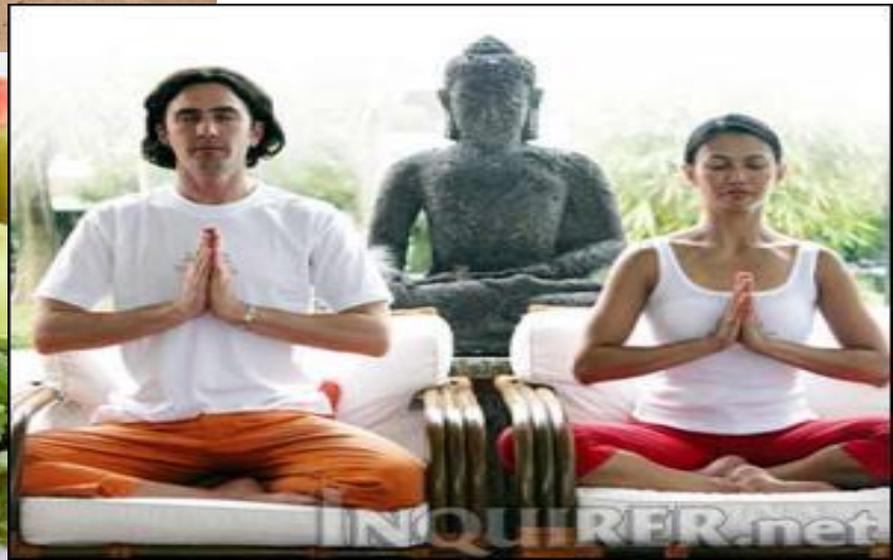


# Healthy

# INDIA

## Lifestyle Management Program



Research paper on  
lifestyle  
Management by  
Prof. of  
Delhi University

**Healthy-India,  
Total Health  
TV show**

“All about  
Good  
Health” by  
Dr. Christian  
Bernard

[www.healthy-india.org](http://www.healthy-india.org) (Ministry of Health)

# Our Icons at 70+



# Matahir Bin Mohammed





**Son, Gurdev Singh  
80 years old**

**Mom, Maan Kaur  
103 years old**

# What is health ?

- ▶ Health is a state of complete *physical*, *mental*, *social* and *spiritual* well being and not merely the absence of disease.

# Physical Health

- ▶ Physical Health : Good bodily health, result of regular **exercise**, proper **diet** and **nutrition** and proper rest for physical recovery.

# Mental Health

- ▶ It refers to individual's **emotional and psychological** well-being. Being able to handle **normal level of stress**, recover from **difficult situation**
  - Mind
  - Intellect
  - Ego

# Social Health

- ▶ Maintaining **satisfying relationship** with everyone around
  - Boss, Subordinate, Colleague, Customer
  - Wife, children
  - Neighbours
  - Friends
  - Relatives

# Prevent Lifestyle Diseases

- ▶ High BP
- ▶ Heart Attack
- ▶ Angina
- ▶ Diabetes
- ▶ Renal Failure
- ▶ Loss of vision
- ▶ Early cataract
- ▶ Liver failure
- ▶ Strokes
- ▶ Paralysis
- ▶ Amputation of Foot
- ▶ Mouth cancer
- ▶ Cancer of tongue
- ▶ Cancer of throat
- ▶ Cancer of cheek
- ▶ Cancer of food pipe
- ▶ Cancer of stomach
- ▶ Cancer of voice box
- ▶ Cancer of large intestine
- ▶ Cancer of colon
- ▶ Cancer of breast
- ▶ Cancer of lungs
- ▶ Thyroid problem
- ▶ Porous bones
- ▶ Fractures in old age
- ▶ Gal stones
- ▶ Joint problems
- ▶ Kidney stones
- ▶ Cholesterol
- ▶ Diarrhoea, infections
- ▶ Irregular Heart beats
- ▶ Piles

# Lifestyle best shield

The Telegraph 20<sup>th</sup> June 2010

G.S. MUDUR

**New Delhi, June 19:** Lifestyle changes that combat 10 risk factors such as high blood pressure, smoking and pot bellies could dramatically reduce the incidence of stroke in India and 21 other countries, a study has suggested.

The study by an international medical team has shown that 10 risk factors can explain 90 per cent of strokes in 22 countries. Although these risk factors are well known, the researchers say the findings are significant because of their uniformity across six continents and because they reveal the vast potential of lifestyle choices to prevent strokes.

A stroke is a condition in which blood flow to the brain gets obstructed may prove fatal or cause paralysis and lead to long-term disability.

The findings show that high blood pressure is the most important risk factor - a person with high blood pressure is at 2.6 times higher risk of stroke than someone with normal pressure.

The study, published in the journal *Lancet* on Friday, has also shown that smokers are at double the risk of stroke when compared with non-smokers.

## RISK METER

Ten risk factors for strokes. All figures in %. Percentage in comparison with a person having normal parameters or in case of alcohol, a non-drinker

### Higher risk

Hypertension	164
Smoker	109
Irregular heart rhythm	138
Raised cholesterol	69
Pot belly	65

The study — among the largest to compare risk factors for strokes — was based on an analysis of the lifestyles of 3,000 stroke patients in 22 countries and 3,000 others who had not suffered stroke. Doctors say the uniformity of risk factors is striking.

“Lifestyle changes alone can prevent a huge number of strokes everywhere — that’s the key message from these results,” said Denis Xavier, a team member from St John’s Medical College, Bangalore.

A lot of funds and research are now focused at trying to identify the genetic factors that might underlie stroke, Xavier said. These findings show that lifestyle-related fac-

30-plus drinks a month	50
Diabetes	36
Poor diet	35
Stress/depression	35
Raised cholesterol	89

### Lower risk

Regular physical activity	40
Less than 30 drinks a month	10

tors account for nine in 10 strokes.

The analysis indicated that a healthy diet including fish and fruits reduces the chance of a stroke. High levels of physical activity and moderate consumption of alcohol also reduced the risk. But more than 30 drinks a month or binge drinking was associated with increased risk compared with those who do not drink.

“These results should dispel the idea that there could be differences in risk factors between different ethnic groups in different parts of the world,” said Anoop Misra, a consultant endocrinologist in New Delhi who was not associated with the study.

# Lifestyle Disorders

- ▶ **Overweight** and **obesity** are associated with high **blood pressure** / **cholesterol** levels and increased risk of developing **diabetes** (insulin resistance).
  - ▶ **Excess body fat** accounts for nearly 60% and 20 % diabetes and cardiovascular disease respectively.
  - ▶ Elevated **cholesterol** alone responsible for 60% of CVD morbidity globally.
- 

# India is number one in the world ??

- ▶ India is heart attack capital of the world
- ▶ India has the largest no. of diabetes in the world.
- ▶ Large no. of potential diabetes (about 2–3 times)

# Bad Effect of Diabetes & BP

- ▶ Kidney
- ▶ Eye sight
- ▶ Heart attack (60 % are diabetic)
- ▶ Brain attack / Stroke
- ▶ Nerves
- ▶ Sexual life
- ▶ Normal life

**It may remain silent for 5-7 years and also called a silent killer**



- Why Care
- About Heart Disease
- Heart Risk
- Stroke
- Heart Attack
- Prevention Plan

### Why Care About Your Heart?

Heart disease is the leading cause of death, globally. Worldwide, heart disease and stroke are the leading causes of death for adults over 60 years of age.



[read more](#)

# Walk towards a healthy heart

Replay

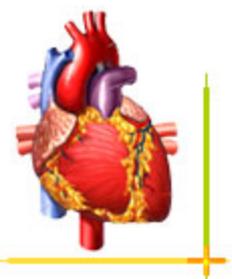



### Are Indians especially at risk?

### What is heart disease?

Disorders of the heart or blood vessels which are supposed to supply blood both, to and from the heart cause heart disease. The heart gets oxygen and nutrients through blood vessels called coronary arteries. The term, coronary artery disease...

[read more](#)

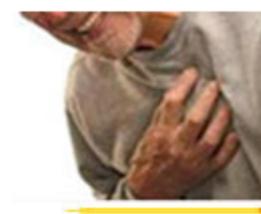


### What are the symptoms of heart disease?

If you are experiencing any of the symptoms mentioned below please seek medical help immediately.

- ❖ Difficulty in breathing
- ❖ Feeling sick or vomiting
- ❖ Feeling like fainting
- ❖ Becoming pale

[read more](#)



# Prevent Heart Diseases

Home >> Prevent Heart Diseases >> Heart attack warning signs!

- > What is Heart disease?
  - > Risk factors for heart attacks
  - > Prevent a Second Heart Attack
  - > Heart attack warning signs!
  - > What is cholesterol?
  - > Optimal cholesterol levels
  - > Ways to improve Your Blood Cholesterol levels
  - > Ways to lower Blood triglycerides
- Videos**
- > Oil
  - > Hypertension

SEARCH  Google Custom

- The Power of Prevention**
- Learning to Manage Stress**
- Health and your Environment**

## Heart attack warning signs!

**Don't Ignore Signals of a heart attack! | Don't hesitate to seek medical help! | Fast action can save many lives!**

During a heart attack a "clot" blocks the artery and prevents blood reaching the heart muscle. That part of the heart muscle begins to die. The more time passes without treatment the more the damage. Timely treatment dissolves the clot and opens the arteries to rejuvenate the muscle.

