

# CARING HEARTS

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HEART CARE  
FOUNDATION



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## US VERDICT!

After 40 years, Meat,  
egg, coconut oil,  
butter and nuts  
are removed from  
the heart health  
'black list'



# 12

HEART  
SYMPTOMS  
NEVER TO IGNORE

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## *Chairman's* **MESSAGE**



Padma Shri Awardee  
Dr. Jose Chacko Periappuram  
Chairman, Heart Care Foundation

A stylized, handwritten signature in black ink, appearing to read 'JCP'.

**Dr Jose Chacko Periappuram**  
Chairman HCF





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# CARING HEARTS

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The researchers at San Diego State University and the Salk Institute for Biological Studies have found suggested that the key to a healthy heart is eating at the right time, which is as important as eating the right stuff



# TIME & HEART

When you eat as important as what you eat for your heart

A new study suggests that it's not just what you eat at that determines heart health, but when you eat it as well. The researchers at San Diego State University and the Salk Institute for Biological Studies have found suggested that the key to a healthy heart is eating at the right time, which is as important as eating the right stuff.

## What were the study results?

The study was conducted in fruit flies by limiting the time period of eating. The researchers found that by doing so, they could prevent ageing and diet-related heart problems. The researchers also found that the genes responsible for the body's circadian rhythm play an integral role in the process. However, the exact mechanism of their action was not clear.

## What did the previous research studies indicate?

Earlier research studies related to heart health and diet showed

that people who usually eat food later in the day and in the night are at an increased risk of suffering from heart disease as compared to those who consume their food earlier in the day.

## Are genes associated with diet-related heart problems?

Yes, says the study researchers. As they sequenced the RNA of the fruit flies at various stages of the experiment only to know which of their genes showed an alteration to time-restricted feeding

The results showed that 3 genetic pathways were associated with the diet-related heart problems. These

include –

- The TCP-1 ring complex chaperonin (which aids folding of proteins)

- Mitochondrial electron transport chain complexes (mETC)

- A suite of genes responsible for the body's circadian rhythm

Girish Melkani, a biologist at San Diego State University (SDSU), US who is researching on cardiovascular physiology was positive about the research implications and said that these study results might transform heart- and obesity-related health benefits of humans. ■





His Beatitude Cardinal Mar George Allencherry inaugurates the session by lighting the lamp.

# HRUDAYA SANGAMAM 2015

The motive behind the Hrudaya Sangamam is to enlighten the patients and their families and empower them to lead a normal life after an open heart surgery



His Beatitude Cardinal  
Mar George Allencherry

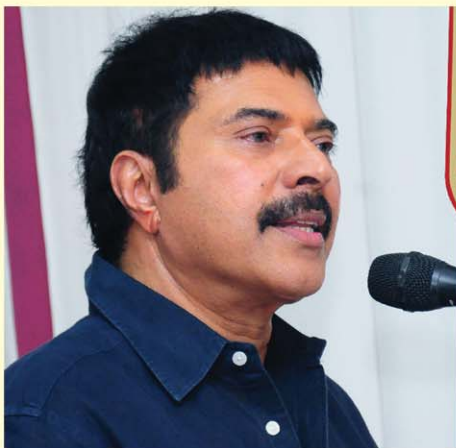


Dr. Jose Chacko Periappuram,  
Chairman, Heart Care Foundation

# Charity is everybody's duty: Bharath Mammooty



Cardinal Mar George Alencherry presenting memento to Padma Shree Mammooty.



Acceptance speech by  
Padma Shree Mammooty.

I've done nothing great to be honoured with the award. Doing charity work and showing compassion to fellow beings are everybody's duty. I was just doing that," Mammooty said in his speech after receiving the award. He also appreciated everybody behind this



His Beatitude Mar George Alencherry presenting gold medallion to Padma Shree Mammooty.

great event.

Mammooty has been selected for his services in lessening the burdens of the less fortunate in the society, in his role as the patron of various organizations like Pain & Palliative Care Society, Care & Share International, Jeevan Jyothi, Kazhcha, Akshaya Kanivu etc. It may be also recalled that Mammooty has earned world attention through his 'My Tree Challenge' campaign and the measures taken for the propagation of organic farming. The Social Excellence Award', constituted by the Heart Care Foundation, five years ago in memory of late C. V. Shanmughan, the former trustee of the foundation, was earlier given to K.J. Yesudas, Uma Preman, V. J. Kurien IAS and Dr. Beena IAS.

**H**rudaya Sangamam - 2015', jointly organized by the Heart Care Foundation and Lisie Hospital, was held at Lisie Hospital Auditorium, Kochi.

The annual meet, which is organized for extending moral support to heart patients and their family members, was inaugurated by His

Beatitude Cardinal Mar George Alencherry at the Lisie Hospital auditorium. "The heart, which is made of flesh and blood, must have love and compassion to be complete. Compassion is one of the greatest qualities of human personality," the Cardinal said.

On the occasion, the Cardinal presented this

(Contd... page 10)





Attention

# YOUNG INDIA, take care of your heart

A few decades ago the obvious cause for a broken heart in a young individual was romance and love. But with the epidemic of coronary artery disease (CAD) hitting India hard, the scenario is changing rapidly and with it, the meaning and cause of a 'broken young heart'. CAD refers to disease of the coronary arteries. Coronary arteries carry blood and oxygen to the heart; therefore any disease which affects the coronary arteries deprives the heart of oxygen — the extreme form of this deprivation occurs during myocardial infarction (heart attack).

The precious asset of our nation is its young population; ironically, it is becoming the most vulnerable to CAD and myocardial infarction (MI). Four people die

**The precious asset of our nation is its young population; ironically, it is becoming the most vulnerable to CAD and myocardial infarction**

of heart attack every minute in India and the age group is mainly between 30 and 50. Twenty-five per cent of heart attack deaths occur in people less than 40. Nine hundred people under 30 die due to heart disease in India every day. Let us look at the most common causes being attributed to heart attack in young persons.

## **Smoking**

Not only smoking, all forms of tobacco consumption



are equally dangerous. Tobacco causes the blood vessels to be stiff and less elastic, increases the tendency for blood clot and blocks the flow in the coronary arteries. A common misconception is that people who smoke occasionally are not at risk. Once a person quits smoking, it will take three years for the body and heart to recover from the effects of tobacco, so you can imagine the consequences of the person continuing to smoke.

### **High cholesterol levels**

Though the total cholesterol levels are a predictor of heart disease, many Indians who develop MI have normal cholesterol levels. This is because even though their total cholesterol levels are normal, they have low levels of good cholesterol (HDL cholesterol) and a very unique, dangerous type of bad cholesterol (LDL) which has a higher blood clot forming tendency.

### **Diabetes Mellitus**

The rampant rise in the incidence of diabetes is a major factor in youngsters developing MI. Compared to non-diabetics, a diabetic with myocardial infarction develops a large MI (a larger portion of the heart is affected), has the risk of sudden cardiac death, responds poorly to treatment and has a higher risk of developing re-infarction.

### **Hypertension**

Changing food habits leading to increased salt consumption, stress and a sedentary lifestyle have all contributed to the rise of young hyper-tensives. Most of us grab snacks such as *namkeens* and *samosas* between meals when hungry... not only do they have a high salt content but they are also sources of trans-fat. People with high blood pressure are likely to develop CAD because high BP places an added force on the artery walls and over time, the extra pressure can damage the arteries. These injured arteries are most likely to become narrowed and hardened by fatty deposits.

### **Obesity**

With obesity comes the risk of developing diabetes, high blood pressure and high cholesterol. Indian obesity is different. We may not be obese overall, but have abdominal obesity... excess fat deposit around the belly. Unfortunately, it is this belly fat, also called 'apple type obesity,' which is dangerous because all metabolic byproducts of visceral fat cells easily enter

the liver and get stored as fat.

### **Unhealthy food habits**

Junk food joints have become hang-outs for college students and young professionals. We are always under the impression that Indian food is healthy because Indians are largely vegetarians. However, the Indian vegetarian recipe calls for liberal use of milk, ghee, oil and decreased intake of fruits and vegetables, leading to a higher intake of refined carbohydrate, saturated fat and trans-fat.

### **Physical inactivity**

Eighty per cent of our young population is physically inactive; the remaining 20% that frequents the gyms concentrates on muscle building rather than aerobic training. Youngsters have to undertake aerobic physical activity for 30-60 minutes a day for at least five days a week.

### **Stress**

Many studies reveal that the recent stress in personal or professional lives leads to MI. With most of the work happening from the desk and at unearthly working hours and due to poor sleep quality, young IT professionals and BPO employees have high stress and run the risk of developing heart diseases if they also possess any of the above mentioned risk factors. Management of stress is very often preached, but hardly practised and is difficult to implement.

### **Genetics**

Indians are genetically prone to heart disease. Even NRIs living abroad for many generations continue to have the risk because of their genes. Indians have relatively small coronary arteries, making them more vulnerable to the disease even with less severe atherosclerotic disease than our western counterparts. The gene, if any, that is responsible for CAD is yet to be decoded.

### **Lack of awareness**

The rural and urban poor are more susceptible because they tend to ignore the disease due to poor access to health care, high cost of treatment, social stigma and illiteracy. Seeking treatment will also mean missing wages and reduced productivity.

