



'Health, Wellness & More...'

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Snippets

'The wonder of YOU'

- It takes 17 muscles to smile and 43 to frown
- Your eyes are always the same size from birth but your nose and ears never stop growing
- We are about 1 cm taller in the morning than in the evening
- The fastest growing nail is on the middle finger
- Like fingerprints, every individual has a unique tongue print that can be used for identification

Keep the willies at bay

If you get claustrophobic in small spaces such as subways, elevators, and that closet of an office they stuck you in, visit your local fruit stand. A sniff of green apple may help relieve claustrophobic sensations. So, don't forget to carry one with you.

5 TIPS FOR A HEART-HEALTHY DIET

1. CONTROL THE PORTION SIZE OF YOUR FOOD
2. EAT MORE VEGETABLES, FRUITS & WHOLE GRAINS
3. CHOOSE LOW-FAT PROTEIN SOURCES
4. REDUCE THE SODIUM IN YOUR FOOD TO CONTROL BP
5. LIMIT UNHEALTHY FATS TO REDUCE CHOLESTEROL



A congenital defect that was treated by an invasive procedure

Heart Repair!



Chittagong resident Khuku Nath was born with a hole in her heart; a congenital defect that she and her family were not aware of, till a few years ago. Her growing up years in her hometown were not disturbed by any significant health issues, and she was married off to a local boy who owned a tailoring shop. Khuku loved sewing and her passion helped in supplementing her husband's income when she took to sewing mats. She was content with her life of cooking, sewing and bringing up her two sons. Her aim in life was to see her two sons through their education, making them ready for a good future.

Khuku was in her late 30s when she first started having some disturbing health issues. It started with bouts of breathing difficulty. The discomfort

aggravated over time, became a chronic problem and she was in great distress. Her husband took her to the local Doctor. Initially diagnosed with a respiratory condition, she was put under medication. However, the relief was temporary and it kept recurring. Unable to help her further, the local physician referred her to a Cardiologist in the city. After some tests, Khuku was diagnosed with a hole in her heart. The Doctor told her that it was a birth defect and she had been living with this condition for all these years. He said it was not unusual for such conditions to be detected later in life. He said surgery was the only option to cure this defect.

Khuku's husband was in a dilemma. His income was barely enough to support the family and see his sons through their school education. The cost of a

surgery was beyond his reach. After consulting the Doctor, he decided to go for medical treatment and keep a check on the improvement. Khuku was put on medications and continued with her life with a few adjustments, and occasional episodes of breathlessness and weakness. Over the years, however, Khuku's symptoms worsened, and early last year (2017) she suffered a major setback with a prolonged episode of breathlessness and severe exhaustion. Her grown up, and now earning, sons decided not to wait any longer and brought her to Kolkata. Their relatives here recommended Medica and Khuku came to the hospital to consult Dr. Dilip Kumar, who then referred them to Senior Cardiologist, Dr Anil Singhi. A specialist in congenital and structural heart disease, Dr Singhi told the family that the defect could be repaired by an minimally invasive procedure; open heart surgery was not required. Given her age, the size of the hole, and high blood pressure, the procedure was somewhat complicated. Khuku underwent the invasive device closure procedure in April last year, and was fit to be discharged after two days. She was advised some rehabilitation exercises and dietary restrictions. Post a follow-up a week later, Khuku was ready to go home to her blissful life in Chittagong

Ask Us

1. Heart disease runs in my mother's family. Both her father and elder brother have had to undergo angioplasty because of blockage in heart. Does this mean I am at risk for heart disease too?

Family history is a big risk factor for heart disease. It is advisable to do regular check-ups to ensure your blood pressure, sugar and cholesterol are under check. Balanced diet and regular exercise are a must to decrease risk. If you are a smoker, then it is advisable to quit the habit to keep your heart healthy

2. Why are regular heart check-ups important?
A complete heart check-up includes testing for parameters like blood pressure, blood sugar, cholesterol and heart function. Any abnormality detected would give you the benefit of getting the condition treated before it leads to other complications

3. My wife has recently been complaining of extreme exhaustion and breathlessness. She is 40 and has no family history of heart condition. Can she be developing a heart condition?