## Heart attack warning signs!

### Chest discomfort

Feeling uncomfortable with pressure, pain, squeezing, and heaviness in the centre of the chest which lasts more than a few minutes or goes and comes back. (Especially, if it lasts beyond 30 minutes or not responding to sorbitrate, it is extremely suggestive of a heart attack.)

### Discomfort in other parts of the body besides the chest

Discomfort (pain or heaviness) may be present in the arms, back, neck, and jaw. Chest discomfort may spread to the arms, shoulders, jaw or neck or, sometimes, may travel to the chest from those areas.

Much less common is upper abdominal pain, with feeling of fullness, acidity and indigestion. This does not respond to antacids and should not be ignored but checked up for a possible heart attack.

### Shortness of breath

Shortness of breath or 'breathlessness' may be present, before the chest pain sets in, with the pain (or discomfort) or may follow the pain.

### Other signs

Alongside the above signals, nausea, sweating, or light-headedness (giddiness) may be present. Sometimes, breathlessness without pain, or a choking without feeling pain, may be the only features.

### First -aid at home

**Aspirin can be given to a person before medical help is available. Aspirin helps to thin the blood and helps the blood pass through the blocked arteries by breaking down the fresh blood clot. It is best to crush half a tablet of aspirin and put it under the tongue for fast absorption into the blood. Alternatively, half a tablet can be crushed and given with water; or if the aspirin is a water dissolvable preparation then it can be dissolved in half a glass of water and drunk.** (Aspirin should be avoided in persons with a history of ulcer in the stomach and in person allergic to aspirin)

### What next?



**Stay Active**  
Grow through Life

**No Tobacco**  
Strength of Life

**Eating Right**  
Vigour of Life

### Message Board

"Why are young people at risk of Diabetes?"



**Register with Us**

**Health Minister's Message**

**Health Munch**

**Health Tools**

**Your Weight**

Healthy-India Wins  
PC World Web Award 2008

Prevent Heart Diseases

Home >> Prevent Heart Diseases >> What is cholesterol?

- > What is Heart disease ?
  - > Risk factors for heart attacks
  - > Prevent a Second Heart Attack
  - > Heart attack warning signs!
  - > What is cholesterol?
  - > Optimal cholesterol levels
  - > Ways to improve Your Blood Cholesterol levels
  - > Ways to lower Blood triglycerides
- Videos**
- > Oil
  - > Hypertension

SEARCH  Google Custom Search

- The Power of Prevention
- Learning to Manage Stress
- Health and your Environment

What is cholesterol?



What is cholesterol?

Cholesterol is an integral part of each cell in the body. It is a waxy substance made naturally in the body. Your body needs some cholesterol to work properly and it can make all it needs from some fats in the diet.

What happens when there is too much of it?

Cholesterol may cause problems if your body makes too much or if you consume too much in your food. The extra cholesterol can deposit in the arteries and lead to blocked arteries. If an artery that supplies blood to your heart gets blocked, a heart attack occurs. If an artery that supplies blood to your brain gets blocked, a paralytic stroke occurs. Higher the cholesterol, greater is the risk of heart disease and stroke.

"GOOD" CHOLESTEROL AND "BAD" CHOLESTEROL

Not all cholesterol is harmful. There is a "bad" kind and a "good" kind. The "bad" kind is called LDL (Low-Density Lipoprotein) cholesterol, and the "good" kind is called HDL (High-Density Lipoprotein) cholesterol. The bad cholesterol tends to block the arteries, but the good kind helps to clean up this bad cholesterol inside the arteries.

Understanding Your Cholesterol Levels

When you have your blood cholesterol checked, the laboratory will report on LDL cholesterol, HDL cholesterol and also triglycerides. Triglycerides are the most common fats in the diet and in the blood. **If you have a high reading of LDL or triglycerides, or a low reading of HDL, you may have a higher risk of having heart disease. But whenever, doctors normally refer to "Cholesterol as being high", they mean that the "total" cholesterol is high, which is most often due to a high level of "bad" cholesterol.**

Key to prevent diabetes, blood pressure, heart attacks, strokes, cancers ...

**Stay Active**  
Grow through Life

**No Tobacco**  
Strength of Life

**Eating Right**  
Vigour of Life

**Message Board**

"Why are young people at risk of Diabetes? "

**Register with Us**

**Health Minister's Message**

**Health Munch**

**Health Tools**

**Your Weight**

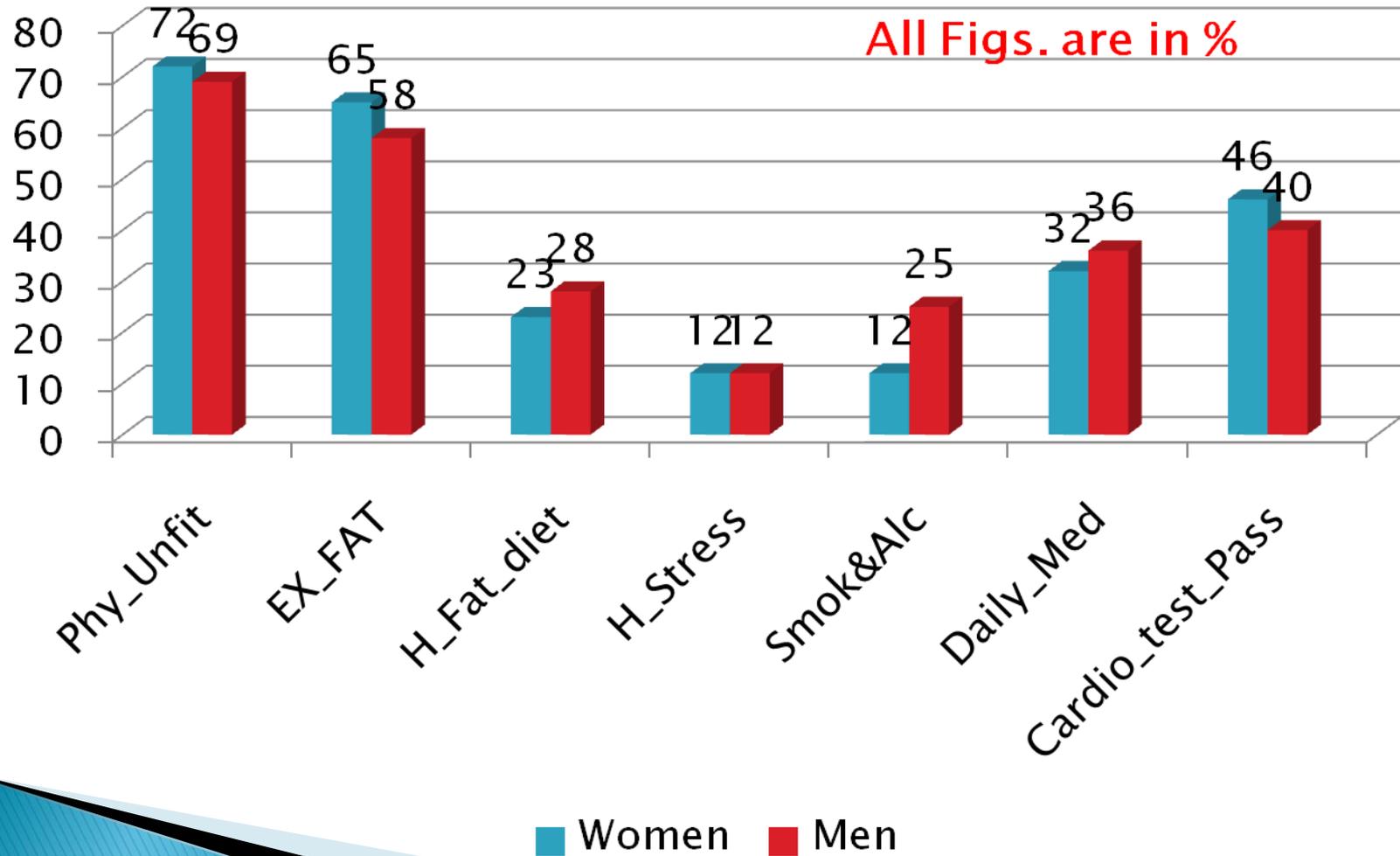
Healthy-India Wins PC World Web Award 2008



Like this site! Why not email a friend?