The statistics in our country may represent only the tip of the iceberg. Because of poor reporting of cases and incomplete collection of statistical data, the actual figures for young Indians suffering from coronary artery disease may be much more than that reported in studies.

# Hrudaya Sangamam, **REPORT**



Fr. Thomas Vaikathuparambil,  
Director, Lisie hospital.



Dr. Rony Mathew Kadavil,  
Cardiologist, Lisie Hospital.



Dr. Jacob Abraham, Trustee,  
Heart Care Foundation.



Mr. Raju Kannampuzha -  
Secretary, Heart Care  
Foundation.

(contd from... page 7)

year's Social Excellence Award', constituted by the Heart Care Foundation, to actor Bharath Mammooty.

The motive behind the Hridaya Sangamam is to enlighten the patients and their families and empower them to lead a normal life after an open heart surgery, said Fr. Thomas Vaikkathuprambil, Director, Lisie Hospital

Heart Care Foundation Chairman Dr Jose Chacko Periappuram delivered an introductory address on heart diseases. As part of the programme, six patients who underwent heart transplant surgery

at the Lisie hospital were felicitated. Around 600 patients who underwent heart surgery and their relatives attended the function.

Educative programmes led by doctors and paramedical staff of the Cardiac Services held as part of Hridaya sangamam. Eminent Cardiac Specialists like Dr. Rony Mathew Kadavil, Dr. Joe Joseph, Dr. Jacob Joseph, Dr. Rafeeq A.K, Dr. Jeevan Thomas, General Physician Dr.T K Joseph, Nutritionist Dr. Nisha Vikraman and Physiotherapist Dany Jose were lead the interactive session.



Hrudayasamgamam 2015 session:-  
Doctors panel: Dr. Joe Joseph, Dr. Jacob Joseph, Dr. Jeevan Thomas, Dr. Rony Mathew Kadavil, Dr. Rafeeq A.K., Dr. Danny Jose and Dr. Nisha Vikraman



From audience, a patients is trying his doubts..







Heart Transplant patients with Padma Sree Mammooty, His Beatitude Mar George Alencherry and Fr. Thomas Vaikathuparambil and Dr. Jose Chacko Periappuram.



A Handicapped boy and his parents with Mammooty.

A view of audience





A new study reveals that a sedentary lifestyle, unhealthy eating habits and stress are responsible for the rising number of cardiac arrests. In a three-year-long study conducted in 12 cities across India, it has been found that 51 per cent have low levels of the heart-protecting high-density lipoprotein (HDL), also known as 'good' cholesterol. The study has also revealed that over 70 per cent of the urban Indian population is at the risk of being diagnosed with cardiovascular disease.



## 70% of the URBAN INDIAN population at risk of heart disease!

**T**he Saffola Life study covered more than 1.86 lakh people between the ages of 30 and 100. 'A sedentary lifestyle, in addition to stressful work conditions and a compromised diet are leading factors in precipitating heart disease risk. This has affected the heart health of people between the ages of 30 and 44,' said Dr Akshay Mehta, senior cardiologist, Asian Heart Hospital.

Of the 29,017 Mumbaikars who participated in the study, 44 per cent reported that they consume preserved or processed foods at least twice a week, and 42 per cent said that they eat fried foods at least twice a week. Additionally, 71 per cent of them were guilty of consuming two or less servings of fibre-rich whole grains in their diet.

'Now it is fairly common to see youth suffering from

heart strokes. Five years ago, we hardly saw young patients with heart problems. Now, we get many cases where cardiovascular disease affects people in the age group of 25 to 35,' said Dr Ajay Chaurasia, head of cardiology department, BYL Nair Hospital.

The study also revealed that at 12 per cent, Mumbai was one of the cities with the least number of respondents with diabetes, which experts see as a good sign. The study also showed that Mumbaikars are keen on keeping themselves fit, with a substantial 64 per cent of respondents agreeing that they exercise thrice a week or less.

### Here are ten tips for a healthier heart:

#### Kick the butt

Scarily, 92 million out of India's 285 million smokers don't even know that it's bad for their





heart. Along with cardiovascular diseases smoking is responsible for other diseases like cancer as well and affects almost every organ in the body. And if that's still not enough impetus to quit smoking, consider the fact that second hand smoke kills 600,000 people every year out of which 100,000 are children and 87% of deaths due to second hand smoke are due to cardiovascular diseases. So kick the butt now.

#### **Drink moderately**

Alcohol's effect on the heart is hotly debated. Numerous studies have found that people, who drink moderately, actually have better cardiovascular health than people who don't drink or those who do excessively.

#### **Work up a sweat**

Our current sedentary lifestyle has played a major part in the rise

of cardiovascular diseases around the world. Lack of exercise leads to build-up of bad cholesterol which prevents the blood from flowing freely and causes hypertension, heart attacks, etc. Exercising plays a very important role in your cardiovascular health.

#### **Sleep properly**

It has been suggested that initially our body's internal clock was adapted to the natural day-light schedule and exposure to artificial light has thrown it off-track. This has also led to various kinds of sleep disorders which in turn impacts your appetite causing obesity, glucose metabolism and increases blood pressure. It's a vicious cycle really and getting enough sleep is very important to keep heart disease at bay.

#### **Reduce intake of saturated and trans-fats**

They are basically two kinds of fats – saturated and unsaturated. Saturated fats are present in food items like butter, red meat, dairy products, chocolates, etc. and are known to raise 'LDL' or bad cholesterol levels and most dieticians recommend limiting their intake.

#### **Take it easy**

It's still not clear how stress causes heart disease. Most experts concede that its part of a snowball effect of obesity, blood pressure, heart disease, smoking, lack of exercise, insomnia, etc. All the aforementioned conditions seem to go hand in hand with stress and that's why taking it easy is imperative for your heart. Take up a hobby, play with your children or take up meditation – anything that will keep stress at bay.

#### **Reduce salt and sugar intake**

While moderate intake of salt is necessary, too much is linked to various cardiovascular ailments, particularly hypertension. Sugar on the other hand is an infamous culprit. Experts believe that the easy availability of sugar is fuelling the global obesity pandemic because we are naturally geared to seek it for the glucose – our primary source of energy which was earlier available only through natural sources like fruits.

#### **Load up on veggies and fruits**

There's compelling evidence to suggest that people who eat more greens and fruits significantly lower their bad cholesterol levels and this also improves their digestive system and metabolism allowing the body to function better. Most dieticians would tell you that you should get at least five servings of fruits and vegetables in a day (400 grams) in a day.

#### **Get regular check-ups**

There is no alternative to being well informed. Get regular tests to check your cholesterol levels, blood pressure and the ECG test. Doctors suggest that one should start getting checked either after turning 30. People who experience symptoms like chest pain, irregular heartbeats, shortness of breath, dizziness or discomfort shouldn't delay meeting a doc.

