HEART DISEASE
Heart Failure

Usually, heart failure is confused with heart attack, but they are quite different. Heart disease is not a disease by itself but a consequence of various signs and symptoms caused by a wide variety of disorders.

Symptoms
- Breathlessness
- Tightness in chest
- Choking
- Fatigue
- Abdominal fullness, swelling of legs, nausea and loss of appetite
- Coughing or sweating with breathlessness, which usually starts 2-4 hrs after onset of sleep

The presentation of heart failure may be sudden (acute) or over a period of time (chronic). Heart failure can occur with normal pumping capacity of heart when there is a failure to relax normally (diastolic heart failure where ejection fraction or pumping capacity is near normal). It can also occur due to poor pumping capacity of the heart (systolic heart failure). It becomes an emergency when the patient presents with acute heart failure and when it occurs in the background (family history) of angina or heart attacks, or with severe high blood pressure.

A lot of times, the situation become worse due to ignorance against one’s health and long occurring symptoms. Taking measures at an early stage is always much easier and affordable than pushing the circumstances to the extreme.
The Heart2Heart programme by Apollo Clinic offers a five minute assessment which will help forecast your heart health for next 10 years.

We intend to bring this initiative to your homes, your neighbourhood, your workplace, schools, and recreational centres to organize various interactive forums in which our doctors will talk about wellness practices, teach you about dealing with emergencies, guide you to manage diseases and lot more...

Read on to know more...

MINIMALLY INVASIVE CARDIAC SURGERY

Improving patient comfort by reducing pain is one of the concerns of a cardiac surgeon. Making the procedure less invasive is one of the ways by which surgeons aim to achieve this.

Minimally invasive surgery is performed through a small incision, often using specialized surgical instruments. The incision is about three to four inches instead of the six to eight inch incision required for traditional surgery.

Types of minimally invasive cardiovascular surgeries include:

- Valve surgery
- Coronary artery bypasses graft (CABG) surgery
- Epicardia lead placement - Placement of leads for biventricular pacemakers (cardiac resynchronization therapy)
- Atrial fibrillation

Benefits of Minimally Invasive Surgery

The benefits of minimally invasive surgery include:

- A smaller incision
- A smaller scar
- Reduced risk of infection
- Less bleeding
- Less pain and trauma
- Decreased length of stay in hospital after the procedure (the average stay is about three days after minimally invasive surgery, while the average stay after traditional heart surgery is five days)
- Decreased recovery time (The average recovery time after minimally invasive surgery is 2 - 4 weeks; while the average recovery time after traditional surgery is 6 - 8 weeks)

Read on to know more...

CAN HEART DISEASE BE INHERITED?

If the question just comes to whether heart disease can be inherited or not, the answer is yes. Like any other trait, a gene also carries the probability of mutation which can cause certain disease and can be further passed on to the next generation.

To read the complete newsletter Click here >>
The probability doesn’t ensure the occurrence of the disease, but it surely does mean that the progeny should be careful.

The chances of an individual of having inherited heart disease will increase if both his/her maternal and paternal side has a history of the same.

Read on to know more...

WHOLE BODY SCAN

Whole body scan has become the new medical trend, where in it allows a transparent view of the body. It is CT scanning the whole body from chin to below the hip, which involves multiple X-ray cross sectional images.

Apollo Hospitals provides a ‘Future Check’ which involves elicitation of a detailed medical history, including information on current health status, present complaints, past medical history, family history, lifestyle, habits, stress levels etc. It also includes assessment of sexual health and the ageing process, vaccination history, cancer screening etc.

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When should one get it done?
One should go for a full body scan only when recommended by a doctor. It is usually suggested in cases where the basic diagnostic reports are not enough to diagnose a particular disease. It can also be suggested after accidents or severe physical trauma to ensure if there is any internal bleeding.

Read on to know more…

HEART DISEASE AND DIABETES

Diabetic people are at a higher risk of heart attack. Women are more prone to heart disease as the protective layer before the menopause no longer exists due to diabetes. Many undiagnosed diabetic patients realise the condition when they actually suffer a heart attack.

Coronary Artery Disease is twice as frequent in diabetic men and four times as frequent in diabetic women after menopause compared to non-diabetics.