# Appollo Hospital tested 47,755 people between 2005-09



# Remember !

- ▶ There may be **no symptom** for
  - High Cholesterol
  - High Blood sugar
  - High pressure
- ▶ After 40 yrs, check for the above annually
- ▶ After 40 yrs, anything happens first time, unusual or unable to explain, please don't ignore and consult your doctor
- ▶ There are stages before **disease**

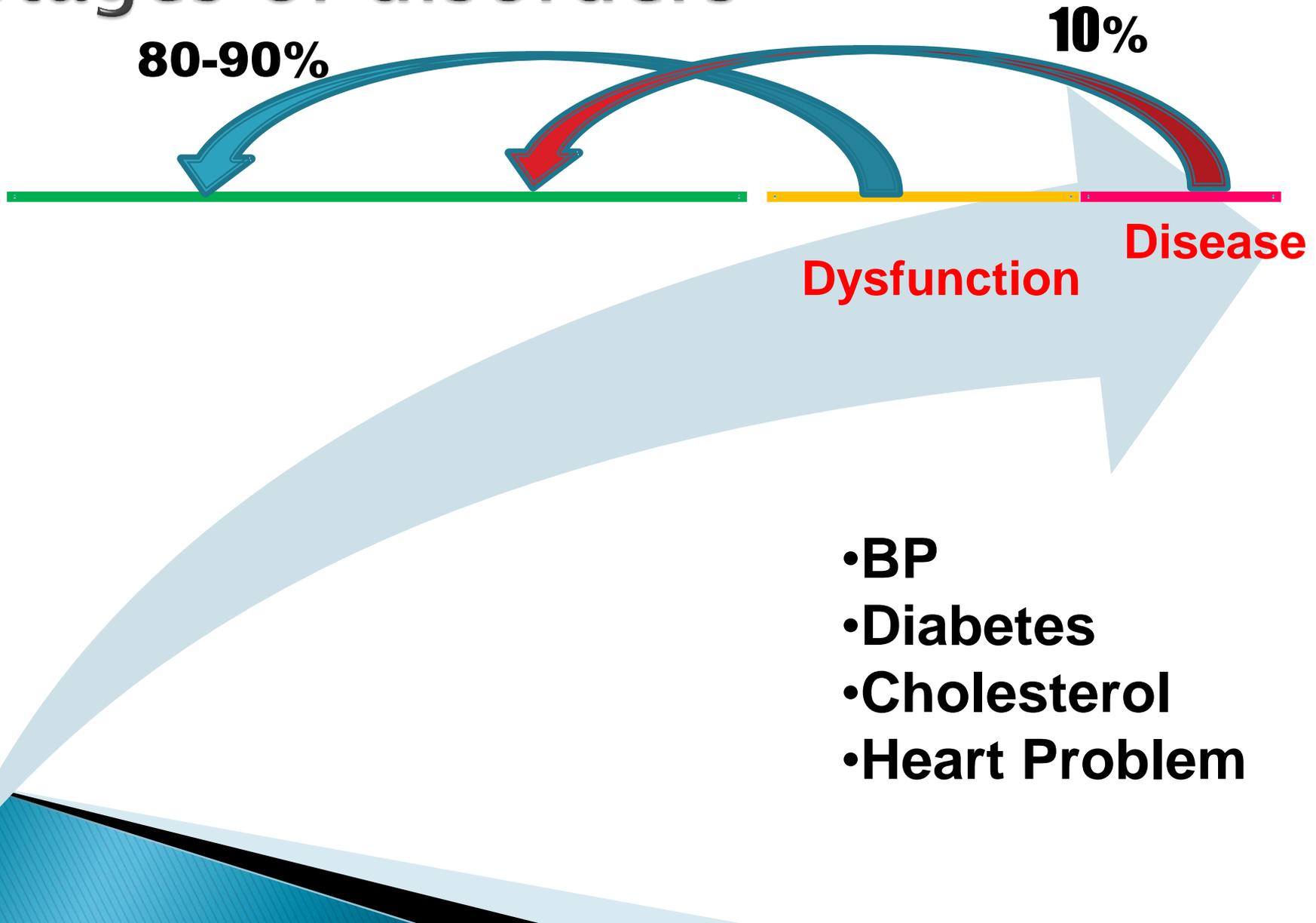


# Stages of disorders



**Disease**

# Stages of disorders



# Stages of disorders

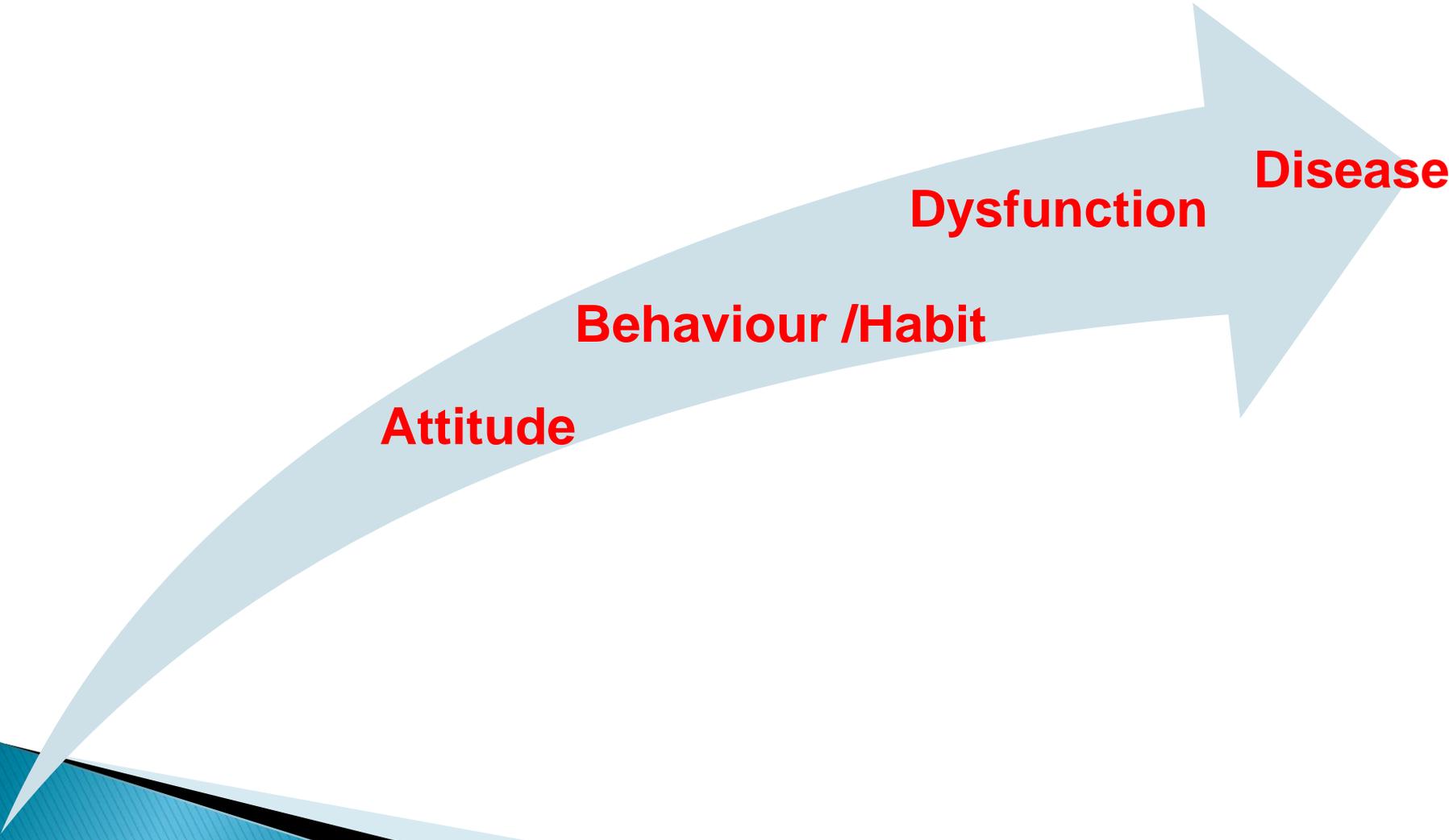


**Behaviour /Habit**

**Dysfunction**

**Disease**

# Stages of disorders



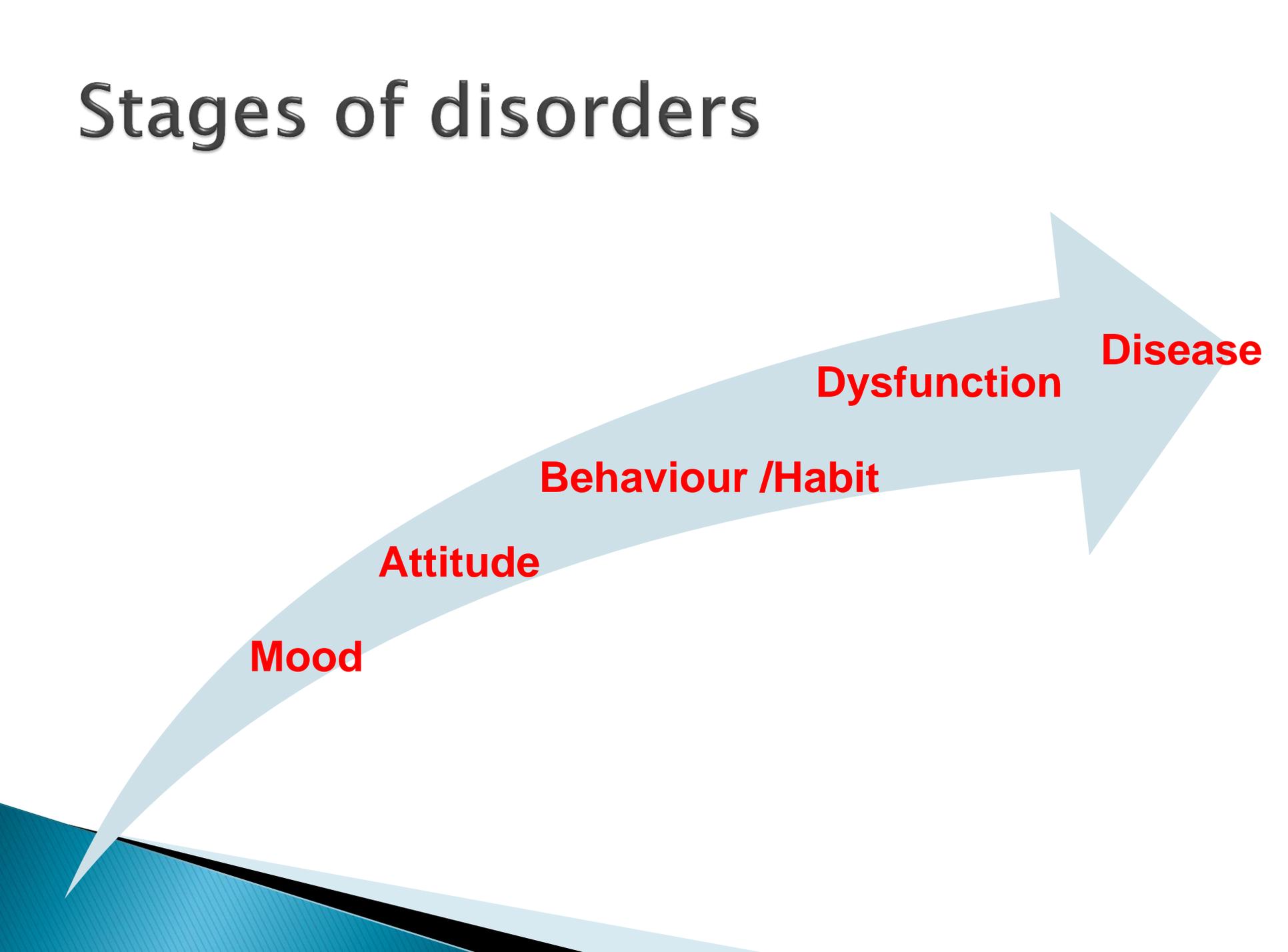
**Attitude**

**Behaviour /Habit**

**Dysfunction**

**Disease**

# Stages of disorders



**Mood**

**Attitude**

**Behaviour /Habit**

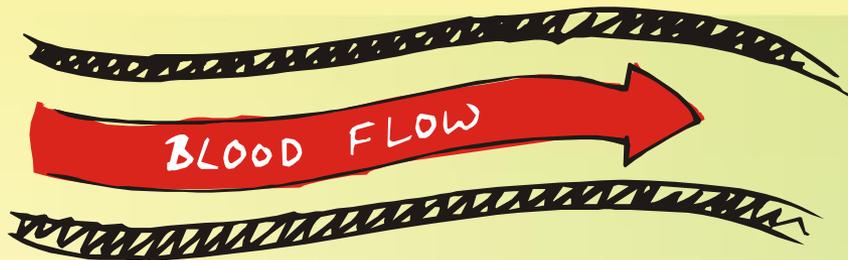
**Dysfunction**

**Disease**

# Stages of disorders

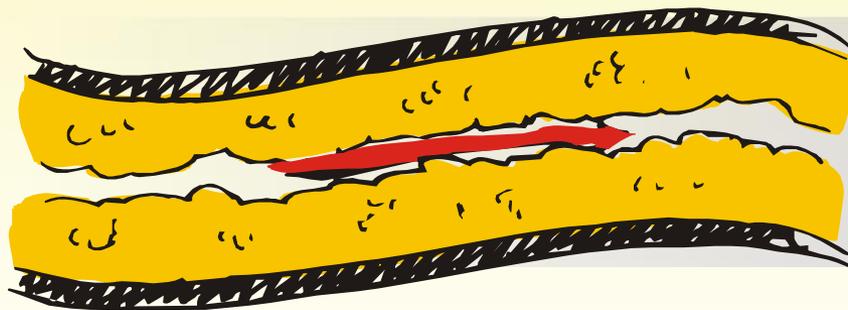
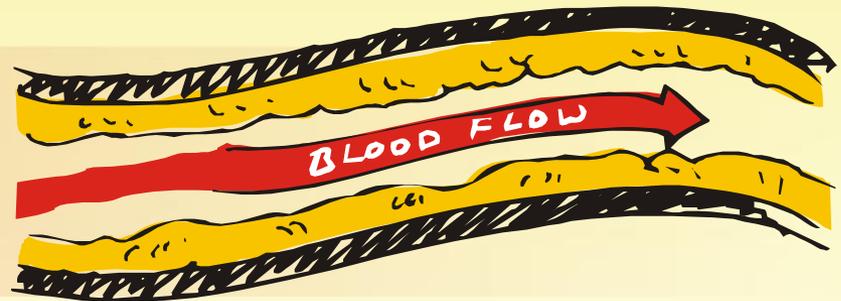


# How can higher levels of cholesterol increase risk of **heart attack** or **stroke** ?



Normal blood vessel

Deposition of  
'bad cholesterol'



Increased deposition  
of 'bad cholesterol'

This is known as atherosclerosis

- ▶ "People who experienced chronic anxiety, long period of sadness and pessimism, unremitting tension or incessant hostility, relentless cynicism or suspiciousness were found to have double the risk of disease—including asthma, arthritis, headaches, peptic ulcers and heart disease"

-- Daniel Goleman in his book *Emotional Intelligence*



# Who are at High Risk ?

- ▶ If any two or more factors are positive in the next slide, it is a case of high risk

-

# VERY High Risk People

- ▶ Family History of Pressure/Sugar/Heart disease
  - ▶ Overweight / obesity ( BMI > 25 kg/m<sup>2</sup> )
  - ▶ Abdominal Circumference >36 inch for male and >32 inch for female
  - ▶ Blood Pressure more than 80/120
  - ▶ High cholesterol >200
  - ▶ Fasting Blood Sugar >110
  - ▶ Smoker / tobacco chewer
  - ▶ Alcoholic
- 

# High Risk People

- ▶ Executives / Business man (Stressful)
- ▶ Office staff, Housewives
- ▶ People with pot belly
- ▶ People eating refined carbohydrates, saturated fat e.g. *Maida, suji, white rice, sugar, ghee, butter, malai, animal protein, etc.*