There may be many reasons for her condition, which may or may not be related to her heart. However, recent studies have shown that heart disease is no longer a condition that affects women mostly post menopause. Younger women, even those with no family history, are today at risk owing to a lifestyle that involves smoking, drinking, increased stress and sedentary habits. A check-up is advised to rule out heart problem

DOCTOR SPEAK



Dr Anil Kumar Singhi
Interventional Cardiologist,
Specialist in Paediatric, Congenital and
Structural Heart Disease

"When Khuku Nath came to me, she and her family were very apprehensive. Hers was a rare case, a congenital defect that she had lived with for more than 50 years. Age had made an otherwise simple case complicated. The problem had increased with the onset of high blood pressure. But we were confident that we would be able to repair the defect. We chose the minimally invasive procedure over surgery"

PATIENT SPEAK

Mrs Khuku Nath
Chittagong, Bangladesh

"Medica has been a blessing for me. I was finding it very difficult to carry on with my daily chores with recurrent breathing trouble. But I was also afraid of surgery. When the Doctor told me that I did not need surgery, it was a big relief. After a long time, I now feel normal again. The breathlessness is gone and I can work without any hitch. Thanks to Medica, I am completely fit now"



Regular, moderate physical activity is great for your heart health.

It's never too late to start and get the benefits.

Heart Fun Facts

- The average heart is the size of a fist in an adult
- Your heart will beat about 1,15,000 times each day

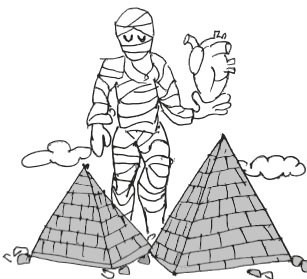


- Your heart pumps about 2,000 gallons of blood every day
- An electrical system, called the cardiac conduction system, controls the rhythm of your heart

- The heart can continue beating even when it's disconnected from the body
- The first open-heart surgery occurred in 1893, performed by Daniel Hale Williams



- The first implantable pacemaker was used in 1958. Arne Larsson, who received the pacemaker, lived longer than the surgeon who implanted it



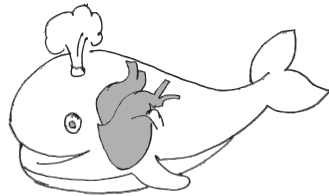
- The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy

The youngest

person to receive heart surgery was only a minute old. She had a heart defect that many babies don't survive. Her surgery was successful

- The fairy fly, which is a kind of wasp, has the smallest heart of any living creature
- Whales have the largest heart of any mammal

- The American pygmy shrew is the smallest mammal, but it has the fastest heartbeat at 1,200 beats per minute



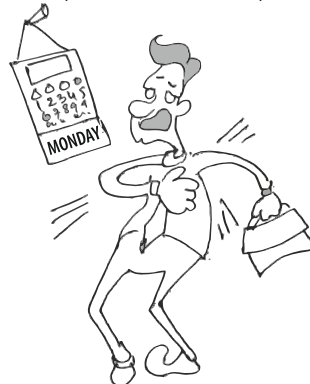
- The giraffe has a lopsided heart, with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe's long neck to reach their brain
- Christmas day is the most common day of the year for heart attacks to happen
- The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart

- A woman's heart beats slightly faster than a man's heart

- The beating sound of your heart is caused by the valves of the heart opening and closing

- Most heart attacks happen on a Monday

- It's possible to have a broken heart. It's called broken heart syndrome and



can have similar symptoms as a heart attack. The difference is that a heart attack is from heart disease and broken heart syndrome is caused by a rush of stress hormones from an emotional or physical stress event



- Death from a broken heart, or broken heart syndrome, is possible but extremely rare
- The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of birth control

- If you were to stretch out your blood vessel system, it would extend over 60,000 miles

- Heart cells stop dividing, hence heart cancer is extremely rare.

