

Doctor at Fortis Hospital, Mohali addresses how to protect one's heart this winter

Mohali, December 15, 2017: A talk was held for the Mohali Senior Citizens Association Members at Fortis Hospital Mohali today. **Dr Arun Kochar, Senior interventional cardiologist at Fortis Hospital, Mohali** informed the members about perils of heart patients during winters. *"There is an increased risk of heart disease in the winter months and it has been seen that as the cold wave ushers in, the number of patients getting admitted in the hospital due to heart attacks, heart failure and strokes also increase."* Dr. Arun Kochar said.

"There are patients who are at increased risk of these ailments but are not aware of the perils. They may carry on with their activities leading to major catastrophe because not adopting preventive measures," Dr. Kochar added.

He continued, *"There are many causes of the same but primarily a mismatch between blood supply to the heart and excessive demand for the heart to work more during winter months are to be blamed. There is also a trend towards excessive consumption of high energy foods like piinias, guzuk and calories rich dairy products. Not to mention alcohol overconsumption leading to at times wrong perception of chilly weather leading to hear attacks. Sometimes the dress code is not appropriate to the cold weather leading to narrowing of heart and brain arteries and causing problems."*

It is important to wake up to the danger of this preventable malady. Following steps were suggested by Dr. Arun Kochar to overcome the dangers.

1. Dress in layers with adequate woolen clothing.
2. Keep your home warm and we'll protected from winters chilly winds
3. Keep a stack of your heart medications and be more punctual in their intake during these months.
4. Elderly and the frail patients should be more careful.
5. Avoid excessive alcohol. It may make you feel warm but the body may get exposed to the cold weather leading to catastrophe.
6. Take a balanced meal and avoid high calorific foods.
7. It is also important to maintain good hygiene by taking warm baths.

8. Don't over exert yourself. Postpone that morning walk to mid-afternoon and exercise at home or in the warmth of a gym.
9. Wash hands properly and adequately. Winter flu infections may lead to heart problems. When you have fever or sore throat, contact your doctor immediately.

Heart disease is number one killer of mankind across the globe, albeit with geographical and racial inconsistency. People of Indian ethnicity have the highest rates of heart attack in the world. According to new research, India could account for 60 per cent of heart disease cases worldwide in coming years.

“There is also a seasonal and diurnal variation of heart attacks. It is more common in winter months, in the mornings and on Mondays. So be extra careful on chilly December Monday morning”, he concluded.

Heart attack is a preventable disease however enhanced vigilance and early measures are key to avoid this potentially threatening deadly disease.

About Fortis Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 368 diagnostic centres.

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