- ▶ People using lift, car, two wheeler frequently and do not walk or use bicycle
- ▶ People don't exercise

# Prevention

- ▶ Maintain your correct weight level
  - BMI between 18.5 to 23
  - Body Mass Index (BMI)



Weight

$(\text{height in Mt})^2$



# Ideal Weight as per BMI

Height	Min	Max	Height	Min	Max
4'11"	41.6	52	5'6"	52	64.5
5'	43	53.5	5'7"	53.5	66.6
5'1"	44.5	55	5'8"	55	68.6
5'2"	46	57	5'9"	57	70.6
5'3"	47.5	59	5'10"	58.5	72.7
5'4"	49	61	5'11"	60	75
5'5"	50.5	62.5	6'	62	77

# BMI and Health / Risk

<b>BMI Range</b>	<b>Condition</b>	<b>Risk Factor</b>
<b>Below 16</b>	<b>Malnutrition 2</b>	Anorexia, Bulimia, osteoporosis and Break down of muscle mass, etc.
<b>16.1 - 18.0</b>	<b>Malnutrition 1</b>	Digestive problems, weakness, chronic Fatigue, Stress, Anxiety, Reproductive / Hormonal Dysfunction
<b>18.1 - 23.0</b>	<b>Normal</b>	Normal menstruation, Can Handle stress, Good energy levels, vitality, Resistance to illness, good physical condition, etc.
<b>23.1 - 25.0</b>	<b>Over Weight</b>	Fatigue, digestive problems, Circulation problems, varicose veins, erectile dysfunctions etc.
<b>25.1 - 28.0</b>	<b>Obesity Grade 1</b>	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint problems / arthritis in knee, Spine, etc.
<b>28.1 - 33.0</b>	<b>Obesity Grade 2</b>	Diabetes, Cancer, Angina, Heart attacks, Phlebitis, Arteriosclerosis & Strokes, Erectile dysfunctions etc.
<b>OVER 33</b>	<b>Obesity Grade 3</b>	<b>Maximum risk of Diabetes, Cancer, Heart Disease, premature death.</b>

# Benefits of normal BMI (<23)

- ▶ Prevents **diabetes**.
  - ▶ If you already have diabetes then it improves your sugar levels and also helps to bring down the diabetes medication.
  - ▶ Prevents **blood pressure**.
  - ▶ If you already have high blood pressure then it helps to **better control** your blood pressure and also to bring down blood pressure medication.
- 

# Benefits of normal BMI (<23)

- ▶ Prevents heart disease.
- ▶ Prevents stroke .
- ▶ Prevents certain types of cancer.
- ▶ Prevents osteoarthritis (joint pains).
- ▶ Normalizes *cholesterol* levels and deranged blood fat levels (*lipid profile*).
- ▶ Increases your life expectancy.
- ▶ Makes you look younger.
- ▶ Improves your energy levels.



