New Delhi, November 18, 2016: Winter comes with its own share of health hazards. Keeping this in mind, it is essential to educate Delhi residents on ways in which they can protect themselves from diseases and enjoy the cold temperatures.

Speaking about the importance of staying healthy during the winter months, Padma Shri Awardee Dr. KK Aggarwal - President HCFI and National President Elect IMA said, “It is a known fact that the number of deaths due to heart attacks, cardiac arrests and strokes increase during the winters. There are several reasons for this; firstly the reduction in the daylight hours affects the hormonal balance of the body and causes Vitamin D deficiency a common trigger for heart attacks. Additionally, cold temperatures cause the heart arteries to condense thereby restricting the blood and oxygen flow to the heart. This often causes a rise in the blood pressure. The cold weather also triggers bouts of depression especially amongst the elderly population causing an increase in stress levels and hypertension. People suffering from winter depression are also seen indulging in high sugar, trans fat and sodium comfort food, which can be extremely dangerous for the diabetic and hypertensive population. It is thus very important for doctors to counsel their patients about ways in which they can stay healthy during winter months.”

A few ways in which people can stay healthy this winter include

- For good health, it is important to consume a diet rich in both soluble and insoluble fibres. Soluble fibres are found in foods such as psyllium husk, apples, oat bran and legumes (chickpeas, lentils). Sources of insoluble fibre include whole grains, broccoli, nuts, seeds and vegetable skins. Fibre plays an important role in helping to prevent serious health conditions. Fibre can also help manage the digestive complaints associated with irritable bowel syndrome (IBS).
- Staying well hydrated is key during the winter months since it gives you more energy, mental clarity and an enhanced digestive function. Start your day by consuming 500ml of water before breakfast and ensure that you consume water after every few hours for good health.
- Make an effort to include raw foods such as fruits, vegetables, sprouts, nuts, seeds and fresh herbs in your diet. Raw foods provide enzymes, vitamins and disease protective antioxidants.
- Get enough Sunlight. 80-90% Indians are Vitamin D deficient, a major risk factor for winter depression, increased joint pain as well as a decrease in immunity. Each person must ensure that they get adequate amounts of sunlight during the winter months.
• An ideal diet is one, which contains a mixture of seven colours and six tastes in every meal. Each food colour represents a type of vitamin so red apples are a source of lycopene, green leafy vegetables and fruits provide the body with B complex and orange food items are a source of vitamin C. Similarly, the sweet, sour and salt taste promotes weight gain and, on the contrary, pungent, astringent and bitter tastes reduce weight.

• Quit smoking! Winter Asthma and respiratory illnesses are very common amongst smokers which also puts them at high risk of heart attacks

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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.

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Heart Care Foundation of India

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