

MEDANTA NOIDA PRESENTS

CARDIOLOGY NEWSLETTER FOR COMMUNITY

# Dil se Care





## Heart Attack In The Young Causes & prevention



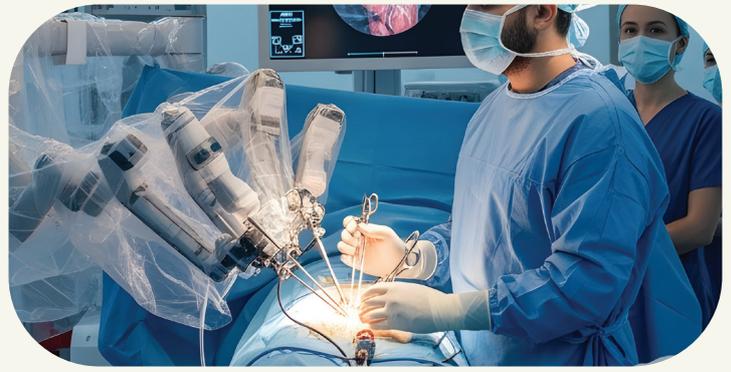
### Dr. Parneesh Arora

Director, Interventional  
Cardiology

The recent spate of sudden heart attacks in young individuals reported in media, has highlighted the need to take corrective measures for prevention. For that we need to know what the risks are. Traditionally 9 risk factors explain 90% of heart attacks. The factors are Diabetes, Hypertension (High blood pressure), Deranged lipids, Smoking, Abdominal obesity, Family history, psychological factors (Stress), Lack of exercise, Lack of daily fruit and vegetable consumption. 10% of Heart attacks are still unexplained.

Out of the above mentioned factors which are the ones relevant to our current situation? Leaving out family history which is beyond our control the explanation lies in the rest 8 factors. Lifestyle issues have increased tremendously in our young population. India has probably the highest incidence of Diabetes, Hypertension in the world. Smoking, substance abuse and alcohol consumption is increasing compared to western countries where it is decreasing. However, the most important issue often ignored is Stress, a byproduct of Urbanisation and Commercialization. Sudden undue stress whether emotional or physical is well known precipitating cause for acute events. With competition, job stress, urbanisation etc the stress has gone up by leaps and bounds. Add to that unhealthy diet, physical inactivity and the picture is complete.

What can be done – First we need regular check-ups with our doctors for evaluation of risk factors like Diabetes, Hypertension, Cholesterol and get treatment of necessary things. What is in our control includes healthy diet, regular exercise, avoiding smoking, alcohol, maintaining ideal body weight. Manage stress with Yoga and other relaxation activities and take help from experts if required. These simple things should help in preventing many premature Heart attacks.



## The Miracle of Modern Heart Surgery in India



### Dr. Sanjay Kumar

Director, Cardiothoracic &  
Vascular Surgery

The journey of cardiac surgery in India reflects one of the most remarkable transformations in modern medicine. What was once a high-risk undertaking requiring large incisions and long recoveries has evolved into a discipline defined by precision, safety, and rapid healing— driven by both technology and surgical expertise.

Minimally invasive and robotic surgery has transformed cardiac care. Instead of large chest incisions, valve repairs and bypass grafts are now performed through small keyhole approaches. Robotic systems provide 3D vision and precise instruments, enabling extraordinary accuracy. Patients benefit from less pain, reduced blood loss, shorter hospital stays, and quicker recovery.

The growth of transcatheter procedures, such as Transcatheter Aortic Valve Replacement (TAVR), has been equally revolutionary. For elderly or frail patients once denied surgery, these techniques offer a safe and effective lifeline. Cardiac surgeons now collaborate in “heart teams” with cardiologists, ensuring the best anatomical and clinical outcomes for each individual.

India is not just adopting global advances - it is shaping them. The world's first combined double-valve surgery with a liver transplant was performed here, showcasing world-class teamwork and surgical expertise. Yet, technology aside, the surgeon's role remains personal - guiding families, making critical decisions, and ensuring recovery.

