

World Heart Day, 29th September 2015

1. Mr Sushobhan Dasgupta, President NATHEALTH,
MD, India, Johnson & Johnson Medical India, VP, Diabetes Care Asia Pacific

A healthy heart is vital for living life to the full, regardless of age and gender.

Creating heart-healthy environments will enable us all to make the right choices that can reduce our risk of heart disease and stroke. Cardiovascular diseases are the number one cause of death worldwide and this is projected to remain so, according to WHO. Globally, the number of deaths due to cardiovascular diseases increased by 41% between 1990 and 2013, climbing from 12.3 million deaths to 17.3 million deaths. Over the same period, death rates within specific age groups dropped by 39%, progress in fighting cardiovascular diseases is evident around the world but varies by region. South Asia, which includes India, experienced the largest jump in total deaths due to cardiovascular diseases, with 1.8 million more deaths in 2013 than in 1990 – an increase of 97%.

Risk factors that may lead to heart disease and stroke include: raised blood pressure, cholesterol and glucose levels, smoking, inadequate intake of fruit and vegetables, obesity.

We believe that everyone, regardless of geography or socio-economic status, deserves equal access to a health-enabling environment, health information, treatment and care so that all people across the globe can lead a heart-healthy life.

2. Dr. Arvind Lal, Secretary NATHEALTH, Chairman & Managing Director, Dr. Lal PathLabs Ltd.

My quote is "Heart disease is the number one killer of mankind. Get Lipid Profile tested at least once a year, keep Cholesterol below 200 mg/dl, Triglycerides below 150 mg/dl, LDL Cholesterol below 130 mg/dl and HDL Cholesterol above 45 mg/dl for males and 55 mg/dl for females".

3. Mr. Harish Pillai, Governing Council Member, COO , Indus Health Plus

WHO states that about 1.7 million Indian hearts stop beating every year. Cardiovascular disease has now emerged as India's top killer. What is disturbing to see is that people as young as 28-30yrs old suffer from a heart stroke or some heart problem. Growing numbers of young people are being afflicted. About 12 percent of those experiencing heart attacks in India are below 40, double the number in the West. High consumption of fatty and oily food coupled with smoking , alcohol and no exercise has today become the trend of our country. Every minute there is at least one person facing a heart stroke. What is worrisome now is that women also have been observed with more cases of heart diseases lately due to hypertension and sedentary lifestyles .Worldheart federation suggests that a 30 minute exercise every day cuts the risk of heart disease by 30%. Prevention and wellness programs therefore need to be promoted heavily to stop this worrisome trends.

4. Ms. Ameera Shah, Member NATHEALTH,
MD & CEO, Metropolis Healthcare

Heart disease is entirely preventable and predictable. Following sensible food habits, physical exercise and making heart healthy choices is crucial. Advanced diagnostic tests today has made it possible to accurately predict risk of heart attack. For example, the PLAC test or the Lp-PLA2 test, a simple blood test measures the activity of enzyme that is involved in the formation of a rupture prone plaque that causes heart attacks. I urge all individuals to talk to their doctors about their risk factors and take control of their health and wellness.

5. Dr. Navin Dang, Member NATHEALTH,
Director, Dr. Dangs Lab Pvt. Ltd

Lead a stress free life to prevent heart disease. Life is beautiful, enjoy it with no stress and unnecessary tensions
Yeh zindagi na milegi dobara!.

6. Mr. Anish Bafna, Governing Council Member,
Region Head, Emerging Asia , Baxter Healthcare (Asia) Pte Ltd

“We applaud the efforts of World Heart Day to raise awareness of heart disease and encourage everyone to make healthy heart choices each and every day. In India, heart diseases like hypertension have been one of the leading causes of end stage renal disease leading eventually to kidney failure. We have a responsibility to work together with healthcare practitioners and the community to promote healthy lifestyle choices for a healthier India.”

7. Mr. Milind Shah, Governing Council Member
Vice President, South Asia & Managing Director, India Medtronic

Cardiovascular disease (CVD) is the leading cause of mortality in the country today, causing over 2.4 M deaths every year. Most heart diseases can be prevented through a healthy lifestyle, a balanced diet and adequate physical activity. While prevention is definitely better than cure, timely intervention also goes a long way in rescuing heart patients. On this World Heart Day, let us invest 5 minutes of our time to learn the technique of Cardiopulmonary resuscitation or CPR – it may just help us save lives!