- Laughing is good for your heart. It reduces stress and gives a boost to your immune system



The Takeaway

Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional and physical health are both important for maintaining a healthy heart

The heart is the most important organ in our body

It is also the most important word in our vocabulary!

Our heart sings with joy



- Our heart stops in fear
- Our heart jumps when surprised
- Our heart is forgiving
- Our heart is kind
- Our heart is hard, or soft

Our heart is stormy when angry



- Our heart is fulfilled
- Our gratitude is heartfelt
- Our regret is heartfelt
- Our heart understands magic, but may not know logic

- Our heart dances when happy
- Our heart burns with desire
- Our heart says 'no' to certain things, and 'yes' to others
- Our heart sinks when disappointed
- Our heart races in anticipation

Our heart aches when hurt



- Our heart rejoices at good news
- Our heart is heavy when sad
- Our heart beats with excitement
- Our heart is full of suspicion
- Our heart trusts completely

Our heart expresses through prose and poetry



Impression

Eating 3 bars of chocolate a month may
reduce the risk of
heart disease
but experts still say dark chocolate is best



Too much of a good thing is hardly ever healthy. This is certainly true for chocolate — one of life's great guilty pleasures — which is packed full of sugar. But there is an increasing body of research that suggests a small amount of chocolate has its benefits. In a new study, presented at the recent European Society of Cardiology conference in Munich, researchers found people who eat chocolate three times a month had a reduced risk of heart failure of 13%, compared to those who ate none. The scientists from the Icahn School of Medicine at Mount Sinai in New York looked at five studies, involving more than 575,000 participants overall. They concluded how the natural ingredients of chocolate can help improve blood vessel health and reduce inflammation — meaning the risk of cardiovascular diseases is lessened. But it's all in moderation. Eating too much chocolate comes with its own health problems. Those who treated themselves every day in the study had an increased risk of heart failure of 17%, probably due to the high fat and sugar content in chocolate. People who are already at a high risk of developing a heart condition may already avoid chocolate as a health choice. So it cannot be concluded that eating chocolate is the cause of the lower risks. But previous research has shown benefits before. For example, a study from 2017, conducted by scientists at Harvard and in Denmark, found that chocolate may protect against another heart condition called atrial fibrillation (AF). Out of 55,000 participants, those who ate chocolate six times a week had a 20% lower rate of AF compared to those who had it just once a month. Unfortunately, the bad stuff comes with the good. So the general advice when it comes to chocolate is the same as it has always been: it's fine to eat it regularly, but try and avoid having too many chocolate sweets, or adding a lot of cream and sugar to your mug of cocoa.

Source:businessinsider

Is coconut oil bad for you?



Coconut oil contains a lot of saturated fat, which in excess has been linked to increased LDL, or "bad," cholesterol. But recent research has thrown longstanding claims about the dangers of saturated fat into question. Other factors, such as genetics and a history of smoking, are much more likely to increase your risk of heart attack or other cardiac events. Coconut oil has 117 calories and one can intake coconut oil in moderate amounts, like 1 tablespoon per day or less. If you want to cook with coconut oil, you should also opt for virgin coconut oil, which has not been subject to chemical processing.

Bottom line: coconut oil is probably fine for you in moderation, but it's far from the superfood we've been led to believe it is. Feel free to try it, but don't expect for it to yield any magical health benefits.

Source:menshealth

Delayed pregnancy:

Heart health risks for moms & sons, study shows

Delaying pregnancy may increase the risk of cardiovascular disease in both women and their children, with boys at higher risk of disease, according to a new study. Researchers from the University of Alberta in Canada will present their findings today at the American Physiological Society's (APS) Cardiovascular, Renal and Metabolic Diseases: Sex-Specific Implications for Physiology conference in Knoxville, Tenn. Previous studies have found that advanced maternal age -- 35 or older during pregnancy -- increases the risk of impaired blood vessel function and reduced blood flow to the placenta. These issues endanger the growth and overall health of the unborn child and may contribute to heart disease later in the pregnant woman's life.

