People with diabetes are at an increased risk of heart diseases, heart attacks and strokes

New Delhi, 12th Nov 2016: For people with diabetes, heart disease can be an imminent and serious health problem. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes and at least 68 percent of people age 65 or older with diabetes die from some form of heart disease.

Many people suffering from the disease are unaware that diabetes can put them at a greater risk of having heart problems such as a heart attack or stroke.

Raising awareness Padma Shri Awardee Dr. KK Aggarwal - President HCFI and National President Elect IMA said, “People with diabetes, particularly type 2 diabetes, have some conditions that contribute to their risk for developing cardiovascular disease namely, Hypertension, high triglycerides and LDL cholesterol, obesity and lack of physical activity. The term diabetic heart disease is used to refer to heart disease that develops in people with diabetes. As compared with others, people who have diabetes are at higher risk for heart disease, may have additional causes of heart disease, may develop heart disease at a younger age and have a more severe form of the heart disease.”

“If you have diabetes and develop subsequent heart disease, treatment includes lifestyle changes first and foremost. Medications to lower your blood glucose, blood pressure, or cholesterol level, and to treat any heart damage may also be indicated. In some cases where the severity of the condition is high, you may need surgery or another medical procedure to treat heart disease. Treatment for each person will be different, depending on the type of cardiovascular complication that they might have associated with their diabetes. It is important, if you develop any symptoms of a heart attack, seek medical help immediately because early treatment can significantly decrease the extent of potential damage to your heart”, added Dr. K.K Aggarwal.

Following are some tips to ensure that diabetes does not lead to associated heart conditions:

Eat well

- Eat foods that are high in fiber content such as whole grain breads and cereals, brown rice, lentils, beans, fruits, and vegetables.
- Consume heart-healthy fats such as fish, nuts, seeds, and avocado.
- Limit the amount of sugary desserts consumed.
- Eat smaller amounts of foods that are high in fat, sugar, or salt.
- Bake, broil, or grill food instead of frying.
Do not add extra salt or sugar to food, to keep hypertension in check.

Stop smoking Be active

Be active for 30 minutes or more each day by following light to moderate physical activity.

Take your medicines with religious compliance.

Cope with stress in any way possible.

Learn the warning signs of a heart attack and stroke.

- Signs of a heart attack may include pressure, squeezing, fullness, and pain in the chest or upper body and shortness of breath.
- Signs of a stroke may include weakness on one side and trouble walking, seeing, or speaking.

About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India
Sanjeev Khanna-9871079105
Md Adib Ahmed- 9873716235
Email- media.hcfi@gmail.com