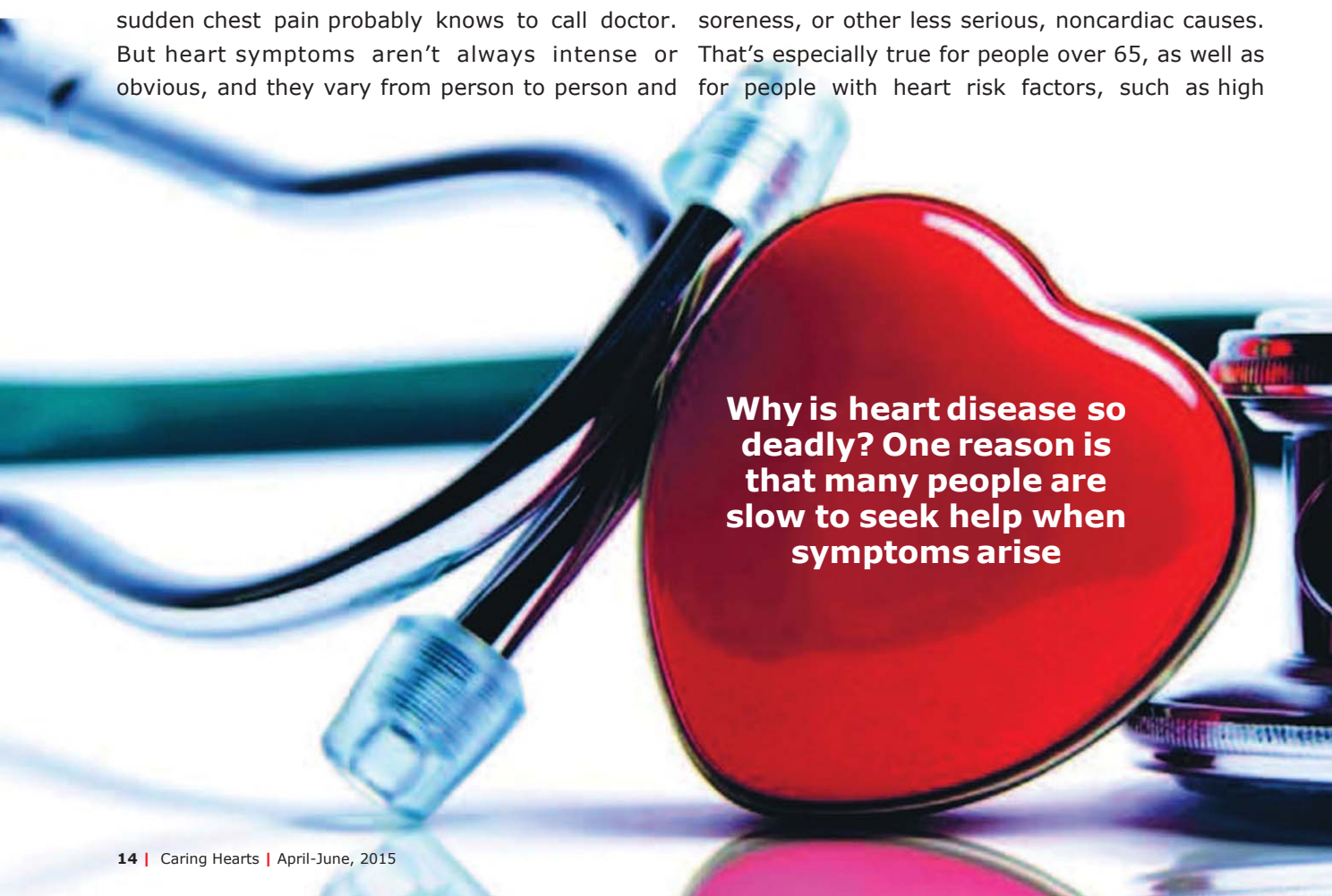
# 12 HEART SYMPTOMS NEVER TO IGNORE

**D**on't miss these 12 warning signs that something is amiss with your heart.

Why is heart disease so deadly? One reason is that many people are slow to seek help when symptoms arise. Yes, someone gripped by sudden chest pain probably knows to call doctor. But heart symptoms aren't always intense or obvious, and they vary from person to person and

according to gender.

Because it can be hard to make sense of heart symptoms, doctors warn against ignoring possible warning signs, waiting to see if they go away, or being quick to blame them on heartburn, muscle soreness, or other less serious, noncardiac causes. That's especially true for people over 65, as well as for people with heart risk factors, such as high



**Why is heart disease so deadly? One reason is that many people are slow to seek help when symptoms arise**



cholesterol, high blood pressure, obesity, smoking, diabetes, or a family history of heart disease.

"The more risk factors you have, the higher the likelihood that a symptom means something is going on with your heart," says David Frid, MD, a cardiologist at the Cleveland Clinic. "People often don't want to admit that they're old enough or sick enough to have heart trouble. Putting off treatment for other medical problems might not be so bad, but a serious heart problem can mean sudden death."

## 12 Heart Symptoms Never to Ignore

Here are a dozen symptoms that may signal heart trouble.

**1. Anxiety.** Heart attack can cause intense anxiety or a fear of death. Heart attack survivors often talk about having experienced a sense of "impending doom."

**2. Chest discomfort.** Pain in the chest is the classic symptom of heart attack, and "the No. 1 symptom that we typically look for," says Jean C. McSweeney, PhD, RN, associate dean for research at the University of Arkansas for Medical Sciences College of Nursing in Little Rock and a pioneer in research on heart symptoms in women. But not

all heart attacks cause chest pain, and chest pain can stem from ailments that have nothing to do with the heart.

Heart-related chest pain is often centered under the breastbone, perhaps a little to the left of center. The pain has been likened to "an elephant sitting on the chest," but it can also be an uncomfortable sensation of pressure, squeezing, or fullness. "It's not unusual for women to describe the pain as a minor ache," McSweeney says. "Some women say the pain wasn't bad enough even to take a Tylenol."

Women, more so than men, can also experience a burning sensation in their chest, rather than a pressure or pain. "Sometimes people make the mistake that the pain comes from a stomach problem," says Nieca Goldberg, MD, clinical associate professor of medicine at the NYU Langone Medical Center in New York City and another expert on women's heart symptoms.

**3. Cough.** Persistent coughing or wheezing can be a symptom of heart failure — a result of fluid accumulation in the lungs. In some cases, people with heart failure cough up bloody phlegm.

**4. Dizziness.** Heart attacks can cause lightheadedness and loss of consciousness. So can potentially dangerous heart rhythm abnormalities known as arrhythmias.

**5. Fatigue.** Especially among women, unusual fatigue can occur during a heart attack as well as in the days and weeks leading up to one. And feeling tired all the time may be a symptom of heart failure.

Of course, you can also feel tired or fatigued for other reasons. How can you tell heart-related fatigue from other types of fatigue?

"If you don't feel well and all the wind is knocked out of your sails, don't try to figure it out on the Internet or from a book," says Goldberg. "Wasting time is dangerous."

**6. Nausea or lack of appetite.** It's not uncommon for people to feel sick to their stomach or throw up during a heart attack. And abdominal swelling associated with heart failure can interfere with appetite.

**7. Pain in other parts of the body.** In many heart





attacks, pain begins in the chest and spreads to the shoulders, arms, elbows, back, neck, jaw, or abdomen. But sometimes there is no chest pain — just pain in these other body areas like one or both arms, or between the shoulders. The pain might come and go.

**8. Rapid or irregular pulse.** Doctors say that there's usually nothing worrisome about an occasional skipped heartbeat. But a rapid or irregular pulse — especially when accompanied by weakness, dizziness, or shortness of breath — can be evidence of a heart attack, heart failure, or an arrhythmia. Left untreated, some arrhythmias can lead to stroke, heart failure, or sudden death.

**9. Shortness of breath.** People who feel winded at rest or with minimal exertion might have a pulmonary condition like asthma or chronic obstructive pulmonary disease (COPD). But breathlessness could also indicate a heart attack or heart failure.

"Sometimes people having a heart attack don't have chest pressure or pain but feel extremely short of breath," Goldberg says. "It's like they've just run a marathon when they haven't even moved." During a heart attack, shortness of breath often accompanies chest discomfort, but it can also occur before or without chest discomfort.

**Heart failure can cause fluid to accumulate in the body. This can cause swelling (often in the feet, ankles, legs, or abdomen) as well as sudden weight gain and sometimes a loss of appetite**

**10. Sweating.** Breaking out in a cold sweat is a common symptom of heart attack. "You might just be sitting in a chair when all of a sudden you are really sweating like you had just worked out," Frid says.

**11. Swelling.** Heart failure can cause fluid to accumulate in the body. This can cause swelling (often in the feet, ankles, legs, or abdomen) as well as sudden weight gain and sometimes a loss of appetite.

**12. Weakness.** In the days leading up to a heart attack, as well as during one, some people experience severe, unexplained weakness. "One woman told me it felt like she couldn't hold a piece of paper between her fingers," McSweeney says.



# A new method that identifies signs of heart attacks in an hour developed

Changing lifestyle habits give rise to a number of diseases like coronary artery disease, strokes, heart attacks, hypertension, etc. Diseases like heart attacks and strokes strike without a warning, and small warnings signs are often ignored. Time is a crucial factor in the assessment of these diseases as loss of time may lead to an irreversible damage to the heart muscle.

To save time, assess the chances of one suffering from a heart attack and provide quick treatment, scientists have developed a method that can spot heart attacks in suspected patients in an hour. In a clinical trial involving over 1,000 participants, the method was effective in three out of four cases.

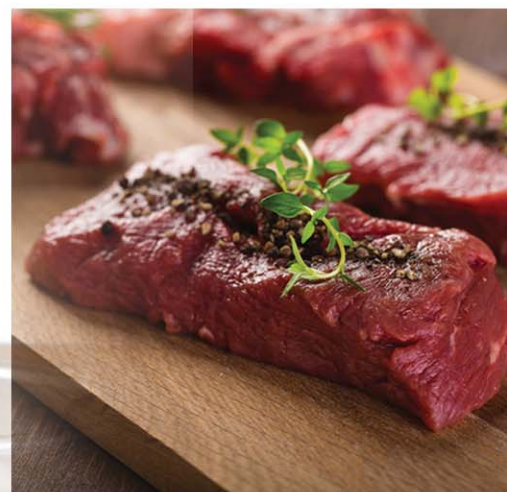
The new technique to measure cardiac troponin T levels in the blood, a preferred biomarker for the diagnosis of acute myocardial infarction (MI), commonly known as heart attack, was previously tested in a small pilot study. A new strategy called high-sensitivity cardiac troponin T 1-hour algorithm



could help physicians treat patients with suspected heart attack faster and help save many lives as early diagnosis is critical for treatment and survival of such patients.

'Introducing the high-sensitivity cardiac troponin T 1-hour algorithm into clinical practice would represent a profound change and it is therefore important to determine if it works in a large patient group,' said Tobias Reichlin from University Hospital Basel in Switzerland. The team of researchers from Switzerland and Spain enrolled 1,320 patients who visited the emergency department with suspected acute MI and applied the high-sensitivity cardiac troponin T 1-hour algorithm to blood samples.

With the algorithm, the researchers were able to determine that 786 (60 percent) of patients did not have an acute MI ('rule-out'), 216 (16 percent) were 'rule-in' and 318 (24 percent) were to be observed because results were not conclusive. 'This rapid strategy incorporating high-sensitivity cardiac troponin T baseline values and absolute changes after the first hour substantially accelerates the management of patients with suspected acute MI by allowing safe rule-out as well as accurate rule-in of acute MI in three out of four patients,' the authors said.



