

Max Devki Devi Heart and Vascular Institute holds free cardiac OPD

EXPRESS NEWS SERVICE

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MAX Devki Devi Heart and Vascular Institute, New Delhi organised a two-day free cardiac OPD at Jammu Medicare Nursing Home, Gandhi Nagar, Jammu.

Padmashree Dr H.S. Rissam, Director Clinical Cardiac Sciences & Senior Interventional Cardiologist, Max Devki Devi Heart and Vascular Institute provided free consultation on cardiac problem.

Padmashree Dr Rissam said, "there is a big responsibility on medical professionals to create awareness among younger generation with emphasis on regular exercise, discretion in dietary habits and various techniques to prevent

stress and burn out.

All these measures would result in prevention of early onset of such diseases. Despite all preventive measures, if someone develops cardiac disease, advanced medical technology available at Max Healthcare enables the patient to get best treatment options with long lasting results and help return to normal life at the earliest".

Going by the trends in the incidence of cardiovascular diseases in India, the country is likely to have about 100 million heart patients by the year 2020. Though the average life expectancy of an Indian has increased by around 25% due to reduction of burden of infectious diseases and malnutrition related disorders, there

has been a phenomenal increase in the incidence of vascular disorders due to changes in life style attributable to globalization and urbanization.

He further added, "the more tragic part is that the cardiovascular disease affects the young population in the productive years with its crippling effects on the family and the society. What we need to do is increase public awareness. Emphasis should be on simple alterations in diet, regular exercise and stress management, which might include yogic practices, can be of great help".

Max Healthcare is the country's first comprehensive provider of standardised, seamless and world-class healthcare services.