

The Age

Be happy to keep heart HEALTHY

Reduce heart problems with regular exercise and a good diet

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NEW DELHI

An analysis of 50 studies that included almost 2,000 volunteers found that anger-management programs can help people control their outburst. A positive behaviour in day-to-day life helps in keeping your heart healthy. Other studies have demonstrated that improvements like these translate into lower blood pressure and better blood flow to the heart during exercise and stress.

Experts believe that reducing the level of stress might help in prevention of heart attacks. Though it has not been confirmed scientifically that anger management can prevent coronary artery diseases, heart attacks, strokes and other disorders. Yet many doctors agree that reducing stress helps in the

long run. Dr Anil Bansal, head cardiologist at Umkal Healthcare, says, "Emotional outburst is rarely the cause of a heart attack and there is no scientific evidence of the fact that reducing stress can protect the heart from strokes. But mental relaxation is very important to keep the heart in a good shape. When you are angry or tense the stress hormone raises the heart beat, which in turn increases the oxygen demand and if a person gets an attack, it might harm the heart."

Most doctors vouch for a stress-free lifestyle and advice that if a person has encountered a minor or major heart attack in the past, they must try to curb their anger. Dr Viveka, senior consultant cardiologist at Max Devi Hospitals, says, "People who have suffered from heart attacks in the past or are prone to heart disorders are

advised to join cardiac rehabilitation. In these centres heart patients are asked to do yoga and other stress-reducing exercises that help in curbing the chances of having heart problems."

He further explains that one of the possible reasons for heart blockage might be different stress hormones, activated during tough situations.

"Anger management techniques help a lot in curbing heart disorders. When a person is stressed, the body secretes stress hormones like epinephrine, which cause an

A GOOD HEART

- **PHYSICAL EXERCISE:** Aerobic exercises decrease stress and control depression.
- **BEHAVIOURAL CHANGES:** Change your behaviour and modify yourself. Set realistic goals and do not panic if things are not done.
- **HEALTHY LIFESTYLE:** Live a more healthy and disciplined life. Don't rely on drugs, alcohol and nicotine for solving your problems. Wake up early and sleep on time. Spend time doing things, which make you happy.

increase in blood sugar and hence the blood pressure increases leading to a heart attack," says Dr Viveka.

There are various ways to con-

control distress and tension in daily life. Anger management techniques like physical exercises and yoga, are the best way to reduce mental pressure. Regular workouts help in keeping your body fit. It also saves the person from other lifestyle disorders like insomnia and blood pressure. A vigorous exercise session stimulates the body's production of natural chemicals that elevate the mood and diminish pain. So, indulge in things that make you happy. Have a hearty laugh and keep heart ailments far away.



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