Source: sciencedaily



An egg a day to keep the doctor away?

A study of nearly half a million people in China suggests a daily egg may reduce the risk of heart disease and strokes



Experts stress any egg consumption needs to be part of a healthy lifestyle to be beneficial, but fears that eating too many eggs can be bad for you appear to have been laid to rest.

"One can deliberate on the many limitations and caveats of nutritional research, but the take-home message of this research from a large study from China is that at the very least up to one egg a day is not linked with raised cardiovascular risk, and at best up to one egg a day may even have health benefits," says Prof Nita Forouhi, of the University of Cambridge, commenting on the work.

The study, in the journal Heart, follows years of bad press for the humble egg - from salmonella scares to cholesterol fears.

BBC News takes a crack at separating the issues.



How many?

These days most doctors encourage the eating of eggs as part of a healthy diet, as they are one of nature's most nutritionally dense foods - containing high levels of protein, Vitamins A, D, B and B12, as well as lutein and zeaxanthin that can help prevent eye damage in old age.

"One - even two - a day is absolutely fine," says Dr Frankie Phillips, of the British Dietetic Association.

"People shouldn't be frightened of eating too many eggs."

Perhaps the only caveat, says Dr Phillips, is that eating too much of any one particular food "means missing out on other nutrients in other foods".

Also, while eggs are "a great source of protein", Dr Phillips cautions that typically we already have plenty of protein in our diets and too much (two or three times the recommended daily amount) "can put a strain on kidneys".

The British Heart Foundation (BHF) dropped its advice to limit egg consumption to three a week in 2007 in light of new evidence about cholesterol.

Cholesterol

According to current NHS advice, "although eggs contain some cholesterol, the amount of saturated fat we eat has more of an effect on the amount of cholesterol in our blood than the cholesterol we get from eating eggs".

In other words, when it comes to cholesterol, eggs are not the problem - saturated fat is. So it's important how you cook them.

How to cook them?

In terms of how we cook an egg, they are arguably at their most simple and nutritious boiled or poached.

Most dietitians do not recommend frying an egg, because of the associated fat content and increased cholesterol intake.

Source: menshealth



#HappinessIsHealth



A Mother's Heart

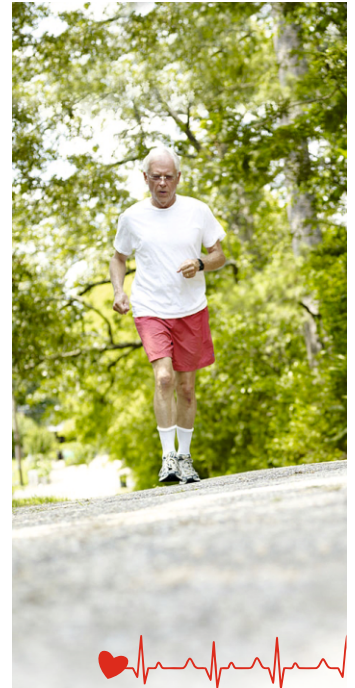
Kumodini's daughter was getting married. The past few days had been a whirlwind of excitements, emotions and back-breaking work for her. Preparing the guest list, selecting the wedding card, handpicking her daughter's trousseau and jewelry, working out the menu - a thousand things that needed her personal intervention. Kumodini was exhausted. And lack of sleep was making things worse. She put down the nagging dull pain in her neck and on-off indigestion to her extreme tiredness and stress. The night before the wedding, however, Kumodini's distress increased. She could not sleep, the pain had intensified and she was finding it difficult to breathe. Unable to tolerate the discomfort, she called her husband. Sougata was alarmed and decided to take her to the

Emergency of a hospital nearby. He was stunned when the Doctor told him that his wife had suffered a heart attack and emergency intervention was needed. Kumodini underwent Primary Angioplasty. Her husband's prompt action had saved her life. Completely involved in the lives of her husband and two children, Kumodini had never paid much attention to her health. When she was going through her menopause, the Gynaecologist had advised her to go for a health check. But she kept putting it off and then the wedding came along... Back home now and slowly getting back to her feet with cardiac rehab, Kumodini is wiser now. She is determined to be completely fit for the wedding that had to be postponed.

