



# INTRODUCTION

Less than a century ago heart disease was an extremely rare disease. However, today it is the cause of death of more people in the world than all other deadly diseases taken together. The most encompassing researches and studies on heart health have indicated that lack of happiness and gratification is by far the biggest risk factor resulting in heart problems. Since happiness is amongst the principal expressions of love, only those medicines that are love-based can truly and completely heal the heart and protect one from disease and ageing.



Dr. Ganesh Kumar

If fear is the motivating factor that compels someone to go for a particular treatment or initiate major changes in life style or diet the chances of disease prevention or recovery are minimized. The current approaches for achieving heart's health, free from any life threatening condition, are primarily symptom-orientated and do not deal with the underlying causes.

In many developed countries fatality rate from heart conditions have decreased a bit. This has happened due to breakthroughs in medical education and new medicines, the bypass surgeries and the angioplasties.

Now the beneficiaries of these advancements are living, but with consequences. The less healthy hearts still beat, but they are not strong enough for living and enjoying a good quality of life.

Apart from giving a wide range of side effects most presently used treatments for heart diseases transfuse enormous fear in body cells, which react by releasing large amounts of the stress hormones. This by itself can threaten the healing system. Until lately, these treatments were conceived to be more or less safe but are now distinguished by leading heart centers and resources to be the primary cause of a new ailment known as chronic heart failure. Chronic heart failure is a gradual death-experience that has attained epidemic ratios. The inability of the science systems to make this organ healthy again instills the obligation for healing back to where it always belonged. That is the heart, body, mind and spirit of every being. It opens the way for alternative healing.

Believe it or not but the tendency to think that one will have a healthy heart all life long without any extra effort is inherent by birth. Have u been taking your heart for granted? Are you waiting for something tragic to happen to realize how fragile this human organ truly is? The chances are the answer is a big yes. The sooner one takes the waking call and stops expecting the heart to perform well in spite of all one does the better.

The heart is merely not a pump - it is the headspring of every feeling and emotion, whether it is delight and excitement or gloominess and frustration. Mental and emotional tenseness disrupts the emotional heart. Whereas, a junk diet, insalubrious lifestyle and absence of physical excises weakens the physical heart. Several illnesses such as high blood pressure, diabetes, high blood cholesterol and obesity are also known to be the contributing factor for heart ailments. Smoking is also a major contributor to coronary diseases. Smoking may accentuate coronary spasms where the blood vessels of the heart are pinched or narrowed, causing chest pain or a heart attack.

We at Dr L H Hiranandani Hospital have a holistic approach to keeping the heart healthy. Prevention, as known, is always better than cure, however, in case of health of the heart there is less possibility of a complete cure. However, the possibility remains but only possible with an holistic approach. Salubrious diet plans and an active lifestyle coupled with emotional freedom will lay a strong foundation and ensure that the heart beats with life till the very end.

## Dr L H Hiranandani Hospital



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# Cardiac Rehabilitation: Building Healthy Life

Cardiac disease is no longer a disease of old age but increasing number of younger people are also being affected. As per the data culled from the WHO reports and medical journals like Lancet and Indian Heart Journal, there are 30 million patients in India (cardiac related diseases) and the toll would rise to 100 million by 2010. This would constitute to 60% of world cardiac patients, making India the world capital for cardiac disease.

## What is Cardiac Rehabilitation Program?

### Cardiac Rehabilitation has two arms:

1. Primary Prevention / Wellness program
2. Secondary Prevention


**Primary prevention/ wellness program** is designed to help those, who are not cardiac patients, but are at the risk of having cardiac diseases in future. This program helps in reducing the cardiac risk factors.

**Secondary prevention (Rehab) program** is designed to help cardiac patients to recover faster and build up self-confidence, regain physical and psychological well-being and return to full and productive lives. Cardiac Rehabilitation includes exercise, education, counseling, risk factor reduction, and learning ways to improve health related quality of life.

Major risk factors such as smoking, abnormal blood lipids, high blood pressure, diabetes, physical inactivity, obesity and overweight can be controlled or modified with exercises, medicines and life style modification, thus reducing the risk of cardiac diseases.

Recovery after heart attack and heart operations often presents patients with a much greater challenges. Many patients experience psychological distress following cardiac event. This underscores the need of well structured Cardiac Rehabilitation program. Dr L H Hiranandani Hospital took the initiative to establish Cardiac Rehabilitation / Wellness Centre





## Cardiac Rehabilitation has mainly four components:

**Medical Evaluation:** Initial and ongoing thorough evaluation helps cardiac rehabilitation team to assess patient's physical abilities, medical limitations and other psychological conditions, and keep track of progress over time throughout the program. Cardiac Rehabilitation team explores risk factors for cardiovascular diseases, such as high cholesterol, blood pressure, smoking, stress, excess body weight etc.