Today, heart surgery in India is no longer a fearful prospect. It stands as a genuine medical miracle—restoring lives, renewing hope, and proving what skill and innovation can achieve together.



## Sudden Cardiac Arrest- A call for public awareness



### Dr. Amit Malik

Director, Electrophysiology  
& Interventional Cardiology

#### What is Sudden Cardiac Arrest?

Cardiac arrest is a dangerous electrical malfunction of the heart called arrhythmia. This makes the heart pump ineffectively, cutting off blood and oxygen supply to vital organs. Without urgent treatment, brain function stops and death occurs within minutes.

#### Are Sudden Cardiac arrest & Heart attack same?

Sudden cardiac arrest results from abnormal electrical activity causing dangerous rhythms, while a heart attack is due to blocked arteries damaging heart muscle.

#### What are the risk factors for sudden cardiac arrest?

Common causes include coronary artery disease, past heart attacks, or weak heart pumping function. In younger individuals, congenital heart defects or inherited abnormalities in the heart's electrical system are frequent triggers.

#### Can I reduce my risk of sudden cardiac arrest?

Yes—get screened (BP, ECG, cholesterol, etc.) before intense physical activity; high-risk individuals may need advanced tests or an AICD implant.

#### What can be done at the community level?

Promote CPR training and install AEDs in public spaces to improve emergency response and survival rates.



## Four Ways To Lower Your Cholesterol



### Dr Rajiv Mehrotra

Director, Clinical &  
Preventive Cardiology

#### Graze the Greens!

Green vegetables, fruits, grain products and beans are the foods on which you should be casting a culinary eye rather than on meat, poultry or whole-milk dairy products.

#### Ditch the Red!

Foods from animals, especially red meats, are highest in saturated fats. It isn't too hard to get them out of your diet, or at least reduce their presence, if you try!

#### Shed that “apple shape”!

An apple a day may be good for you but an “apple shape” is not! If you have an apple shape (more weight in your belly than in your hips and thighs) you probably would be having higher cholesterol & a higher risk for heart disease.

#### Brush up your maths -remember the formula 5-10-25!

Eat 5 fruits a day, walk 10,000 steps a day and keep your BMI to less than 25! [BMI -Body Mass Index; Your weight in kg ÷ (your height in meter)<sup>2</sup> ]

#### Cholesterol-lowering drugs.

You need them if the the other four methods have failed or your cholesterol levels are extremely high. But don't become your own doctor – discuss with your physician. Let him decide the medicine best suited for you.



## Women & Heart Disease: How Symptoms Differ from Men



**Dr. Vineet Bhatia**  
Director, Interventional  
Cardiology

Research shows that women may experience different or more subtle signs of Heart Disease than men. Understanding how heart disease presents differently in women is crucial for early detection, better treatment, and saving lives.

### Common Symptoms of Heart Disease in Women

#### Unusual Fatigue

One of the most common yet overlooked symptoms of heart disease in women is extreme fatigue. Women may feel unusually tired, even after rest. Fatigue in women can occur in the days or even weeks leading up to a heart attack.

#### Nausea and Vomiting

Women are more likely than men to experience heartburn, nausea and vomiting during a heart attack.

#### Dizziness or Lightheadedness

Women may experience dizziness, lightheadedness, or a sensation of fainting, especially during a heart attack..

#### Shortness of Breath

While shortness of breath can be a symptom of many conditions, when it accompanies other symptoms like chest discomfort or nausea, it may signal a heart issue.

#### Pain in the Back, Neck, or Jaw

Women may have pain in areas other than the chest, such as the back, neck, shoulders, or jaw..

#### Sweating

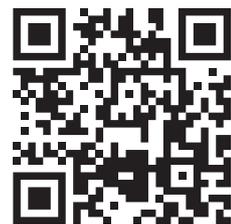
Cold sweats are another symptom that women are more likely to experience during a heart attack than men. Women may experience sweating even without physical exertion or external factors like heat.

**All of these can be signs of heart attack.**

**If you experience any of these symptoms, consult a doctor immediately.**

**World-Class Care  
Now in Noida**

**Medanta Superspeciality  
Hospital, Sector 50, Noida**



Scan the QR to Locate us