Rhythm has a Reason

Dr Bose had led a very disciplined life. A retired Colonel, his life had been one of perfect balances. He had always been careful about what he ate. A moderate drinker and non-smoker, he believed in keeping fit. After his retirement he kept himself busy with his practice. Leisure time was spent with family and friends. Always active and on the go, age was but a mere number for this 65-year old gentleman. Apart from a few minor ailments like cough and cold, a rare stomach upset or fever, Dr Bose had never been down with any illness. So when suddenly even light activities like walking and climbing a flight of stairs started tiring him out, he was initially surprised, and then thought that age was finally catching up. But when this was accompanied by dizziness and shortness of breath, he knew it was time to see a Doctor. Tests revealed that his heartbeat was slower than normal. The Doctor explained that this meant his body was not receiving enough blood flow as his heart's natural pacemaker had malfunctioned disrupting the electrical system. The symptoms of fatigue, dizziness and breathlessness were because of this. Left untreated, this could lead to further complications and there was a risk of sudden blackouts. He needed an

artificial pacemaker implantation. Using a small surgical procedure under local anaesthesia, a dual chamber pacemaker was implanted.



Post a day's stay in the hospital, Dr Bose was discharged with an annual check-up advice. A week's rest and he was fit to go back to his regular activities, now with no fear of sudden fainting spells.

Your heart may be sending you **WARNING** signals

The burning sensation in his chest was persisting. Antacids gave only temporary relief. He was certain it was indigestion. After all the week long festive indulgence had to show an effect somewhere! But his wife was wiser. The Cardiologist on call at the Emergency said they had managed to reach him just in time, a few hours delay and he would have risked a life threatening heart attack. His wife's caution had saved Rohit's life...



It had been an unusually hectic day at work. She was feeling a little light-headed. Her neck muscles had become very tight and she had a slight headache. She decided to skip dinner and go to bed early. She was sure she would be fine the next morning. Her husband, however, had a nagging feeling about this. He called a Cardiologist friend, who advised him to take her to the hospital and rule out any heart problem. Tests revealed major blocks in her arteries, and Mohini had to undergo angioplasty.

MEDICA KOLKATA HELPLINES

Health Check-up:
7044045677, 9230089704

Swasthya Mitra:
8981092010

Corporate Desk:
9230011834

Physical Therapy & Rehabilitation:
7044025087
(Home Service)

Home Collection Service:
9007002626

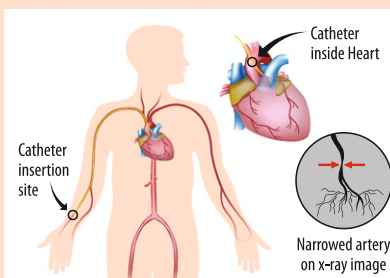
Pharmacy Home Delivery:
8100600100

Medica Home Care Services:
8100500100

Emergency & Ambulance:
033 66520100

Angiogram

KNOWLEDGE SERIES



Angiogram or angiography is a diagnostic procedure that ascertains the degree or extent of a heart block. The procedure uses x-ray imaging to see blood vessels and detect any restriction in the blood flow through the heart. The procedure is performed using local anaesthesia. A type of dye that is visible by an x-ray machine is injected into the artery (blood vessel) through a catheter that is inserted via the wrist or groin route. The x-ray machine rapidly takes a number of pictures that give a picture of the condition of the blood vessels.

An angiography helps the Doctor decide the line of treatment required