# Exercise can also help...



- lower body fat
- Reduce risk for heart disease
- Lower LDL and raise HDL
- Control blood sugar
- Reduce risk for osteoporosis and cancer



- Brisk walking, Jogging, Cycling
- After 40 yrs, resistance exercises only after clearance from doctor



# Regular Physical Activity Can...



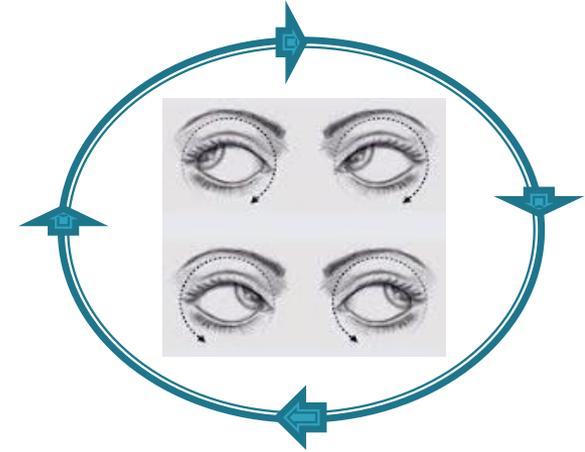
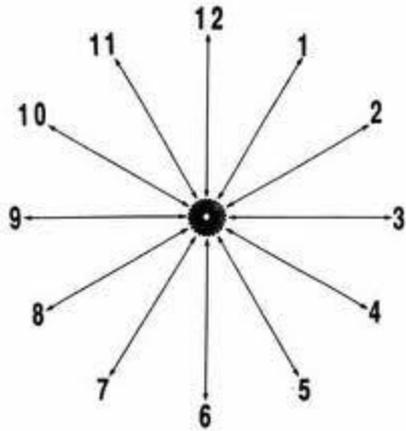
- Give you energy
- Reduce stress
- Improve sleep
- Improve performance at work
- Enhance self-esteem



# Yoga for health



# Exercise for Computer users



# Exercise

- ▶ **Flexibility improvement**

- ▶ **Aerobic**

- Walking
- Jogging
- Running
- Swimming etc

- ▶ **Anaerobic**

- Resistance/ weight

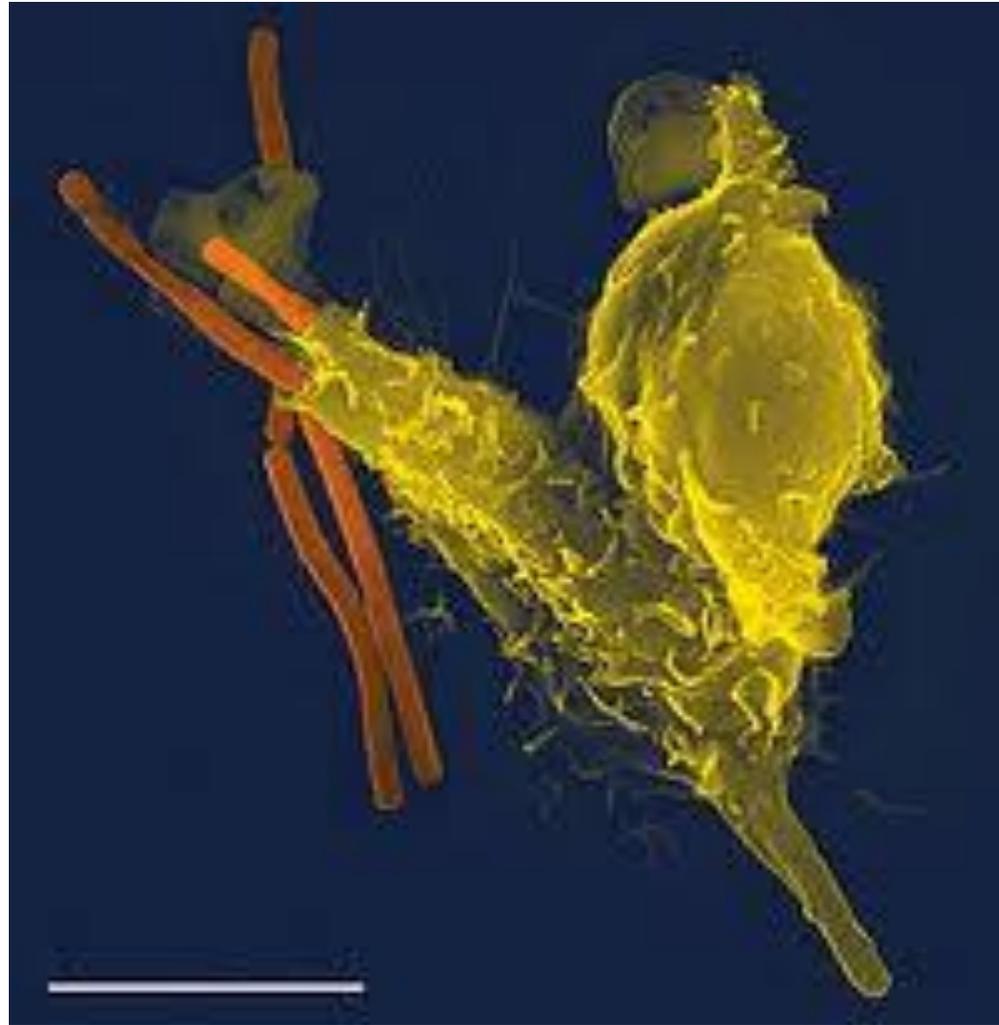
- ▶ **Use**

- ▶ **Over-use**

- ▶ **Misuse**



# Immune system protects



# Prevention



- ▶ Consume a diet Rich in vegetables and fruit.
  - Take variety of vegetables and fruits (**all coloured**)
  - Avoid eating more **high calorie fruits** (mango, banana, jack fruit etc)
  - **Whole fruit** is better than fruit juice because it contains fibre
  - Whatever is **green** reduces fat and blood sugar
  - Sweet, sour and salty increases fat and blood sugar



# Prevention

- ▶ Choose **whole**-grain, high **fiber** food
  - Fiber reduces LDL and risk of CVD
- ▶ Consume Fish, especially **oily fish** at least twice a week
- ▶ Avoid taking **egg yolk** which is high in cholesterol
- ▶ Avoid **saturated fat** (animal fat and ghee, butter, *malai* etc.)
- ▶ Use toned milk



# Prevention

- ▶ Minimise intake of **sugar** and sugar added food (glucose, sucrose, fructose etc). Sugar has **hollow calorie** and it is called **sweet poison**.
- ▶ Eat **Multi-grain** bread/roti
- ▶ Use oil in limited quantity and in **variety**
- ▶ Prepare food with little or no salt
- ▶ **Minimise animal protein**
- ▶ Stop or minimize alcohol intake. Alcohol has also hollow calorie.



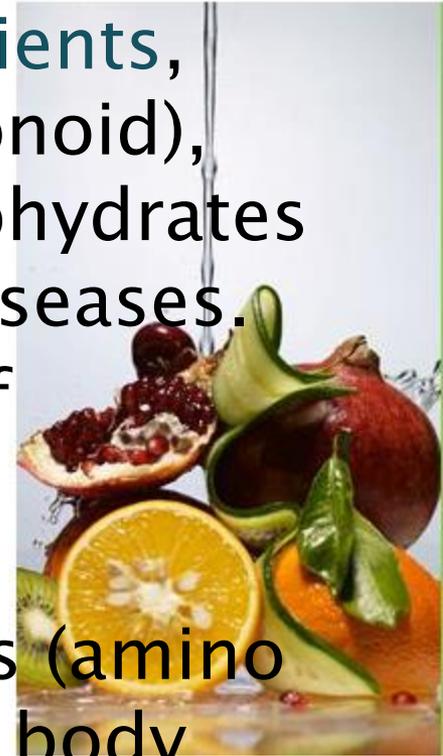
# Prevention

- ▶ Drink sufficient water : 2.5–3.5 ltr
- ▶ Use boiling, roasting, steaming, baking for cooking and **avoid frying**.
- ▶ Take medicine only if required and prescribed by doctor
- ▶ Don't take pain killer unnecessarily
- ▶ Trust on internal medicine factory of the body
- ▶ Maintain PH value. Use Tulsi-tea, lemon juice, amla juice, coconut water etc
- ▶ Low Glycemic index



# Whole Grain, fruits & vegetables

- ▶ Whole grain products supply **Vitamin E, B, Zinc, selenium, copper**, iron, **manganese**, and **magnesium**. They provide **fiber, nutrients, phytochemicals** such as rutin (a flavonoid), lignans, antioxidants, complex carbohydrates which protects body against many diseases.
- ▶ Fruits & vegetables are rich source of Vitamins A, C & E, caretonoids, phytochemicals such as flavonoids, antioxidants, potassium, tryptophans (amino acid) micro-nutrients which protects body from diseases and improves immune system.



