CAD on the rise among young Indians

Heart disease in the young Indian population primarily due to lifestyle and wrong dietary habits

New Delhi, 16th June 2017: According to research, about 7% of those between 25 and 40 years of age in the metros suffer from coronary heart diseases (CVD). The incidence of heart diseases is increasing in the younger generation with both men and women equally at risk. Data also reveals that about 50% of all heart attacks in Indians occur under 50 years of age and 25% in Indians under 40 years of age. Those living in the cities are three times more prone to heart attacks than people in the villages.

Heart disease is emerging as the number one killer in the country and India is likely to see the highest number of cases in the world. Studies indicate that heart disease has affected the young Indian population 10 years ahead of their Western counterparts. All this can be attributed to a sedentary and unhealthy lifestyle and lack of physical activity.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, "The term CVD includes coronary heart disease, heart failure, cardiomyopathy, congenital heart disease, peripheral vascular disease, and stroke. Of these, CAD is the most common form of heart disease affecting young Indians today. CAD or hardening of the arteries results from the build-up of plaque. In this condition, the usually smooth and elastic arteries become rigid and narrowed due to the plaque buildup. Due to this, blood flow to the heart is restricted thereby starving it of oxygen. Further, the plaque could then rupture, leading to a heart attack or sudden cardiac death. The symptoms of CAD include chest pain or angina, or shortness of breath. There could also be unusual symptoms at times such as epigastric discomfort, jaw pain, or left arm pain."

Men are more prone to the risk of heart diseases than women. Such gender differences and the genetic impact come under what are known as non-modifiable risk factors. Those at risk must take care to protect themselves early on and undergo frequent health checkups to rule out any possible risks.

Adding further, Dr Aggarwal, said, "Factors like sedentary lifestyle and tobacco use, alcohol addiction, foods containing too much salt, and low physical activity increase the risk of high blood pressure, high cholesterol, diabetes and weight gain, all of which lead to heart disease. Those with a family history of heart diseases, diabetes, and hypertension should get the first check up done at the age of 25 followed by subsequent ones. Early detection can help in timely treatment and thereby reversal of heart diseases and the associated risks."
Follow the Formula of 80 to live up to the age of 80 without lifestyle diseases including CAD.

- Refrain from consuming alcohol. For those who still wish to drink, they should restrict it to not more than 80 ml of alcohol in a day or 80 grams in a week.
- It is important to keep one’s blood pressure lower than 80 mm Hg and heart rate lower than 80 per minute.
- Do aerobic exercises for 80 minutes a week.
- Do stretching exercises for 80 minutes in a week.
- Consume at least 80 fruits and vegetables servings in a week.
- Do not consume more than 80 ml/gram of ghee, oil and butter in a week.
- People at high risk should consult their doctor and consume 80 mg of aspirin for prevention of cardiac disease
- People at high risk should consult their doctor and consume 80 mg of statins for prevention of cardiac disease
- Reach 80% of your target heart rate when doing heart-conditioning exercises.
- Learn hands only CPR, since it can help revive 80% of sudden cardiac arrest patients within ten minutes of their death

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**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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