**Exercise Training:** Monitored exercises improve cardiovascular fitness through walking, cycling, rowing, jogging and other endurance activities. Patients are taught proper exercise techniques, such as warming up and stretching before exercise and relaxation technique at the end of session. Nutritional education promotes high fiber diet with whole grains, fruits and vegetables. Guidance about diet and nutrition helps to shed excess weight and learn to make healthier food choices aimed at reducing fat, sodium and cholesterol intake.

**Life style Modification:** Patients are educated on making lifestyle changes and breaking unhealthy habits, such as smoking. They also learn how to manage pain or fatigue that may accompany their heart condition. Cardiac Rehabilitation also gives ample opportunity to ask questions about various doubts, such as resuming work, driving or sexual activity.

The Cardiac Rehabilitation/ Wellness centre in Dr L H Hiranandani Hospital is located on the second floor, next to ICU. It has all the modern amenities & exercise equipments (electronic treadmill, elliptical, rowing machine, cycle, multi-gym etc). Exercise sessions are continuously supervised by trained nurses, exercise specialist & fitness trainer. Throughout the exercise session, patient's heart rate and rhythm are monitored with the help of portable telemetry equipment.

## The benefit of Cardiac Rehabilitation

The benefit of cardiac rehabilitation is to help to rebuild life both physically and emotionally. It helps to stabilize, slow or even reverse the progression of cardiovascular disease, thereby reducing the risk of heart disease, another cardiac event or death.

1. Improves physical fitness and exercise tolerance.
2. Reduces future risk of heart disease.
3. Increases one's awareness of heart disease.
4. Improves dietary habits and life style.

Older adults with heart disease often are less able to exercise and have a high disability rate. They can benefit the most from cardiac rehabilitation.





# DIET SECTION



Making sure your heart is healthy may add years to your life. A healthy diet can help to reduce the risk of developing heart disease. If you already have coronary heart disease, eating a well balanced diet can also help protect your heart from further problems. People who are interested should be willing to give up greasy and fattening foods. The goal of a heart-healthy diet is to eat foods that reduce your risk factors for heart disease by:

- Achieving and maintaining a healthy weight
- Reducing and maintaining a low cholesterol level, reducing and maintaining an appropriate blood pressure

Since being overweight, having high cholesterol, and having high blood pressure are all risk factors for heart disease, following a heart-healthy diet is a great way to take control of your health.

### General tips to help you get started:

- **Be realistic.** Be in sync with your dietician, physiotherapist and your doctor.
- **Drink plenty of water** or other calorie-free beverages. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed.
- **Be choosy about nighttime snacks.** A low-calorie snack, like a fruit or a cup of skimmed milk is a healthier option to snack on.
- **Stock your kitchen with healthy foods.** You'll be less likely to eat junk food if you have some food such as sprouted dals,

idlis, corn cob, fruits etc lying in your kitchen.

- Limit your fat intake, especially saturated fat. Instead of using deep frying as a method of cooking opt for healthier options such as grilling or baking.
- Limit your salt (sodium) intake. Remove the salt shaker from the table. Packed and processed food should be largely avoided.
- Increase your fibre intake. Ensure your diet is rich in fresh fruit and vegetables.
- Choose lean meats over red meats. Fish is a healthier option, though crustaceans such as crabs and lobsters should be avoided as they contain high level of fat.
- Limit your alcohol intake. Predefine the number of drinks and stick to the regime. In diseases such as Diabetes it is contraindicative and must be totally avoided.
- Order small portions at restaurants. Ordering a small / medium-size meal is a great way to cut calories and keep your portions reasonable.
- Make breakfast a mandatory habit. A nutritious breakfast ensures a productive day and a sound start in the morning.
- Switch over to skimmed milk . It contains lesser fat as opposed to buffalo milk but gives you the desired protein content.

## ENDORPHINS

- Patient: My Orthopaedician swore he'd have me walking within 6 months.  
Patient's friend: And did he?  
Patient: He certainly did. He sent me three bills so far and I've had to sell my car!!!
- Love is one long sweet dream.  
Marriage is the alarm clock.
- Son: How much does it cost dad to get married?  
Father: Dear son....I am still paying for it.

## DO YOU KNOW

- Tobacco smokers spend more than Rs. 2000crores for getting sick.
- Govt. earns about Rs. 2000 crores for making them sick.
- Nearly Rs.5000 crores tax payer's money is spent on treating sickness.
- Almost Rs. 5000 crores worth of working loss during sickness every year
- Healthy people work and pay for smokers, is'nt it ridiculous!

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