# Antioxidants in fruits & Vegetables

- ▶ Beta Carotene: In **orange** ( carrot, orange, papaya etc.)
- ▶ Lutin : In **green** leafy vegetable
- ▶ Lycopin: In **red** and **orange** : tomato, water melon, guava, chiku etc.
- ▶ Selenium: rice, wheat, nuts, seeds of fruits etc.
- ▶ Vitamin A: orange, carrot, mango, paneer, curd
- ▶ Vitamin C: fish, amla, guava, grain, lemon
- ▶ Vitamin E: soyabin, broccoli, Patal, mango, guava etc.



# The typical restaurant meal is full of fat....up to 50%



- Creamy sauces
- Deep fried
- Mayonnaise
- Large portions
- Cooked in heavy butter or oil
- Uses **MAIDA**
- **VANASPATI** or **PALM OIL**



# The typical restaurant meal is full of fat and Refined carbohydrates



- **Samosa, Chop**
- **Moghlai Parotha**
- **Chowmin**
- **Egg Roll / chicken roll**
- **Kachauri, Bhatura, Nan**
- **Cheese Pakora/ ball**
- **Potato finger chips**
- **Fried & salty cashew nuts**
- **Cake /Bread /Pastry/ patties**
- **Hot dog/ burger/ pizza.....**





Dr KK Aggarwal on Say No to Soft Drinks for good health

दिल मांगे 'मोर'

देखिए... सुखविद्ध दिल से... @12:27PM

Shopping Arcade Sec. 3 Faridabad offers...

18:35 3:20 PM 11/14/2015

The image shows a screenshot of a news broadcast. At the top, there is a title "Dr KK Aggarwal on Say No to Soft Drinks for good health". Below the title is a graphic featuring several bottles of soft drinks (Coca-Cola, Sprite, Fanta, Pepsi) and the text "दिल मांगे 'मोर'" (Dil Mangi Mohar). Below this, there is a red banner with the text "देखिए... सुखविद्ध दिल से... @12:27PM". At the bottom, there is a news ticker that reads "Shopping Arcade Sec. 3 Faridabad offers...". The screenshot also shows a Windows taskbar at the bottom with various application icons and a system clock showing 3:20 PM on 11/14/2015.



# Healthy Food



- ▶ Fruits
- ▶ Roasted Cereals like gram, peanuts, pulses etc.
- ▶ Sprouted cereals
- ▶ Puffed rice
- ▶ Chhole / Ghugni
- ▶ Butter milk (mattha)
- ▶ Pop corn /Bhutta
- ▶ Salad
- ▶ Skimmed milk
- ▶ Idly & sambhar
- ▶ Litty & bharta
- ▶ Chira pulao
- ▶ Whole wheat biscuit
- ▶ Nuts (without salt)

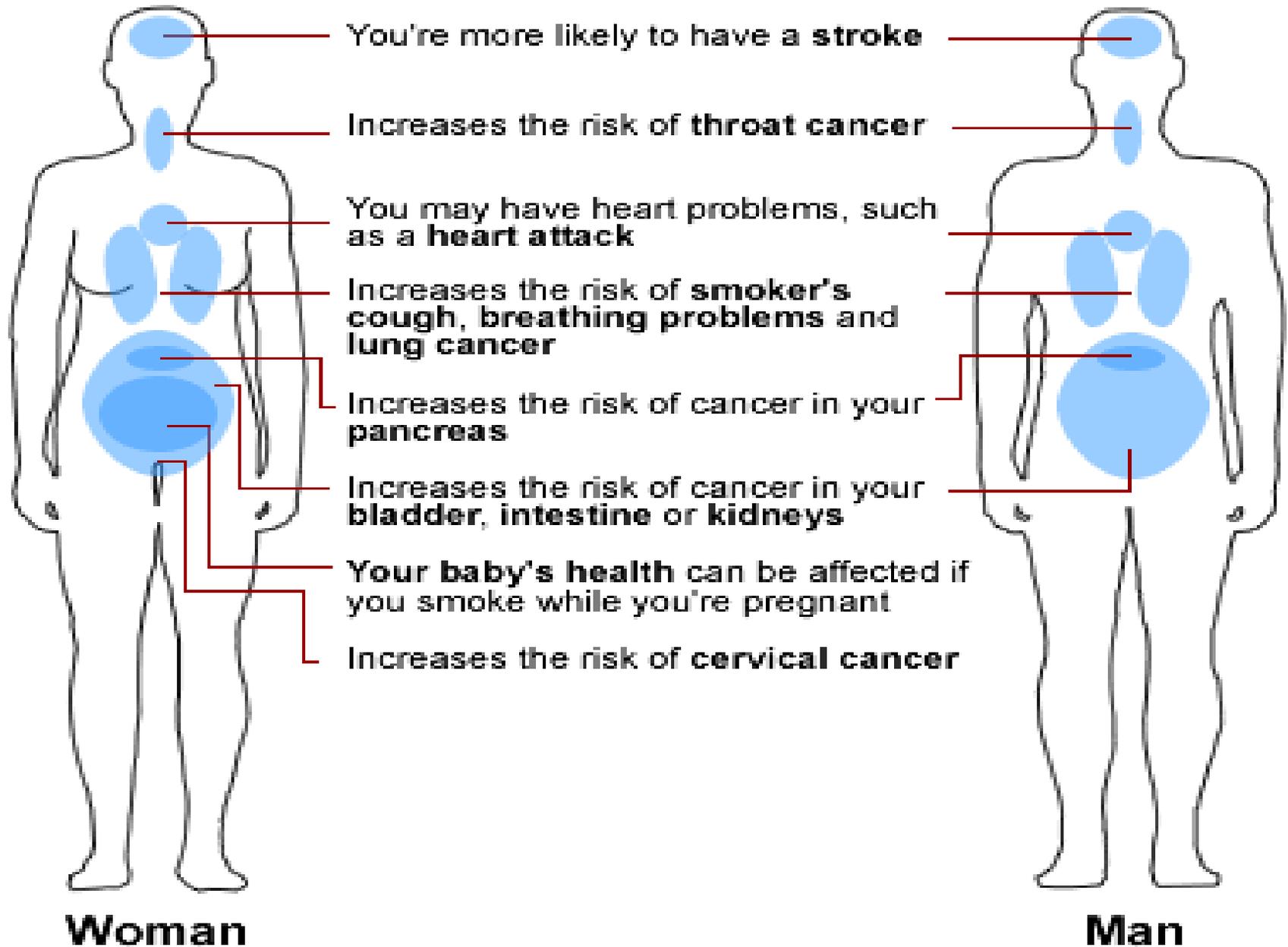


# Lose weight by cutting down on 50–100 calories

- ▶ 2–3 teaspoons of sugar
- ▶ 1–2 glucose biscuits
- ▶ 1 cream biscuit
- ▶ 1/2 half teaspoon of butter
- ▶ 1 thin slice of cheese
- ▶ few chips
- ▶ half a cold drink
- ▶ half a laddu
- ▶ a purie
- ▶ One half of a samosa
- ▶ half a slice of bread
- ▶ a spoon of cornflakes
- ▶ one pakoda
- ▶ half a vada
- ▶ one teaspoon of oily chicken curry
- ▶ one fourth of a gulab jamun.



# What smoking does to your body



चूने वाला मावा मत खाना !

केमिकल वाला मावा

INDIA TV



- Don't eat coloured sweets/snacks/food
- Be cautious of eating sweets during festival





- Don't carry hot food in polythene/ plastic
- Don't take tea/coffee in plastic cup
- Don't use plastic container for heating in microwave



- Wash hands before eating and after toilet with liquid soap
- Body clean properly during bath



- Brush your teeth in the night positively
- Use thread or dental floss for cleaning



**Eat Healthy**

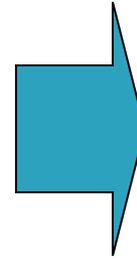


**Be Active (Ideal BMI)**

**Avoid Tobacco**



**Avoid Alcohol**



**Prevent 31 Diseases**

- ▶ High BP
- ▶ Heart Attack
- ▶ Angina
- ▶ Diabetes
- ▶ Renal Failure
- ▶ Loss of vision
- ▶ Early cataract
- ▶ Liver failure
- ▶ Strokes
- ▶ Paralysis
- ▶ Amputation of Foot
- ▶ Mouth cancer
- ▶ Cancer of tongue
- ▶ Cancer of throat
- ▶ Cancer of cheek
- ▶ Cancer of food pipe
- ▶ Cancer of stomach
- ▶ Cancer of voice box
- ▶ Cancer of large intestine
- ▶ Cancer of colon
- ▶ Cancer of breast
- ▶ Cancer of lungs
- ▶ Thyroid problem
- ▶ Porous bones
- ▶ Fractures in old age
- ▶ Gal stones
- ▶ Joint problems
- ▶ Kidney stones
- ▶ Looking ugly
- ▶ Diarrhoea, infections
- ▶ Irregular Heart beats
- ▶ Piles

# Prevent Heart Diseases

Home >> Prevent Heart Diseases >> Heart attack warning signs!