Most of the times, undiagnosed diabetes worsens the cardiac condition making the case more complicated.
Look out for the following signs of diabetes:

- Blurry vision
- Increased thirst or the need to urinate
- Feeling tired or ill
- Recurring skin, gum or bladder infections
- Dry, itchy skin
- Unexpected weight loss
- Slow healing cuts or bruises
- Loss of feeling in the feet or tingling feet

In case you notice any one of them, consult our experts at Apollo Clinics who can analyse your case and give you professional advice regarding the possible complications, precautions and cure.

Read on to know more...

HEART DISORDERS IN NEW-BORNS

There are 150,000 to 200,000 children born each year with congenital heart disease in India. Many will die undiagnosed; some will be diagnosed but allowed to die anyway due to lack of medical facilities nearby, or the inability to afford medical treatment; and yet others will reach the appropriate hospital, but at a stage too late for intervention. Very few will receive appropriate medical care at the right stage.

Congenital heart defects are genetic and are sometimes associated with defects in other parts of the body. Consanguinity (parents related to each other) and exposure to certain drugs, viruses or X-rays during pregnancy may also be causative factors.

Congenital heart diseases may be broadly classified into Acyanotic and Cyanotic heart disease.

Acyanotic Heart Diseases
The common conditions under this group are:

- Artrial Septal Defects (ASD): defect between 2 atria
- Ventricular Septal Defects (VSD): defect between two ventricles
- Patent Ductus Arteriosus (PDA): defect between aorta and pulmonary artery
- Coarctation of Aorta: narrowing of the aorta

Symptoms

- Failure to thrive (ASD, VSD, PDA)
- Recurrent lower respiratory tract infections
- Signs of heart failure (children with large VSD and/or PDA) which in an infant may be fatigability and excessive sweating. They are usually not blue.

Apollo Cradle specializes in handling a child’s health from the very first moment of his/her birth. It is necessary to diagnose congenital heart disease at the earliest, so that the chances of cure are higher. Walk in with your child to the nearest Apollo Cradle centre to have a complete check up to ensure a healthy life for your child.

Read on to know more...
BENEFITS OF WALKING

Walking with headphones and listening to one’s favourite songs or audiobooks has become a rage with fitness lovers. Walking is a simple, gentle and low impact exercise, with the help of which, high levels of fitness can be achieved - maintaining weight, increasing bone strength, improving circulation and it’s good for cardiovascular health and Type 2 diabetes.

Benefits

- Improves cardiovascular health (lowers bad cholesterol and increases good cholesterol levels)
- Controls blood pressure
- Contributes to weight loss
- Increases stamina, strength and agility
- Improves emotional and mental health

While Walking...

- Watch your posture
- Chest up and abs strong
- Arms bent up to 90°
- Swing the arms back and forth and not side to side
- Hands should be loosely cupped
- Hips loose and comfortable
- Short fast strides that shouldn’t make you uncomfortable
- Keep the pace steady and even
- Don’t forget to breathe deeply

To know more about tips for walking, read more...

YOGA FOR A STRONGER HEART

Prevention is better than cure and the same applies to heart health as well. Some simple lifestyle strategies can make huge differences to your health.

Chronic emotional stress feeds on the arteries, constricts them, and reduces blood flow to the heart. Sticky platelets lead to formation of blood clots that can precipitate into heart attacks.

Yoga is the most effective way to reduce stress.

Heart Smart Exercise Tips

- Yogic relaxations should be done for at least two minutes every day. It can release stress.
- Regular yoga can diffuse emotions such as anger, hostility and impatience related to heart risks.
- 20-30 minutes of slow to moderate walking is also essential for a healthy heart.
- Do not overdo any exercise.

Bhastrika Pranayama

- Sit in any comfortable position; preferably in padmasana, ardha padmasana or siddhasana with hands resting on the knees.
- Take a deep breath in and breathe out forcefully through the nose.
- Immediately breathe in with the same force and breathe out forcefully.
- Do this for about 10 times, relax for two minutes, and then repeat twice.
APOLLO FAMILY CARE PROGRAMME

The Apollo Hospitals Group has been serving the cause of good health for over 30 years now. Making world-class healthcare accessible and affordable so as to touch a billion lives is the singular mission that drives every member of the Apollo family. We at Apollo Health and Lifestyle Ltd. are taking another firm step in realizing this mission with the introduction of a cardless loyalty program - **Apollo Family Care** - where we believe that **Good health is wealth**.

The **Apollo Family Care programme** rewards you for every health care movement you take in life for staying healthy. With just your mobile number and Unique Health ID you can access the seamless benefits we offer through this programme.

**To know your food more, read more...**