program.

Team Cardiac Wellness Institute is proud to have partnered with eminent Cardiologists and Cardiac Surgeons to take cardiac rehab programs to the homes of heart patients and at-risk individuals. The home-based program has delivered excellent results and the outcomes have been published in the June 2022 edition of the Journal of Clinical and Preventive Cardiology. We are extremely grateful for the trust placed in us and would like to thank our participants from Chennai, various parts of Tamilnadu, other states in India and overseas!

Our upcoming public health awareness program is an earnest effort to reduce the burden of acute life threatening cardiac events as well as chronic debilitating illnesses. We look forward to seeing you in this online event.

Dr. Priya Chockalingam
Clinical Director, Cardiac Wellness Institute

Heart 'e' Health

Past events



PNB Women's Day Health Talk



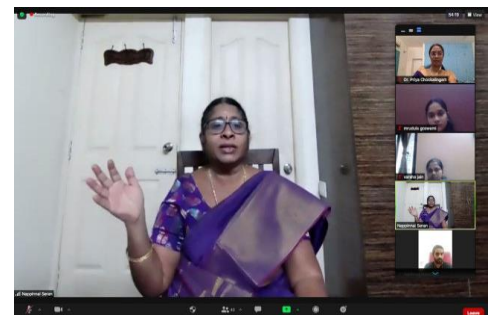
COVID awareness webinar for Singapore Tamil Association



World heart day webinar with Indian Dietary Association



Awareness webinar for TN sports university staff & students



Webinar on Heart Health & Emotional Wellbeing during the pandemic

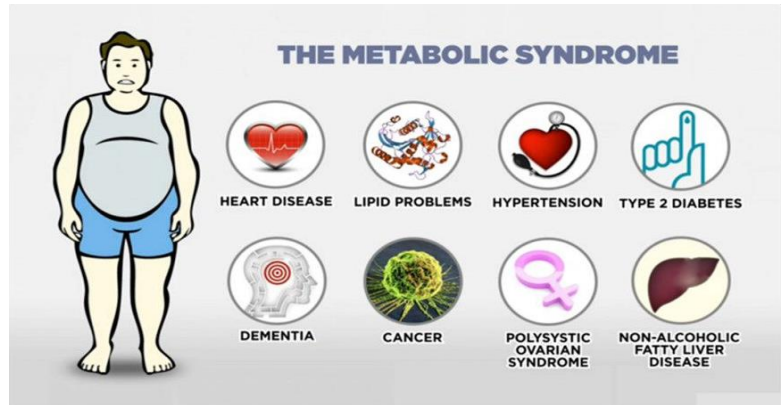
Heart 'e' Health

Cardiometabolic Syndrome and COVID-19

There is ample evidence to show that people's lifestyle choices have deteriorated and cardiometabolic diseases have become rampant since the start of the pandemic.

We need to pause and assess if we have fallen prey to poor sleep habits, prolonged screen time, frequent ordering in of food, putting away that much needed workout and unhealthy work life balance.

It is imperative to halt the growing lifestyle disease epidemic by adopting healthy behaviors at an individual and at a societal level.



COVID-19 has led to an increase in obesity, diabetes, hypertension, heart attack, lung disease and renal failure



Upcoming event

Cardiac Wellness Institute presents

THE HEARTONOMICS SERIES
EMPOWERING PEOPLE IN THE ART & SCIENCE OF HEART CARE

Cardiac Rehab for a Healthier You

A panel discussion with the experts

 Dr. R. Anantharaman Kauvery Hospital	 Dr. M. M. Yusuf Apollo Hospital	<p>Date: 8th July 2022</p> <p>Time: 8-9 pm IST</p> <p>Log-in details will be shared with registered participants.</p> <p>Registration link https://forms.gle/KqKoD7UhfzoKNdKu8</p> <p>Powered by Astra Zeneca</p>
 Dr. G. Sengottuvelu Apollo Hospital	 Dr. Priya Chockalingam Cardiac Wellness Institute	

CARDIAC WELLNESS INSTITUTE
HEART • HEALTH • HAPPINESS

We invite one and all to the upcoming online panel discussion "CARDIAC REHAB FOR A HEALTHIER YOU" to raise awareness about the importance of cardiac rehab in people with heart diseases and at-risk individuals. The panelists, Dr. R. Anantharaman, Dr. G. Sengottuvelu and Dr. M. M. Yusuf are experts in the field of Cardiology and Cardiac Surgery. Dr. Priya Chockalingam will moderate the discussion.

Registration is free and log-in details for the program will be shared with registered participants. The link to the registration form is enclosed with this newsletter. Interested individuals may also register by calling 044 43192828, 99404 08828 or by visiting our website www.cardiacwellnessinstitute.com.

Heart 'e' Health

Lifestyle tips to prevent cardiometabolic diseases

No tobacco in any form: Quitting the use of tobacco products completely is the biggest favor you can do for yourself. Smoking, chewing, snuff, patches and e-cigarettes are all major contributors to cardiometabolic disease and various cancers. If your attempts to quit have failed in the past, you should approach your physician for quitting support.

Regular exercise: As per international and Indian guidelines, one has to do at least 30 minutes of exercise like brisk walking and cycling on at least 5 days every week. This helps to keep blood pressure, cholesterol, blood sugar, body weight and various other parameters at a healthy level.

Healthy diet: Including at least 5 portions of a variety of fruits and vegetables on a daily basis, at least 1 meal made up of whole grain foods, and appropriate amounts of low-fat dairy products, legumes, nuts, seeds and vegetable oils makes for a heart-healthy diet pattern. Individuals who consume a mixed diet may also include lean meat, fish and eggs in their diet. Limiting the intake of processed foods, fast foods, restaurant-cooked foods and unhealthy snacks and beverages will automatically help to reduce the unhealthy fats, trans fats, salt and sugar in the diet.

Adequate hydration: By drinking at least 2-3 litres of water daily, you can ensure that your body's hydration is maintained. Additional intake of water is needed in the hot and humid summer months and when exercising. People with certain conditions like heart failure and renal failure should follow the advice of their healthcare team pertaining to fluid restriction.

Avoid alcohol: Drinking alcohol can cause an increase in blood pressure, heart attack, heart muscle weakness, stroke, cancer and other diseases. It can also lead to high triglycerides and produce irregular heartbeats. Excess or binge alcohol consumption should be completely avoided.

The 4 pillars to staying healthy



Precautions for special health conditions

Diabetes mellitus: People taking medications or insulin for diabetes should take special precautions while exercising as they may experience low blood sugar or hypoglycemia.

Hypertension: It is important to know how your body responds to different types of exercise, especially how your heart rate and blood pressure vary during warm-up, peak exercise and cool-down phases.

Overweight & obese individuals: Performing high intensity or high impact exercises without the guidance of fitness experts can lead to joint problems and muscle injuries.

Heart disease: If you have been diagnosed with a heart ailment or have undergone a cardiac surgery or procedure, it is imperative to take the help of a cardiac rehab team to help you recover and return to healthy lifestyle.

General precautions:

- Get personalized health advice from expert healthcare professionals such as qualified dietitians, experienced fitness instructors and weight management experts
- Do not exercise if you are unwell or have any muscle soreness
- If you experience any chest discomfort, palpitation or excessive breathlessness during exercise, stop immediately and consult a physician
- Do not follow a diet regime or health plan that has been prescribed for someone else
- Do not rely on social media for your health advice, please talk to your healthcare professional for reliable advice

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



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