- > What is Heart disease?
  - > Risk factors for heart attacks
  - > Prevent a Second Heart Attack
  - > Heart attack warning signs!
  - > What is cholesterol?
  - > Optimal cholesterol levels
  - > Ways to improve Your Blood Cholesterol levels
  - > Ways to lower Blood triglycerides
- Videos**
- > Oil
  - > Hypertension

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- The Power of Prevention
- Learning to Manage Stress
- Health and your Environment

# WHEN ? HOW ?

## Heart attack warning signs!

**Don't Ignore Signals of a heart attack! | Don't hesitate to seek medical help! | Fast action can save many lives!**

During a heart attack a "clot" blocks the artery and prevents blood reaching the heart muscle. That part of the heart muscle begins to die. The more time passes without treatment the more the damage. Timely treatment dissolves the clot and opens the arteries to rejuvenate the muscle.

## Heart attack warning signs!

### Chest discomfort

Feeling uncomfortable with pressure, pain, squeezing, and heaviness in the centre of the chest which lasts more than a few minutes or goes and comes back. (Especially, if it lasts beyond 30 minutes or not responding to sorbitrate, it is extremely suggestive of a heart attack.)

### Discomfort in other parts of the body besides the chest

Discomfort (pain or heaviness) may be present in the arms, back, neck, and jaw. Chest discomfort may spread to the arms, shoulders, jaw or neck or, sometimes, may travel to the chest from those areas.

Much less common is upper abdominal pain, with feeling of fullness, acidity and indigestion. This does not respond to antacids and should not be ignored but checked up for a possible heart attack.

### Shortness of breath

Shortness of breath or 'breathlessness' may be present, before the chest pain sets in, with the pain (or discomfort) or may follow the pain.

### Other signs

Alongside the above signals, nausea, sweating, or light-headedness (giddiness) may be present. Sometimes, breathlessness without pain, or a choking without feeling pain, may be the only features.

### First -aid at home

**Aspirin can be given to a person before medical help is available. Aspirin helps to thin the blood and helps the blood pass through the blocked arteries by breaking down the fresh blood clot. It is best to crush half a tablet of aspirin and put it under the tongue for fast absorption into the blood. Alternatively, half a tablet can be crushed and given with water; or if the aspirin is a water dissolvable preparation then it can be dissolved in half a glass of water and drunk.** (Aspirin should be avoided in persons with a history of ulcer in the stomach and in person allergic to aspirin)

### What next?



Stay Active  
Grow through Life

No Tobacco  
Strength of Life

Eating Right  
Vigour of Life

### Message Board

"Why are young people at risk of Diabetes?"



Register with Us

Health Minister's Message

Health Munch

Health Tools

Your Weight

Healthy-India Wins  
PC World Web Award 2008

# स्वास्थ्य के चार स्तुत्र

आहार

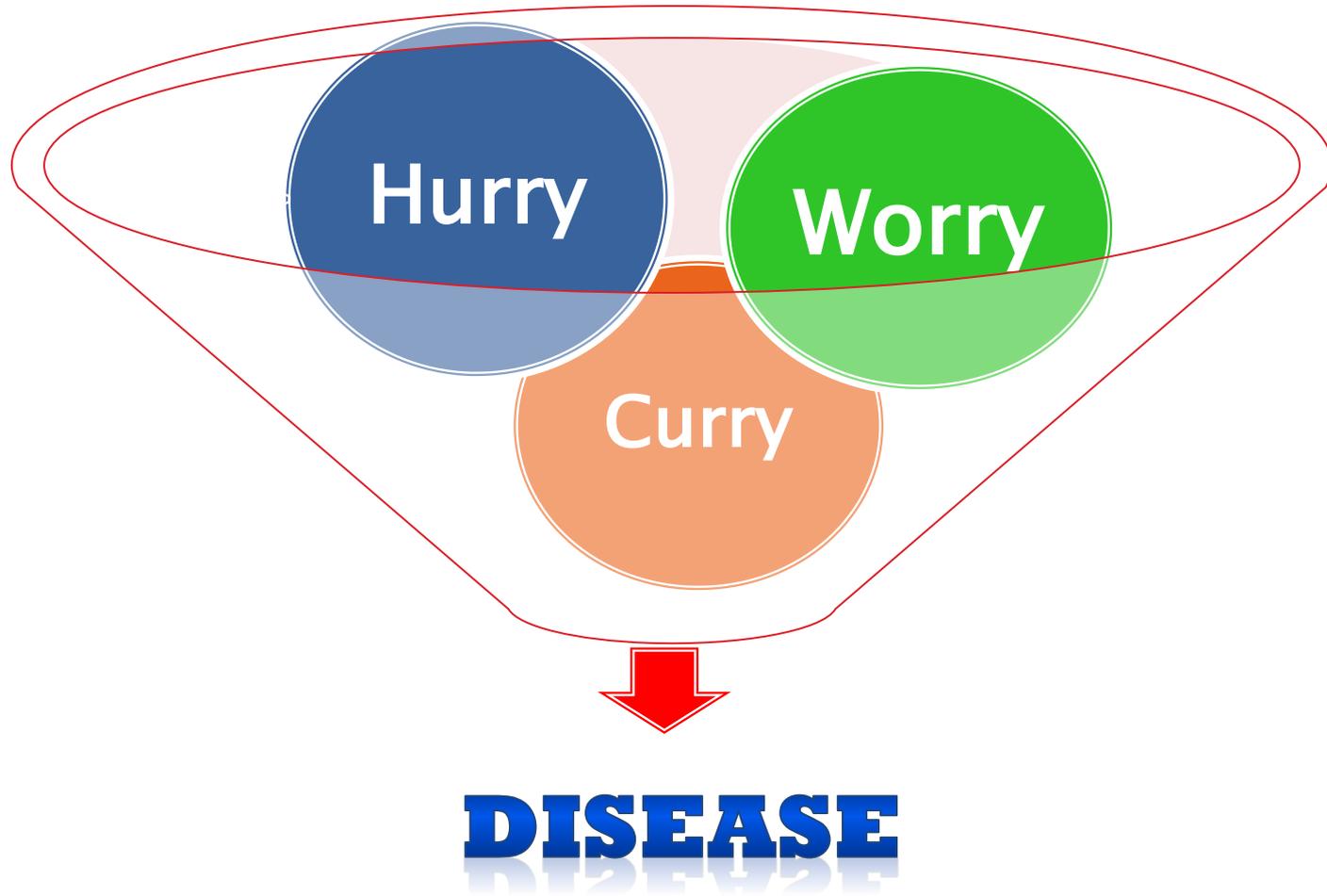
व्यवहार

विचार

आचार



# Avoid three things





“To eat is a  
**necessity**, but to  
**eat intelligently**  
is an **art.**”

—La Rochefoucauld



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)



“Those who think they  
have **no time for  
healthy eating,**  
will sooner or later  
have to find  
**time for illness.”**

—modified from Edward Stanley  
(1826-1893) from *The Conduct of Life*



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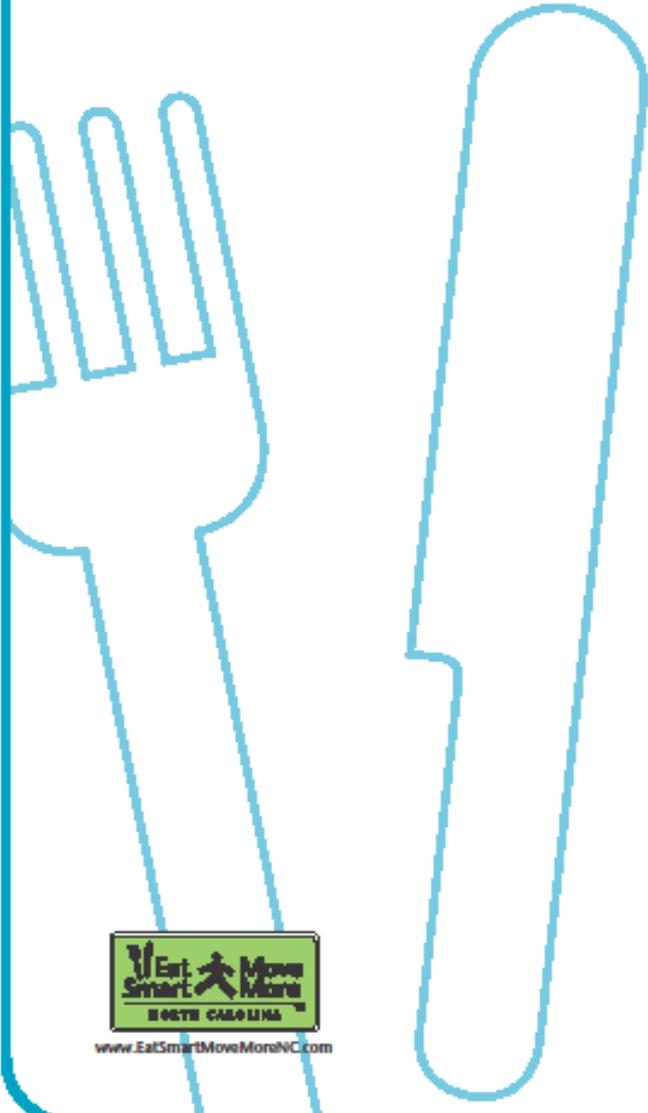


“The wise man should consider that **health** is the greatest of human blessings. Let **food** be your **medicine**.”

