

Heart awareness rally in the city



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Nava Thakuria 28 September 2019 Updated 1 Oct 15631 views

Guwahati: City-based Dispur Hospitals in association with 'The Heart', a non-government organization, have organized an awareness rally on the occasion of World Heart Day on 29 September in the morning hours on streets of the pre-historic city, said the organisers in a press meet held in Guwahati Press Club on Saturday.

Created by the World Heart Federation, the heart day updates people around the globe that the cardiovascular disease, including heart disease & stroke, remains the leading cause of human death. Moreover it highlights the probable actions for individuals to prevent and control the disease.

“Over 17.9 million people die from CVDs worldwide every year and according to the World Health Organization, more people die from the heart related diseases than from any other cause and it can be checked to a larger extent by educating people on various risk factors like tobacco use, unhealthy diet and physical inactivity,” said Dr Chandan Modak, senior cardiologist of Dispur Hospitals.

Addressing the media persons, another senior cardiologist Dr Banajit Chowdhury informed that the heart is the strongest muscle in the body and it starts beating before one’s birth. Although impressive and strong, a human heart can also be vulnerable from habitual risk factors like smoking, eating an unhealthy diet or putting it under stress.”

Controlling these key risk factors and monitoring the blood pressure regularly one may reduce the risk of CVD. The system can also be weakened from a pre-existing heart condition and other physiological factors, including hypertension or high blood cholesterol, added Dr Chowdhury.

Nabajyoti Pathak, a journalist turned social activist disclosed that the prevalence of heart disease and stroke has increased by over 50% from 1990 to 2016 in India, with an increase observed in every State. The contribution of these diseases to total deaths and disease burden in the country has almost doubled in the past 25 years, he added. Awareness is the key factor in preventing heart disease. Also awareness about symptoms like chest pain, palpitation, shortness of breath on exertion, sudden faints, swelling of legs which may be the alarming signs of heart disease is necessary for prompt treatment and recovery. Every year the World Heart Day reminds it for each and every resident of the planet.

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