

HOW TO PROTECT YOUR HEART

Risk factors for heart diseases are-

High blood pressure:

Hypertension is a major risk factor for heart attacks, heart failure. Blood pressure is summarized by two measurements. Systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole). Normal blood pressure at rest is within the range of 100-140mm Hg systolic (top reading) and 60-90mm Hg diastolic (bottom reading). High blood pressure is said to be present if it is persistently at or above 140/90mmHg. High blood pressure's effects on blood vessels is that it may play a role in the development of atherosclerosis. Atherosclerosis is the process of the artery walls becoming thicker (also known as narrowing or "hardening") due to a buildup of fat and cholesterol. High blood pressure adds strain to the blood vessel walls, putting them at higher risk for developing atherosclerosis than would be otherwise.

- **Diabetes.**

Risk of heart problem is twice in diabetic patients. If you are a diabetic, you should consult your physician regularly for proper prescription of drugs. Uncontrolled diabetes may result in an elevation of cholesterol in the blood.

- **Smoking.**

It has been proved that smoking makes the heart faster, raises blood pressure, has a detrimental effect on blood cholesterol. It damages the lining of the coronary arteries, thickens the blood. Tobacco in any form is harmful.

- **High blood Cholesterol:**

The effects of high cholesterol are due to a condition called atherosclerosis, which is narrowing and hardening of arteries. If your levels of cholesterol are too high, LDL's will leave extra cholesterol in the blood. If the HDLs cannot pick up all of this cholesterol, it will begin to build up on your artery walls, along with other fats and debris. This build-up of cholesterol is called plaque and can cause narrowing of the arteries. This plaque build-up is called atherosclerosis.

- **Positive Family History:**

A tendency towards heart disease may be inherited. This is to say that if you have close blood relatives who are suffering with coronary heart disease, then you may also be at increased risk for coronary artery disease. Therefore ask your surgeon what tests you can get done to see if your risk can be reduced.

- **Sedentary Lifestyle:**

Sedentary lifestyle, lack of regular exercise may be a factor in the development of coronary artery disease, exercise may also reduce some other risk factors such as obesity, hypertension, raised cholesterol, anxiety and diabetes.

- **Alcoholism:**

The consumption of alcohol is harmful. It is toxic to heart muscle, raises the blood pressure and also produces degenerative changes in the cells of the liver, heart and other organs. It is therefore to avoid alcohol consumption.

- **Stress:**

Anxiety, emotional stress and tension may increase the blood pressure, being continuously exposed to stressful situation may increase the risk of heart attack, people who are ambitious, agitated, aggressive are more likely to develop heart disease.

WAYS TO PROTECT YOUR HEART:

- Risk factor modification
- Regular exercise
- Modification in the dietary habits
- Yoga & medication

Summary:

Surgery is not a cure

Recovery from the disease progression depends on you your attitude and willingness to follow the guidelines to you & regular follow with your doctor and regular use of medication that is prescribed by your doctor.