

World heart Day observed in Nagaon



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Diganta Talukdar 27 September 2010 6972 views

According to preliminary findings of the Million Death Study (MDS), about 25 percent of deaths in the age group of 25-69 years and 19 percent of all deaths occur because of heart diseases, including 33 percent of deaths in the urban areas and 23 percent in the rural areas. Speaking on the eve of World Heart Day, which falls on September 26, celebrated at Nagaon Press Club, organized by Cipla, Dr Pranab Saikia observed, "Cardiac problems are no longer limited to towns or to the aged. Heart problems are undoubtedly the number one killer for the whole of India and all Indians. Every year more than 17 million people die of cardiac diseases all over the world and India has the unhealthy reputation of being the capital of the world in heart problems."

"Today everyone is too aggressive at Work, Dr Saikia added. "Long working hours, junk food and very little physical activity are all taking a toll of the heart. Since all of us spend the largest part of our life at work, workplace wellness is a good starting point for healthy heart. In the starting of the awareness programme, Dr. Saikia, Kanak Hazarika and Munidra Saikia of Nagaon Press club were felicitated with Gamusa by the organizing committee.

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BY DIGANTATALUKDAR

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