## US VERDICT!

After 40 years, Meat, egg, coconut oil, butter and nuts are removed from the heart health 'black list'

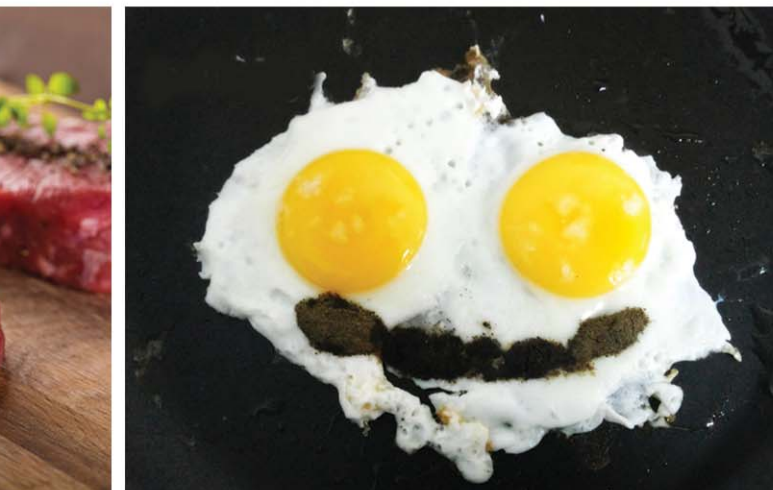


United States officials have finally given the green signal for a U-turn on previous warnings on cholesterol, which has been on the "Naughty" list of nutrients for nearly 40 years. Health officials have been warning people to stay away from high cholesterol foods since the 1970's to avoid heart disease and clogged arteries.

However, after a study eggs, butter, full fat dairy products, nuts, coconut oil and meat have been officially removed from the "nutrients of concern" list.

The U S Department of Agriculture, which is responsible for updating the guidelines





every five years, stated in its findind for 2015 "Previously, the Dietary Guidelines for Americans recommended that cholesterol intake be limited to no more than 300mg/day. The 2015 DGAC will not bring forward this recommendations of dietary cholesterol and serum (blood) cholesterol, consistent with the AHA/ACC (American Heart Association/ American College of Cardiology) report. Cholesterol is not a nutrient of concern for overconsumption.

The Dietary Guidelines Advisory Committee will, in response, no longer warn people against eating high-cholesterol foods and will instead focus on sugar as the main substance of dietary concern.

The 70's, 80's and 90's were he "non fat" years, with the government warning people to limit the amount of high cholesterol foods .in their diets to avoid heart disease and strokes. But Nutritionists and scientists have long been campaigning for the U-turn, which started with introducing "good cholesterol back in to the 'safe zone'.

US cardiologist Dr. Steven Nissen Sid" It's the right decision. We got the dietary guidelines wrong. They have been wrong for decades"

Dr. Chris Massterjohn added" When we eat more foods rich in this compound, our bodies make less.

If we deprive ourselves of foods high in cholesterol- such as eggs, butter and liver- our body revs up its cholesterol synthesis"



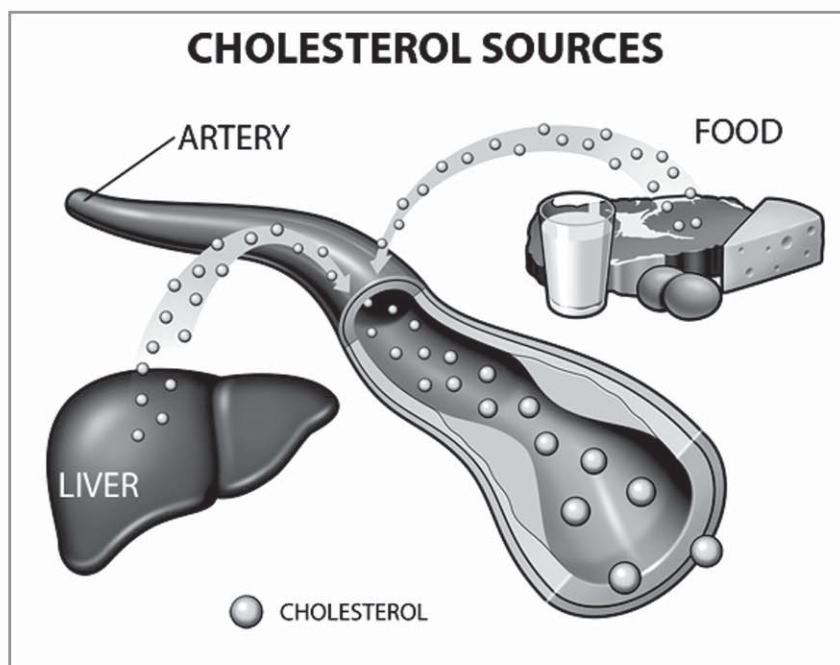
# THE CHOLESTEROL FACTOR

**C**holesterol is a waxy substance that is present in our blood. Its is an important component of our cell walls and other tissues. But is thought to be harmful in excess. It can lead to blokages caused by plaque formation in the heart's arteries, causing heart disease and heart attacks. Such blockages can happen in arteries in the legs, or in the brain.

Cholesterol is produced in the lever, and the amount produced is influenced by our genes. The food we consume, too, has an effect on cholesterol levels. Fatty foods, especially those high in saturated fats, and foods high in simple sugars such as cold drinks increases cholesterol levels. Lack of physical activity and exercise also lead to elevated levels.

We can reduce or control cholesterol levels by following a heart- healthy lifestyle, which must include





**Even moderate physical activity can help increase HDL cholesterol. Exercise five days a week, whether you are overweight or underweight**

regular physical activity- at least 30 minute daily- and a diet high in fruits and vegetables and low in saturated fat.

Statins are the group of drugs most recommended for those with high cholesterol. For your doctor to decide when you should start taking them will depend on your overall clinical picture, not just your cholesterol levels. In general, if you are diagnosed with heart disease and diabetes, you may need to take them. Also, if a test shows your LDL (low density lipoprotein) cholesterol – the “bad” one – to be over 190, you are likely to be prescribed statins. Anyway, the doctor will decide meds a case-to-case basis.

Red yeast rice (rice that has been fermented by the red yeast, *Monascus purpureus*) has been shown to be effective in lowering cholesterol. Include garlic and flaxseed in your daily diet. Olive oil, canola oil or other oils rich in monounsaturated fatty acids can be used for cooking in order to reduce cholesterol through food.

The ill effects of high cholesterol take time to show, and you may not realize it until it's a bit too late.

Cholesterol, by itself is important because it insulates nerve cells and membranes. Being a fatty substance, it does not dissolve in the blood and is packaged into protein. There is the “good” HDL (high density lipoprotein) cholesterol. “Bad” LDL cholesterol can stick to the smooth lining of blood vessels, where it is absorbed, while HDL mops up excess bad cholesterol and removes it from blood vessels.

Even moderate physical activity can help increase HDL cholesterol. Exercise five days a week, whether you are overweight or underweight.

Conduct a fitness assessment and with your doctor's OK, start physical activity after consulting a certified trainer. You can do aerobic exercises like brisk walking, cycling, swimming, slow jogging, dancing (three times

a week for 45 minutes; keep anaerobic exercises, like weight training and sprinting, for another three days). All these help increase good cholesterol while reducing the bad one. Stay motivated in this area by joining a fitness group or by teaming up with an exercise partner.

In order to maximize your cardiovascular fitness, aerobic exercises should raise your heart rate to a certain level. This level is called your target heart rate zone. Keep your heart rate elevated for at least 20 minutes.

Always warm up, stretch and cool down – relax – before and after any workout to avoid injuries. I'd suggest cardio, yoga and pranayama thrice a week, weight training about twice a week, and stretching exercise once a week.

Lifestyle changes – including exercise in your daily routine – is important for a fitter and healthier life.





general children start with good heart health and blood pressure.

'But if they have a horrible diet, it will drive a worsening body mass index (BMI) and cholesterol levels,' Lloyd-Jones said.

Researchers examined BMI, healthy diet, total cholesterol and blood pressure in children aged 2 to 11 who participated in the National Health and Nutrition Surveys (NHANES) during 2003-10. In the sample of 8,961 children that

# Maggie is a Warning!

Unhealthy food makes your child likelier to have heart disease as an adult

**I**s your child eating unhealthy food just because it is tasty? Well, the fun he/she is having now, may lead to heart disease later in adulthood.

The health of the heart, which is optimal for most children at birth, may decline substantially with unhealthy childhood behaviours, said the research published in the journal *Circulation: Cardiovascular Quality and Outcomes*.

'The better we can equip our children to make healthy choices, the more cardiovascular health will be preserved in adulthood.

'And those who preserve their heart -health into middle age live much longer and are much healthier while they live,' said senior study author Donald M. Lloyd-Jones from Northwestern University, Chicago.

The findings indicate that in

represented about 43.6 million children nationwide, the researchers found that all children had at least one ideal measure — but none had all four.

'The bottom line is that we need even better data, but what we do see is that we are losing an awful lot of our intrinsic cardiovascular health very early in life, which sets us up to be unhealthy adults,' Lloyd-Jones added.

## Killer ingredients of Ready-to-eat-meals

**D**ehydrated vegetables, water, edible vegetable oil, cashewnut, salt, sugar, butter, ginger paste

### What's hiding?

Physician and cardiometabolic specialist, at Tardeo's Bhatia Hospital, Dr Hemant Thacker, says that ready-to-eat meals are full of dehydrated vegetables which

are nutrient-empty. They are only fibre and calories. Worse, the process of reheating the vegetable kills whatever micronutrients are left in the food. He adds that it is impossible to preserve food for 12 months if they haven't added any additives or chemicals. "Those additives may be permissible for that much quantity of food, but if you keep eating it day in and day out, you are posing great danger to your kidney and liver," he says.