—Hippocrates



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**"We are  
what we  
repeatedly  
do."**

**—Aristotle**



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"You can't **change**  
where you **came from**.  
You can **change**  
where you are **going**."

—Anonymous



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

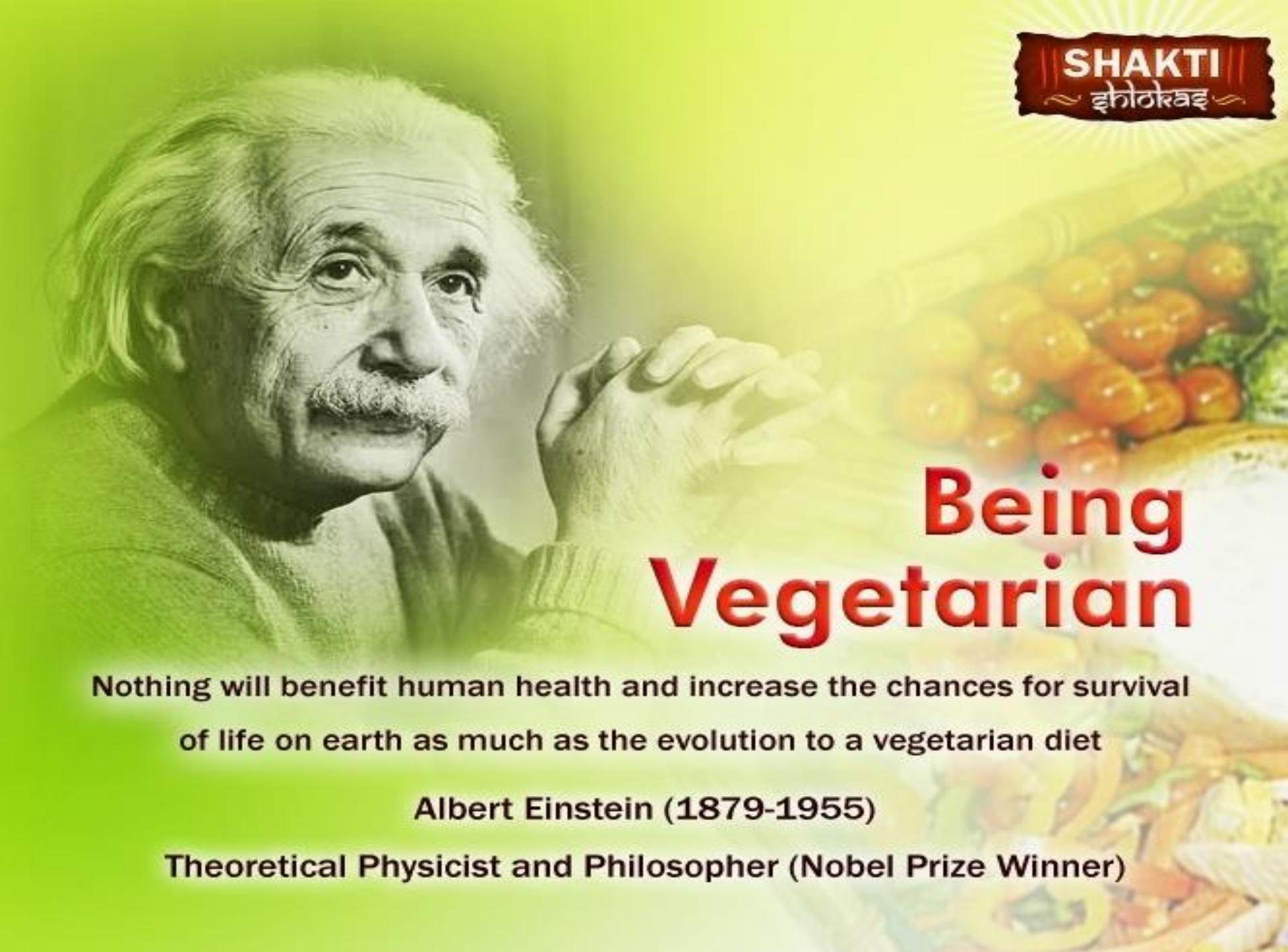


“I saw a **few** die of  
**hunger**, of **eating**, a  
**hundred thousand.**”

—Benjamin Franklin



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

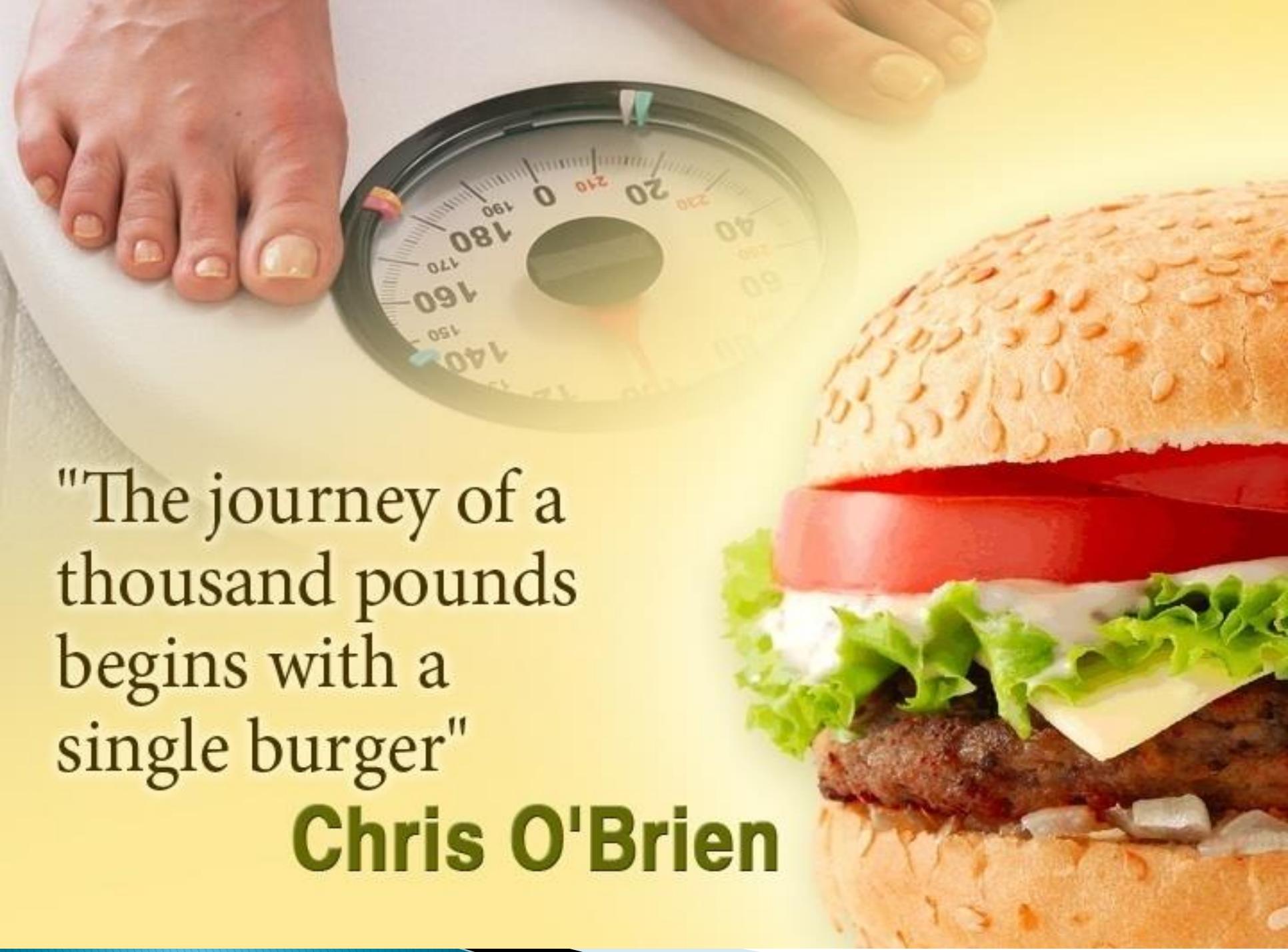


# Being Vegetarian

**Nothing will benefit human health and increase the chances for survival  
of life on earth as much as the evolution to a vegetarian diet**

**Albert Einstein (1879-1955)**

**Theoretical Physicist and Philosopher (Nobel Prize Winner)**



"The journey of a thousand pounds begins with a single burger"

**Chris O'Brien**



# Cheer Up

**Definition of optimism in today's times:  
Cheer up! The worst is yet to come!**

**Anupam Kher  
Actor, Producer, Director**



**SHAKTI**

इशोरोवाइ

## Buddha on health

“Every human being is the author of his own Health or Disease”

**Buddha**  
(563-483 BC)



# Remember!!

Health Management is free and  
enjoyable

But disease management is  
very costly and painful