



Adopt lifestyle modifications for a healthy heart

Kauvery Hospital and The Hindu hosted a webinar on Cardio Vascular ailments on the occasion of World Heart Day

'Adopt lifestyle modifications for a healthy heart'

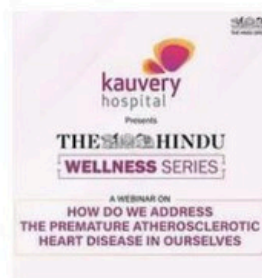
The Hindu Bureau

CHENNAI

At a webinar on addressing premature atherosclerotic heart disease, doctors raised the need to understand the risk factors and adopt lifestyle modifications for a healthy heart.

As a part of *The Hindu* Wellness series, the webinar on 'How do we address premature atherosclerotic heart disease in ourselves' was held on Thursday. It was presented by Kauvery Hospital.

Manoj Sivaramakrishnan, senior consultant, interventional cardiologist,



Kauvery Hospital, Chennai, spoke on atherosclerotic cardio-vascular disease (ASCVD) risk, challenges and future directions.

"Atherosclerosis is a process that starts by eight or nine years of age and

slowly builds up. By the time a patient is 70 to 75, the vessel gets stiffer and narrowed. When atherosclerosis occurs much earlier than that, by 40s and 50s, we call it the disease process," he said.

Less than 10% of Indians are aware that high cholesterol is a risk factor, and 80% of Indians, who have high cholesterol, are undiagnosed and untreated, he said.

Lifestyle modification is cornerstone and fundamental throughout the life of the individual.

For decreasing ASCVD risk, avoid smoking, main-

tain blood pressure less than 130/80 mmHg, control cholesterol, diet, maximise exercise, minimise fat, monitor and control glucose

V. Mahadevan, cardio diabetologist, senior interventional cardiologist, Kauvery Hospital, Chennai, elaborated on the stages of development of atherosclerosis. "Prevent all modifiable factors by giving importance to control of diabetes, hypertension and cholesterol levels, and encourage physical activity..." he said.

He said children should be encouraged to adopt a

healthy lifestyle, good physical activity, cut down high fat and high cholesterol, and to encourage a high-fibre diet.

R. Punithakumar, consultant, Cardiothoracic Surgeon, Kauvery Hospital Heartcity, Tiruchi, outlined the surgical options such as Coronary Artery Bypass Grafting (CABG). "The bypass restores blood flow to ischemic myocardium, which in turn restores function, viability and relieves anginal symptoms," he said.

The video for the webinar is: <https://bit.ly/3PHkzjF>