**Heart Health Guide** - How to Prevent Heart Disease: Everyone should be concerned about their heart no matter what the age. Heart disease is the leading cause of death among adults and so it is important to work at keeping the heart healthy. It is never too late to start caring for your heart as many heart diseases can be prevented or even reversed by making diet and lifestyle changes.

# HEART HEALTH GUIDE

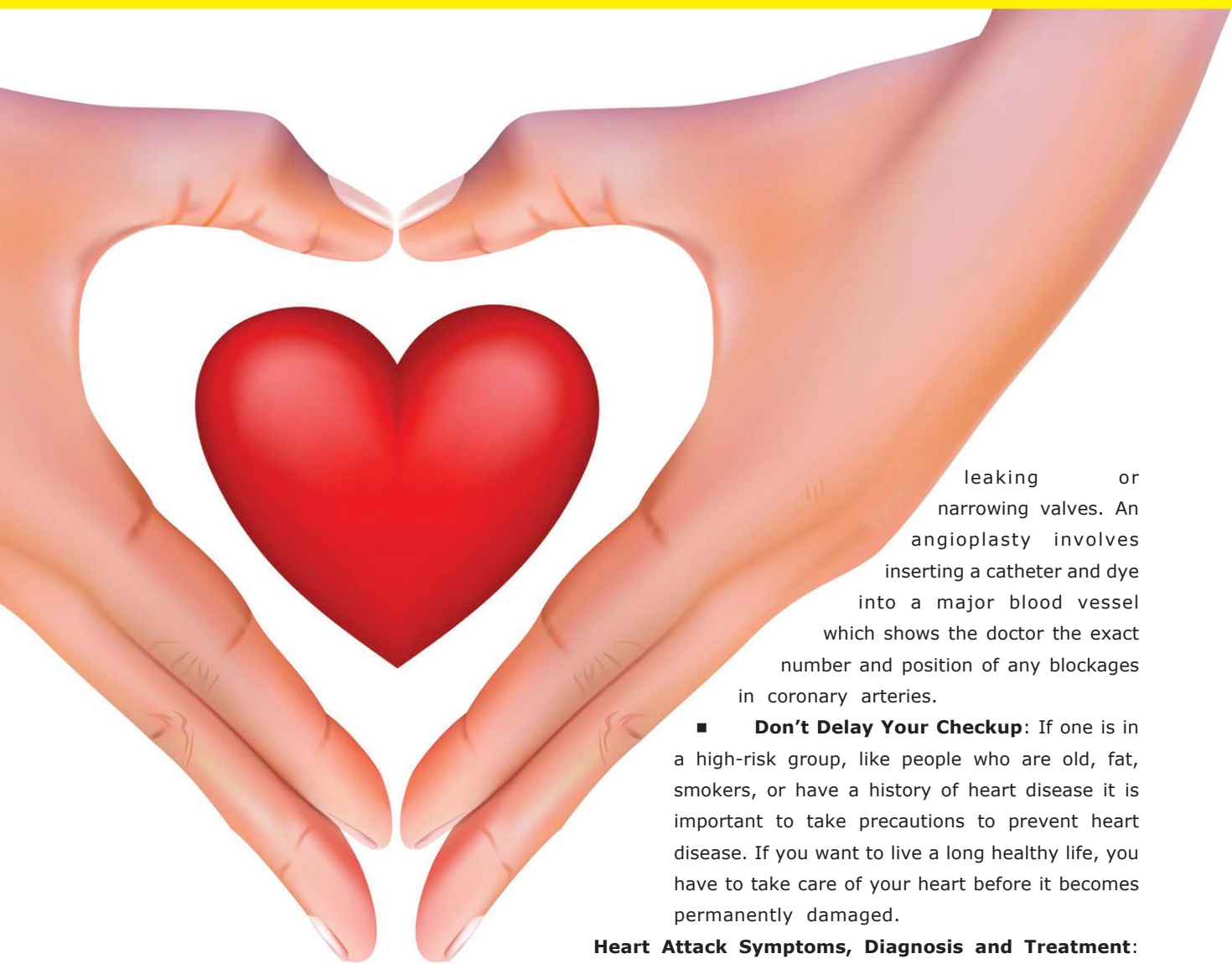
- **Care for your heart starting now:** The first thing that should be done if one has a history of heart disease in the family or experience any symptoms is to do a "healthy heart check-up". These are done to estimate cholesterol and triglyceride levels and to also give the doctor an idea of the type of heart problem you might have and it can be used by the doctor to guide him in doing whatever tests need to be done.
- **Having a Healthy Heart:** An important part of the heart disease guide is to teach you how to have a healthy heart at any age. It is equally important for young people to think about it is as it is for a senior citizen as heart disease comes in all forms and can begin even at a young age. Nutrition plays a very important part in determining the health of the heart. A heart that is weak and undernourished will give out sooner than the rest of the body, so it is important to know what to eat right and what supplements to take to strengthen the heart.
- **Strengthen the Heart:** Exercise is an important factor for a healthy heart. Exercise is

good to help you lose and keep weight off, feel better emotionally and strengthen the muscles and organs. The heart is a muscle, and exercise helps it make healthier.

**Healthy Heart Checkup:** Heart disease is called the silent killer because many people do not have the obvious symptoms of heart trouble until they are having a real heart attack. So it is important that you get help if your doctor is concerned about your cholesterol or blood pressure.

- **Visit Your Doctor:** It is always better to consult a specialist as they are familiar with the symptoms and patterns of different heart problems. The heart specialist starts with a medical profile to find out what your risks are of heart disease. Heart disease is a very common term used to refer to any heart related problem, but usually it is used to describe coronary arterial disease (CAD). It is a chronic disease in which the coronary arteries gradually narrow and harden causing chest pain and fatigue.
- **No Symptoms:** Cardiovascular disease and heart attacks tend to develop slowly over a





period of time, so early detection and preventive measures can make a huge difference. A thorough physical exam and evaluation your coronary risk profile determines the condition of the arteries. These tests can include blood tests to measure levels of cholesterol and C-reactive protein.

- **Tests to Determine Your Risk:** There are many tests that are used to assess the condition of the heart. The EKG is a highly sensitive machine that detects irregularities and damage to the heart. The exercise stress test is used to monitor the heart's reaction under controlled exercise. An echo cardiogram is used to study the condition of the heart valves as it detects

leaking or narrowing valves. An angioplasty involves inserting a catheter and dye into a major blood vessel which shows the doctor the exact number and position of any blockages in coronary arteries.

- **Don't Delay Your Checkup:** If one is in a high-risk group, like people who are old, fat, smokers, or have a history of heart disease it is important to take precautions to prevent heart disease. If you want to live a long healthy life, you have to take care of your heart before it becomes permanently damaged.

#### **Heart Attack Symptoms, Diagnosis and Treatment:**

Heart disease leads to heart attack in more than a million men and women every year. Myocardial infarction (MI) occurs when the heart muscle has suffered permanent damage.

- **Common Symptoms of a Heart Attack:** The most recognizable symptom of a heart attack is experiencing pain or pressure in the chest, arm or below the breastbone. One may also feel severely weak, become very anxious, or have difficulty in breathing along with irregular. One can also develop sweating, vomiting, or dizziness for no apparent reason. Recognizing heart attack symptoms is important but these symptoms don't always lead to a heart attack. A type of heart attack found among diabetic patients is known as a silent MI, where no symptoms are detected.





- **What to do when Symptoms Occur:** If you experience any symptoms one should seek medical attention immediately. The more quickly one receive treatment, the less damage it does to the heart and the first hour is critical.
  - **Diagnosing a Heart Attack:** To determine whether or not you've had a heart attack an ECG (electrocardiogram) is performed to assess the damage to the heart and to find the exact location of the damage. A blood test is also performed to determine the level of cardiac enzymes in the blood which tells us how severe the heart attack was and also when it started. An imaging test called echo cardiography is performed to test the heart's pumping ability.
  - **Treatment for the Heart Attack:** Treatment for a heart attack begins immediately and involves surgeries and medications. The medications used are aspirin or antiplatelets, which help to preventing blood clots, and thrombolytic therapy is done to dissolve blood clots. Bypass surgery is usually performed in the case of a severe blockage to help restore the proper amount of blood to the heart.
- Symptoms and Early Prevention of Coronary Artery Disease:** Coronary arteries which provide oxygen and blood flow to the heart sometimes harden or can become narrow due to plaque buildup on the lining or inner walls of the arteries. This is called coronary artery or heart disease.
- **Early Detection:** Detecting coronary artery disease is not always simple as symptoms differ from person to person. So it's important to have frequent check-ups if you're considered to be at risk of developing coronary artery disease. Some people never experience any signs until a heart attack or even congestive heart failure occurs.
  - **Recognizing the Symptoms:** The most common symptom of heart disease is chest pain also known as angina. Another possible symptom is heart palpitations in which condition the heart has an irregular beat.
  - **Tips to Help Keep Your Heart and Arteries Healthy:** A healthy diet menu and exercising each day is important for the well-being of the heart. Eating in moderation and eating a variety of foods that strengthen the arteries and heart is also important. Avoid foods that are high in saturated fats and also avoid smoking or drinking excessive amount of alcohol as they contribute to heart diseases.



### Ways to Reduce Your Risk of Coronary Heart Disease:

It is important to take certain steps to reduce heart disease risks if you're a candidate and successfully fighting heart disease begins with combating it beforehand and taking preventative measures.

- **Maintaining a Proper Weight:** Keeping one's weight at a reasonable level reduces heart disease risks as it aids in controlling a person's blood pressure, cholesterol level, and blood sugar level.
- **Staying in Shape:** Daily activity and a healthy diet is the key to staying in shape.
- Avoid Smoking or drinking excessive amounts of alcohol as they damage the heart's health.
- Low doses of aspirin each day reduces heart disease risks but at the same time a high dosage of aspirin or when mixed with certain herbs or medicines can be detrimental to the health.
- Using vitamins to supplement the diet helps to improve the health of the heart. Vitamin E has been known to help reduce heart disease risks, and they can indirectly help with other heart related problems.

**Healthy Heart for all Ages:** Heart disease is a major cause of death in men and women and although elderly people are more at risk, but nobody is immune to this deadly killer. A balanced diet which is high in fiber, vitamins, and minerals is important for all age groups. Smoking and excess intake of alcohol can also lead to heart diseases in both old and young alike. It is advisable to lead a healthy lifestyle and reduce stress and anxiety.

**Exercise for a Healthy Heart:** Exercise touches all areas of the body - physical, mental and emotional. Exercise strengthens the heart by making it stronger, and so the heart doesn't have to work hard to pump blood. It also helps to reduce the chances of developing other conditions like high blood pressure, high cholesterol and diabetes. Walking is a very good activity because it helps with your blood circulation enabling it to reach your whole body.

**Nutrition and Heart Health:** Nutrition is an important factor in maintaining a healthy heart. By making healthier choices one can increase the chances of leading a disease-free life. Restrict Trans-fat and hydrogenated oils and intake of refined sugars and carbohydrates to lead a healthy life free of any heart disease. Include Omega3 fatty acids, vitamins and supplements into the diet.

## A healthy diet reduces the risk of heart disease by up to a third

A new study has revealed that consuming a healthy diet low in saturated fat and sugar can reduce the risk of cardiovascular diseases in men and women over the age of 40.

Researchers at the King's College London, recruited healthy men and women and compared the risk factors for heart diseases following UK guidelines as compared to traditional British diet. 162 men and women on the modified diet were asked to reduce the intake of added sugar and salt and more of oily fish and fruits. After a period of 12 weeks, it was observed that there was difference of 0.7 Body Mass Index between the modified and the control group and the levels of cholesterol also fell by 8 percent in the modified group.

No significant change was recorded in markers for insulin sensitivity, which predicts the risk of developing type 2 diabetes. The study concluded that healthy men and women, who adapt their diet as per UK dietary guidelines, reduced the risk of cardiovascular diseases by up to a third.

Emeritus Professor Tom Sanders, co-author from the Division of Diabetes and Nutritional Sciences at King's College London, said that their findings applied to middle aged and older people with no health problems since most heart attacks occurred to the ones who were not at their risk and that a change from the traditional British diet high in sugar, to the UK dietary one that is low in sugar and fats, substantially lowered the risk of heart related problems.

# After Heart Surgery

## RECOVERY TIPS

**R**ecovering from a heart surgery is as important as the surgical procedure itself. The first phase of heart surgery recovery usually lasts from six to eight weeks and upon getting discharged from the hospital the patient is given a set of instructions on post-surgery care. These typically include directions on what to do for the patient's physical and emotional well-being.

### **Taking care of the incision after heart surgery**

Instructions are given at the hospital prior to the release for the proper care of the incision after heart surgery. These instructions are to:

- Keep the incision clean and dry.
- Only soap and water should be used to clean the incision.
- Eat a healthy diet
- Not apply ointments, oils or salves to the incision unless specifically told to do so.

Consultation with a doctor may be required if

- There is oozing from the incision.
- There is opening of the incision line.
- There is redness or warmth around the incision.
- The body temperature increases.

### **Bathing**

A quick shower is usually allowed if your incision is healing and dry. Warm water temperature is considered to be optimum as extreme water temperatures can cause faintness. Regular soap and not perfumed soap is used to clean the incision.

**Relief of pain:** After heart surgery, patients experience muscle discomfort, itching, tightness, and/or numbness along the incision. However, the pain should not be similar to what was experienced before surgery. Patients should not suffer severe as they did before the surgery.

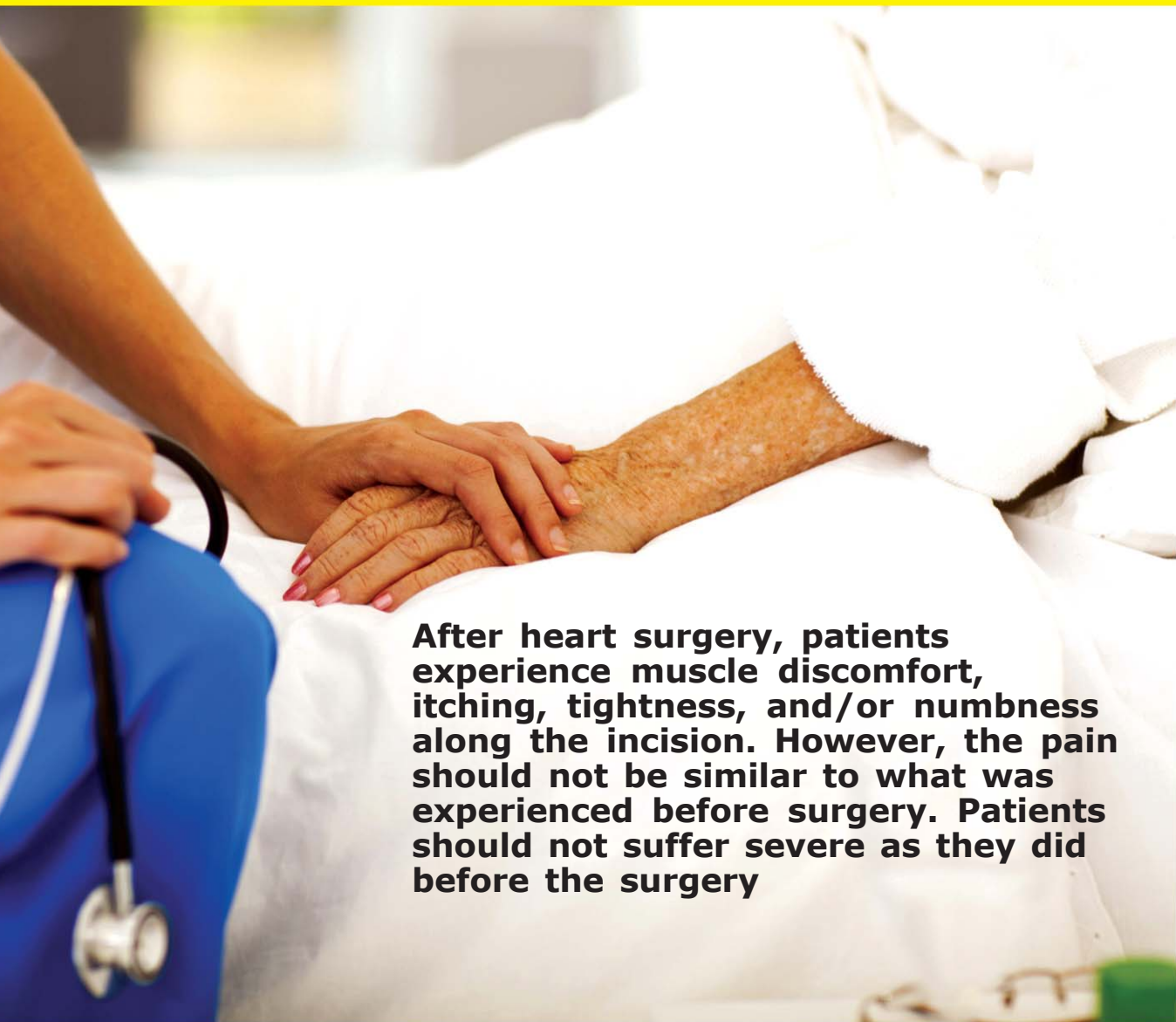
**Driving after Heart Surgery:** Patients are usually advised to start driving 6-8 weeks after the surgery and this period is shorter if the surgery was minimally invasive.

**Activity After Heart Surgery:** Some guidelines are given to the patients to be generally followed during the recovery process:

- Increase your activity gradually.
- Don't lift objects that are heavy.
- Don't push or pull heavy objects.
- There are no restrictions in climbing stairs unless specifically asked by the doctor not to do it
- Walk daily.

**Diet after Heart Surgery:** A healthy diet helps the healing process after





**After heart surgery, patients experience muscle discomfort, itching, tightness, and/or numbness along the incision. However, the pain should not be similar to what was experienced before surgery. Patients should not suffer severe as they did before the surgery**

heart surgery. It is common to have a poor appetite after the surgery, so the patient is encouraged to eat smaller and regular meals at short intervals.

**Emotions After Heart Surgery:** It is common to feel sad or blue by a patient after surgery so it is important to do things that will keep them occupied:

- Walk daily.
- Resume hobbies and social activities.
- Share feelings with others.
- Visit with others.
- Get a good night's sleep.
- Enroll in a support group or cardiac rehabilitation program.

**Sleep after heart surgery:** Patients complain of having trouble sleeping after heart surgery, but normal sleep patterns resumes within a few months. A few simple steps can be followed to improve sleep condition:

- If in pain take pain medication about half an hour before bedtime
- Any activity must be balanced with rest when recovering from heart surgery
- Avoid the intake of caffeine in the evenings
- It is advised to have a bedtime routine





**A**ngina is a type of chest pain caused by reduced blood flow to the heart muscle. A sign of coronary artery disease is typically described as squeezing tightness or pain in the chest.

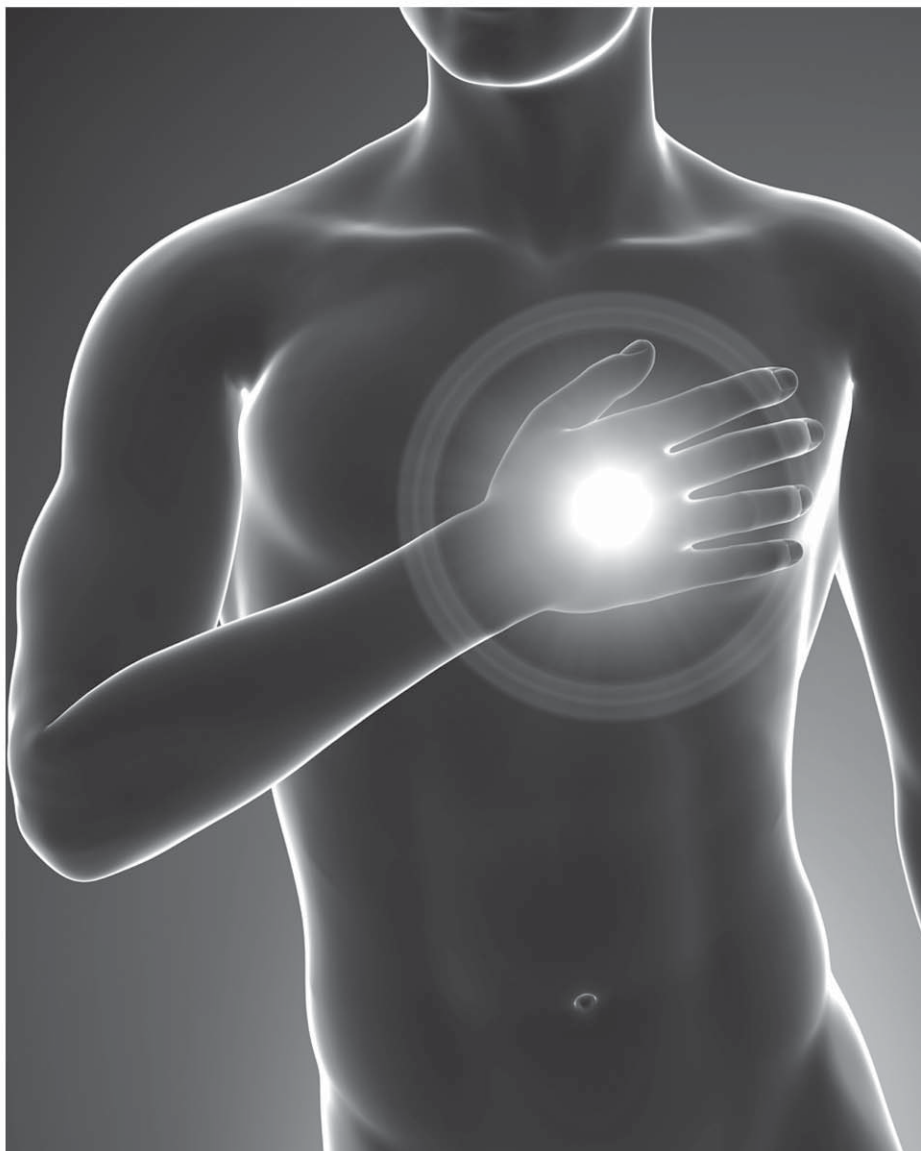
Angina is caused by reduced supply of oxygen-rich blood flow to the heart muscle which needs this blood to survive. When your heart muscle isn't getting enough oxygen; it causes a condition called ischemia. Another cause of reduced blood flow to the heart muscle is coronary artery disease (CAD). This happens when coronary arteries become narrowed by fatty deposits called plaques, this condition is also known as atherosclerosis.

#### **The symptoms of Angina are**

- Chest pain or discomfort
- Pain in your arms, neck, jaw, shoulder or back accompanying chest pain
- Nausea
- Fatigue
- Shortness of breath
- Anxiety
- Sweating
- Dizziness

#### **Different types of Angina are**

- **Stable angina:** It is usually triggered by physical exertion like climbing stairs, exercising or walking. In situation like this the heart requires more



# ANGINA

**Angina is caused by reduced supply of oxygen-rich blood flow to the heart muscle which needs this blood to survive. When your heart muscle isn't getting enough oxygen; it causes a condition called ischemia. Another cause of reduced blood flow to the heart muscle is coronary artery disease (CAD)**

blood, but it becomes difficult for the muscle to get enough blood due to blocked or narrowed arteries. Characteristics of stable angina

- o Develops when the heart works harder
- o Lasts a short time
- o Disappears as soon as you take rest
- o Might spread to your arms, back or other areas
- o Can be stimulated by mental or emotional stress

- **Unstable angina.** When plaques in the blood vessel rupture or a blood clot forms, it blocks or reduces the flow through an already narrow artery, severely decreasing blood flow to the heart muscle. Characteristics of Unstable angina are:

- o It can occur even at rest
- o Is unexpected
- o In many cases it is more severe and lasts longer than stable angina
- o Might be a signal of a heart attack.

- **Variant angina:** Also called Prinzmetal's angina, it is a spasm in a coronary artery, temporarily narrowing it and thus reducing blood flow to the heart, causing chest pain. Characteristics of Variant angina are:

- o It happens when you're resting
- o Is often severe
- o Can be relieved by angina medication

#### Treatments options for angina are

- **Medications**

- o **Aspirin:** It reduces the ability of the blood to clot, making it easier for blood to flow through narrowed heart arteries.
- o **Nitrates:** They relax and widen the blood vessels allowing more blood to flow to your heart muscle.
- o **Angiotensin-converting enzyme (ACE) inhibitors:** These drugs help to relax your blood vessels.
- o **Calcium channel blockers:** They relax and widen blood vessels by affecting the muscle cells in the arterial walls.

- **Lifestyle changes:**

- o Quit smoking
- o Lose weight
- o Follow an optimal diet and exercise plan
- o Avoid stress

- **Surgery and medical procedure:**

- o **Angioplasty and stenting:** During an angioplasty a tiny balloon is inserted into the narrowed artery and when the balloon is inflated it widens the artery, and then a stent is inserted to keep the artery open. This procedure increases blood flow in the heart thereby reducing angina.
- o **Coronary artery bypass surgery:** During this procedure a vein or artery from some other part of the body is used to bypass a blocked or narrowed heart artery. Bypass surgery helps in increasing the blood flow to your heart thereby reducing angina.

## Poor sleep may double heart attack risk

**W**hen it comes to health of your heart, a bad night sleep could be as bad as smoking. Researchers have found that sleep disturbances may double the risk of heart attack and stroke in men.

Sleep is not a trivial issue. In our study it was associated with double the risk of a heart attack and up to four times the risk of stroke," said professor Valery Gafarov of the World Health Organisation (WHO).

The research was part of the WHO programme

MONICA" (multinational monitoring of trends and determinants in cardiovascular disease) and the MONICA-psychosocial" sub study. The study included a representative sample of 657 men aged 25 to 64 years with no history of heart attack, stroke or diabetes in Novosibirsk, Russia.

Sleep quality was assessed when the study began in 1994. Cases of myocardial infarction and stroke were recorded over the next 14 years. During the study period, nearly two-thirds (63 percent) of participants who had a heart attack also had a sleeping disorder.

## CPR Seminar at Fort Kochi



An awareness class on creating a healthy heart was conducted by all the Residents Associations of Fort Kochi in association with Janamaithri Police, IMA Cochin West, Women's welfare association & two wheeler workshop association Kochi from 5pm – 7.30pm at Santa Cruz Basilica Hall Fort Kochi on Sunday 24 MAY 2015.

Mr. Hashim Khan welcomed the gathering. Dr. K.S. Ajayakumar President IMA Cochin West inaugurated the awareness lecture.

Padmasree Dr. Jose Chacko Periappuram introduced to the gathering by renowned Cardiologist Dr. Shaji, Secretary IMA Cochin West. Padmasree Dr. Jose was then felicitated & presented with a Memento & honored with a Shawl by Resident association representatives Mr. Tulasidas, Mr.



Samson & Mr. Shanavas in (CPR) and other emergency recognition of his achievements & responses were demonstrated using contributions to the Society. dummies.

Dr. Jose Chacko Periappuram began the class by mentioning that as Chairman of Heart Care Foundation, it is his duty to educate people about cardio vascular diseases and explained various ways and means to be healthy. Various Life saving techniques like Cardio Pulmonary Resuscitation

All queries/ doubts of residents were competently answered. Dr. Jose Chacko appreciated the efforts of the Organizers to the 250+ captivated residents and other dignitaries.

The Lecture concluded after vote of thanks proposed by Janamaitri Police CRO Mr. K.T. Xavier.

**Staff Reporter**

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# Awareness class on Heart ailments and remedial measures at Varapuzha

An awareness class on Heart ailments and remedial measures by Dr. Jose Cahcko Periappuram, Chairman Heart Care Foundation and Chief Cardiac Surgeon, Lissie Hospital was held at Christ the King Church- Parish Hall. -The program was conducted in association with Kerala Latin Catholic Association, Varapuzha on May 31<sup>st</sup>.

Rev. Fr. Joseph Joy Mathirapalli, Vicar, Christ the King Church, Varapuzha inaugurated the function. Ms. Mercy Johny, President, Varapuzha Grama Panchayath, Ms. Sheela Vevukattu, Member, Grama Panchayath are also present. Dr. Jose narrated the symptoms of various types of Heart diseases, their route causes, first aid methods with the dummy demonstration.

Around 150 Parishners were participated. Mr. Joseph Thacheth, President, KLCA given vote of



thanks. A certificate of participation was conferred to the President of KLCA, Varapuzha by the Chairman, Heart Care Foundation. ■

## Attack Meter

**Soon, a thermometer-like device might help detect a heart attack**

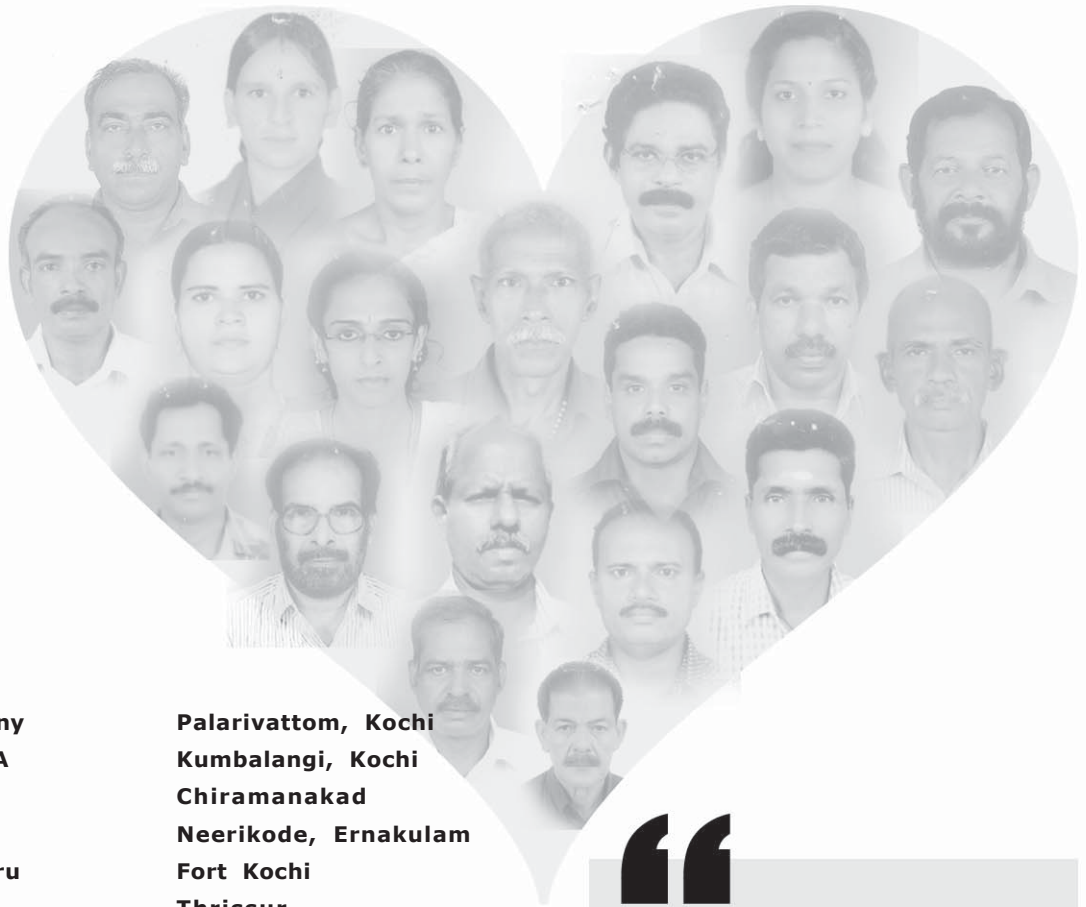
A heart attack is one of the leading causes of death in India. With unhealthy eating, lack of physical activity and stress (emotional, physical and mental), more and more people are falling

prey to it. And in most cases, lack of proper diagnosis is the cause of the death. However, there's a good news as a heart attack can be diagnosed with a simple device. South Korean researchers have developed a simple thermometer-like device to diagnose heart attacks that could make detecting a heart attack (whether one has had or not) a lot easier and cheaper.

Sangmin Jeon from Pohang University of Science and Technology and colleagues said that one way to tell whether someone has had a heart attack involves measuring the level of a protein called troponin in the person's blood. Inspired by the simplicity of alcohol and mercury thermometers, the researchers created a similarly straightforward way to detect troponin.

# Save 1000 Hearts, 1000 Lives, 1000 Families

FEW OF THE PATIENTS SPONSORED UNDER SAVE 1000 HEARTS PROJECT



**Ms. Susan Antony**  
**Mr. Jayaram A.A**  
**Ms. Kamalu**  
**Mr. Shaji**  
**Mrs.Laila Kamaru**  
**Mr. P.R. Antony**  
**Mrs. Raji P.B.**  
**Mrs. Kamala**  
**Ms. Deepa Babu**  
**Mr. Nobert Lopez**  
**Mr. Sundaran**  
**Mr. Mukundan**  
**Ms.Revathy Vijayan**  
**Mr.C.M. Basheer**  
**Ms. Reshma,**  
**Mr.Bhaskaran Nair**

**Palarivattom, Kochi**  
**Kumbalangi, Kochi**  
**Chiramanakad**  
**Neerikode, Ernakulam**  
**Fort Kochi**  
**Thrissur**  
**Vaduthala, Kochi.**  
**Mavelikara**  
**Kochi**  
**Vallarpadam, Kochi**  
**Chellanam, Kochi**  
**Mala, Ernakulam**  
**Mulanthuruthy**  
**Marampilly, Aluva**  
**Alapuzha**  
**Thrissur**



## **CHARITY**

THE PRACTICE OF CHARITY MAKES A MAN DIVINE. If you understand charity as giving alms to the poor and needy or being helpful to those in distress, you have caught just the shadow of its true significance. It is not giving of what you have, but granting of what you have and are. Charity is self giving or yajna.



## HEART CARE FOUNDATION

# 1000 Hearts... SAVE Lives... Families

The Heart Care  
Foundation  
team has come  
together  
voluntarily in their  
common  
pursuit towards  
the service of  
humanity



The HOTLINE number 984 700 6000

### The project

Will support 1000 heart patients financially over a period of time, who are waiting for a heart surgery in the Govt. medical colleges of Kerala.

### Patient Criteria

- Preferably the earning member of a family
- Person from below poverty line
- Who can raise 25% of the total amount for the procedures.

### Patient application

- The patients should apply to the foundation with a detailed medical report of the treating doctor.
- The patient should produce the family income certificate from the statutory authorities along with the application.

- A passport size photograph, consent to undergo the procedure and an undertaking to pay 25% of the total procedure bill should be attached to the application.

### Patient selection

- A clinical committee is formed with the HOD's of Cardiology & CTVS, Cardiologist and the Superintendent of the medical colleges.
- In discussion with the clinical committee, the medical board of HCF scrutinizes and prioritizes the applicants.
- Before the finalization of the procedure and allotment of aid, the chairman of the HCF will discuss the case with the concerned doctor who is doing the procedure.
- The patient will be intimated about the selection.
- After the procedure the patient has to send the copy of the discharge summary to HCF.

### Financial aid

- Upto 75% of the total estimated amount (Maximum of Rs. 25,000) for the procedure will be paid to the Superintendent of the concerned medical college after producing the receipt of the 25% of the amount paid by the patient (minimum of Rs. 5000).
- The receipt of the payment effected by HCF will be the property of HCF.
- The payment will be done as DD in favour of the Superintendent of the medical colleges.

### Fund

- The estimated fund for the completion of the project is Rs. 2.50 crores.
- The fund will be collected from different sources like: Corporates, Funding agencies, Individuals, Institutions, Philanthropists.
- An agency/individual can save a heart by paying Rs. 25,000 (or co-sponsor by donating a part of the total amount)
- The contributions are tax exempted as per 80 G.





HCF

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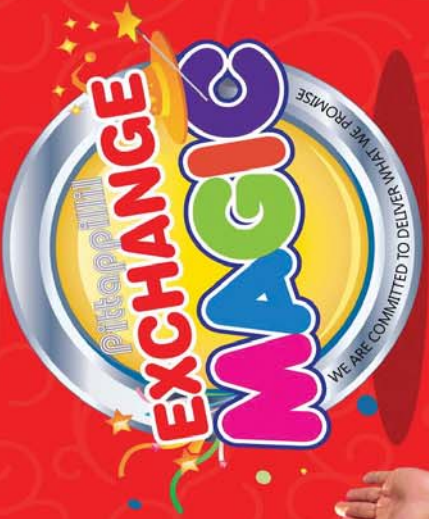


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