

3rd Indo-Global Summit & Expo on **Healthcare**

October 05-07, 2015 New Delhi, India

World heart day 2015-Creating healthy heart environment everywhere

Jose John

Sacred Heart Medical Centre and Heart Institute, India

Cardiovascular disease was once considered an old-age ailment but has now become a common lifestyle concern. Around the globe heart disease and stroke are the world's leading causes of death, claiming 17.3 million lives each year. Statistics show that the rate of heart diseases in India is double that of the national averages of western countries. While a person's genetic disposition and family history remain as the most common and uncontrollable risk factors, majority of heart diseases may be caused due to controllable factors like blood pressure, diabetes, smoking, sedentary lifestyle, unhealthy diet, stress and weight issues. In today's scenario, our lifestyle emerges as the biggest risk factor and this brings the focus to the theme for World Heart Day 2015- "to create healthy heart environments. Cardiovascular disease can take many forms. Stroke or heart attack is the number one cause of mortality, especially among young Indians. According statistics, "50% of all heart attacks in Indian men occur under 50 years of age and 25% of all heart attacks in Indian men occur under 40 years of age." In most cases, a heart attack occurs when a blood clot is formed in one of the blood vessels responsible for supplying blood to the heart. For long, heart ailments have been regarded as a man's disease. This probably stems from previous studies, which state that the presence of a hormone called estrogen in women naturally protects them. It is known to keep blood vessels flexible so that they can easily relax and expand to accommodate blood flow and therefore, the decline of estrogen in post-menopausal women makes them more vulnerable. However, with changing lifestyle practices, both men and women share the same risk. In case of a heart attack, it has been seen that the lack of knowledge often causes a delay in handling the situation, which could aggravate the damage and in some cases prove to be fatal. So understanding the symptoms of a heart attack and taking precautionary steps while waiting for medical help is crucial.

Biography

Jose John has completed his MBBS from Mahatma Gandhi University Kottayam, MD in internal Medicine from Assam University, and DM in cardiology from Kerala University of Medical Sciences, Kerala. He is currently consultant interventional Cardiologist at Sacred Heart Medical Centre and Heart Institute Kottayam, Kerala, India. He has been involved in active research in the field of interventional cardiology. He has presented papers at various forums. He is an excellent academician and able teacher.

drjosejohn@gmail.com

Notes: