



COMMUNITY  
NEWSLETTER



# Sehat ki baat

SEP 2025



## Season's Message



## Table of Contents



Restoring Rhythm: A Modern Approach to Atrial Fibrillation



High Blood Pressure? What To Do When Medication Isn't Enough



What is Heart Failure?



My Calcium Score Is Over 200. What's Next?



Silent Heart Attacks



Lowering LDL Cholesterol: What You Need To Know?



These 5 Habits Can Make Your Desk Job Healthier



How To Prevent a Heart Attack?



Eat Well, Live Well Recipe: Banana & Dates Smoothie

Dear Reader,

The theme of this year's World Heart Day - "Don't Miss a Beat" - highlights the urgency of recognizing cardiovascular disease as a major global health burden. A full check-up by age 30, even if there is no known family history of heart disease is recommended. These evaluations can help detect early signs of heart disease, hypertension, or diabetes, allowing for timely intervention.

Recent advancements in medical technology, such as genome sequencing, can predict an individual's risk for lifestyle diseases like heart disease, diabetes, & cancer. Personalised health plans based on genetic data can help mitigate risks early on.

**Dr. Naresh Trehan**

Chairman and Managing Director,  
Medanta



## From The Editor's Desk

Dear Reader,

This month we observe World Heart Day — a global reminder of why it is so important to protect our hearts. While a dedicated day helps raise awareness, the real impact lies in the choices we make every single day. From eating a balanced diet and staying active to managing stress and going for regular check-ups, every step matters when it comes to keeping our hearts healthy.

In this edition of Sehat Ki Baat, we've put together articles covering different aspects of heart health — from preventive care and lifestyle habits to expert insights from Medanta. Our aim is to help you stay informed and take proactive steps toward a healthier tomorrow.

Let's make heart care not just a one-day observance, but a daily commitment.

Warm regards,

**Dr. Sushila Kataria**

Vice Chairperson  
Internal Medicine







## Health Education

### Restoring Rhythm: A Modern Approach to Atrial Fibrillation

Every year on World Heart Day, we are reminded to prioritize our heart health. This year's theme, "Don't Skip a Beat", resonates deeply with conditions like atrial fibrillation, where irregular rhythms can disrupt life and increase health risks. Timely treatments such as catheter ablation help restore the heart's natural rhythm, ensuring patients truly don't skip a beat.

Atrial fibrillation (A-fib) is one of the most common heart rhythm disorders, causing palpitations, fatigue, and a higher risk of stroke. While medications are often prescribed to control symptoms or prevent complications, a newer treatment approach is proving to be both safer and more effective: **catheter ablation**.

This procedure, first introduced in the late 1990s, works by threading thin wires through blood vessels to the heart. Controlled energy is then delivered to destroy small areas of tissue that trigger abnormal electrical signals. By stopping these faulty signals, the heart can return to a steady, regular rhythm.

Over the years, advances in technology have made catheter ablation faster and more precise. Imaging tools, improved energy sources, and better catheter designs now allow doctors to target problem areas with greater accuracy and safety. Many patients experience long-term relief after a single procedure, reducing the need for lifelong medications and lowering the chance of recurring episodes.

For those with recurrent A-fib, ablation is now considered a frontline treatment option rather than a last resort. It offers quicker symptom relief, improved quality of life, and may reduce the long-term risks associated with the condition.

If you or a loved one is living with atrial fibrillation, it may be worth asking your cardiologist whether catheter ablation is an option.

### High Blood Pressure? What To Do When Medication Isn't Enough

Resistant hypertension occurs when your blood pressure remains high despite taking three medications (including a diuretic) at their maximum tolerated doses.

#### Possible Causes

- ✓ Lifestyle factors: High salt intake, alcohol, smoking, lack of exercise, obesity.
- ✓ Other medications: NSAIDs (like ibuprofen), oral contraceptives, decongestants.
- ✓ Sleep apnea: May require a sleep study.
- ✓ Underlying conditions: Hormonal or vascular issues.

#### What You Can Do

- ✓ Take medications correctly & on schedule.
- ✓ Talk to your doctor about any side effects before stopping medications.
- ✓ Reduce salt to under 4g/day.
- ✓ Follow the DASH diet: Rich in fruits, veggies, whole grains, & lean proteins.
- ✓ Exercise regularly: even light activity helps.

Managing resistant hypertension takes effort, but these steps can significantly lower your risk of heart attack and stroke.



**Dr. Praveen Chandra**

Chairman,  
Interventional Cardiology

**Dr. Rajneesh Kapoor**

Chairman,  
Interventional Cardiology





## Health Education



## What is Heart Failure?

Heart failure (HF) is a major health issue in India as it affects millions of people's life with an annual addition of 0.5 to 1.8 million new cases.

Heart failure occurs when the heart fails to pump enough blood to meet the needs of your body. This causes fluid build-up in the lungs, belly or legs. The main symptoms of heart failure are shortness of breath, tiredness, swollen feet and weight gain due to too much fluid in the body.

Common causes of heart failure include ischemic heart disease, hypertension, and the persistent burden of diseases like rheumatic heart disease causing leakage in valves, untreated congenital heart disease especially in younger populations. A significant challenge is seen in the "Asian Indian subset," because of higher visceral obesity, insulin resistance, and higher risks of diabetes, hypertension, and atherosclerosis in the general population.

### What is Advance heart failure?

When despite the best medical therapies and intra-cardiac devices, the heart becomes so weakened that medication cannot relieve these symptoms and other organ in the body starts failing due to less blood supply causing liver and kidney function test to derange.

Treatment option in advance heart failure which improves survival as well as quality of life

- Heart transplant- replacing weak heart by new healthy heart
- Mechanical heart pump called a Left Ventricular Assist Device (LVAD) which assists the heart in pumping oxygen-rich blood throughout the body.



**Dr. Anil Bhan**

Chairman,  
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**Dr. Swarnika Srivastava**

Associate Consultant,  
Cardiac Surgery

## My Calcium Score Is Over 200. What's Next?

**Question:** I am 62, and my cholesterol has always been borderline high. My primary care physician recommended a coronary artery calcium scan, and my score came back at 200. What does this mean, and what should I do next?

**Answer:** A calcium score of 200 falls into the moderate range. While it's not extremely high, it does indicate that cholesterol-rich plaque has already built up inside your coronary arteries. This means you are at an increased risk of heart attack or other cardiovascular events compared to someone with a score of zero.

Calcium scoring is a simple, low-radiation CT scan that measures hardened calcium deposits in the arteries. At a score of 200, it's important to take proactive steps. Your doctor will likely recommend:

Cholesterol-lowering therapy (statins) to bring LDL below 70 mg/dl, which helps stabilize plaque.

Lifestyle measures: regular exercise, a heart-healthy diet, weight management, and avoiding tobacco.

Blood pressure and diabetes control, if present.

Possible low-dose aspirin, if your overall risk is high and bleeding risk is low.

The good news is that with early intervention, plaque progression can often be slowed or stabilized. If you experience chest pain or shortness of breath with exertion, your doctor may suggest further testing such as a stress test to check blood flow.

A calcium score of 200 means moderate risk, but it also gives you a chance to act early and protect your heart for the future.

**Dr. Nagendra Chauhan**

Senior Director,  
Interventional Cardiology



# Silent Heart Attacks

## Why Staying Alert Can Save Lives

Not all heart attacks come with chest pain or dramatic symptoms. Many Indians suffer from “silent heart attacks” - heart damage that happens quietly, often mistaken for gas, fatigue, or mild discomfort.



### What Makes Them Silent?

- Symptoms are vague — indigestion, tiredness, mild chest pressure, or breathlessness.
- People often ignore these signs, thinking they are minor issues.
- Diabetes, common in India, can reduce pain sensation and hide typical warning signs.

### Who Is at Risk?

- People with diabetes, high blood pressure, or high cholesterol.
- Smokers and those with a family history of early heart disease
- Men above 45 and women after menopause

### Why It's Dangerous?

Silent heart attacks often go unnoticed until they cause serious complications, like heart failure or rhythm problems. By the time they are discovered on an ECG or echo, damage may already be done.

### How to Stay Protected?



Get regular heart check-ups if you have risk factors.



Don't ignore unexplained fatigue.



Maintain a heart-healthy lifestyle.



Get advanced screening if you have multiple risks.

#### Did You Know?

Nearly 1 in 3 heart attacks may be “silent” — but their impact on health is just as serious as typical heart attacks.

**Dr. Ravi R. Kasliwal**  
Chairman,  
Clinical & Preventive Cardiology







## Health Education



## Lowering LDL Cholesterol: What You Need To Know?

LDL (“bad” cholesterol) forms plaques inside arteries. Over time, these narrow blood vessels and raise the risk of heart attack and stroke. Because this process is silent, many discover it only during routine checks or after a cardiac event.

### What makes LDL cholesterol get deposited?

LDL circulates in blood and supplies tissues. Problems arise when it deposits in artery walls. Two factors decide this—LDL level and vessel health. High levels increase risk, but unhealthy arteries (from high blood pressure, smoking, diabetes, obesity, inactivity, stress) allow deposits even at modest LDL. This explains why some people suffer heart attacks without very high cholesterol.

### Who needs LDL lowering?

People with blockages, family history of early heart disease and those with high LDL.

### Interventions to Lower LDL

Lifestyle changes lower LDL only about 10% but remain vital. Eating fewer saturated fats and more healthy fats, adding soluble fiber, exercising regularly, losing excess weight, quitting smoking, and limiting alcohol all help keep arteries healthy and prevent heart attacks.

Medications – Statins are first-line, lowering LDL 40–55%. If levels remain high, ezetimibe or bempedoic acid can be added. If still high, injectables like PCSK9 inhibitors or inclisiran may lower LDL to very low levels.

### When to start?

Cholesterol testing is recommended from early adulthood, earlier with family history or risk factors. Treatment begins with lifestyle; medicines are added if LDL stays high or risk is elevated. Starting early, even with modest lowering, reduces heart attack risk several fold compared to late intensive lowering.

Lowering LDL early and consistently cuts lifetime risk of heart disease and stroke.

## Tied To A Desk For Your 9-5 Job? These 5 Habits Can Make Your Desk Job Healthier

A recent study, published in JAMA Network Open, found that working a sedentary desk job can increase heart disease risk by 34% compared to more active jobs. Even regular workouts after hours can't fully reverse the damage of sitting too much. But fear not! Even minor changes can make a big difference.

### Break the sitting cycle

Stand, stretch, or walk for a minute every 30–60 minutes.

### Move at your desk

Try leg lifts, squats, or stretches; just 5 minutes an hour boosts circulation and focus.

### Choose stairs

Skip elevators, park farther, and add extra walking to your day.

### Eat & drink smart

Pick fruits, nuts, or whole grains over sugary snacks, and stay hydrated.

### Breathe & relax

Use breaks for deep breathing or mindfulness to keep stress down.

Your heart health isn't built in the gym alone—it's shaped by everyday choices at work and home. Small mindful actions throughout the day can make a big difference.



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**Dr. Gagandeep Wander**

Director,  
Interventional Cardiology



## Health Education



### How To Prevent a Heart Attack?

Your heart pumps blood through 60,000 miles of vessels. Keeping them clear is vital, since blockages can hamper the flow and trigger a heart attack.

Here are some things you can do to help keep your blood flowing:

- **Maintain a healthy weight & eat proper diet:** Extra weight strains blood vessels, raises blood pressure, and elevates cholesterol. Diets high in saturated fat, sugar, and sodium lead to plaque buildup.
- **Exercise & sleep well:** Your heart is a muscle—exercise strengthens it. Aim for regular activity and 7–8 hours of quality sleep.
- **Manage conditions:** Control blood pressure and diabetes with lifestyle changes. Quit smoking and limit alcohol to protect your heart.
- **Get regular screenings:** Many risks are hidden. Annual checkups help detect issues early and reduce heart attack risk.

### Medanta's Cardio Predict Programme

A first-of-its-kind predictive & preventive heart health program.



To know more, 📞 0124-6548833



**Dr. Sanjay Mittal**

Vice Chairman,  
Clinical & Preventive Cardiology



### Banana & Dates Smoothie

#### Ingredients (Serves 2)

- 2 Medjool dates (pitted and chopped).
- ½ cup plain Greek yogurt (or dairy-free alternative).
- ½ cup milk (dairy or plant-based).
- ½ tbsp honey (optional).
- ⅛ tsp cinnamon.
- 2–3 ice cubes.
- ½ tsp vanilla extract (optional).
- ½ scoop vanilla protein powder (optional).

#### Instructions :

1. Add banana, yogurt, milk, and honey to a blender. Blend until smooth.
2. Add Flavor: Add chopped dates, cinnamon, vanilla extract, and ice cubes.
3. Final Blend: Blend for another 2–3 minutes until creamy and well combined.
4. Serve: Pour into a glass and enjoy immediately. Garnish with a sprinkle of cinnamon or a date slice if desired.

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