

Healthy lifestyle is more important, says Cardiologist H S Rissam

PARAG ABROL

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WIDESPREAD increase in coronary diseases among the people of the State notwithstanding, H.S Rissam, Director Clinical Cardiac sciences and senior Interventional cardiologist, Max Devki Devi Heart and Vascular Institute, New Delhi, maintains that need of the our is not to develop new technologies for treatment but to follow a healthy lifestyle that prevents the disease from occurring.

Suggesting to make all lazy bums work out all through school, college and even in jobs, he also advices people to go vegetarian not for religious but cardiac reasons. This way he says heart would remain hearty and the nation can grow immensely having a fitter workforce to bank upon.

"The disease seldom catches the mankind rather we invoke it by following sedentary and high stress lifestyle," said Rissam while talking to the Newspoint on the sidelines of an OPD camp run by Max Heart at Medicare Nursing Home Gandhi Nagar.

Rissam belongs to the State and had his basic

education from Central Basic School Purani Mandi and later studied at GGM Science College. Today this man is a much sought after cardiologist acclaimed internationally. A contributor to over 100 medical journals Rissam was awarded the Padma Shree award by President in 2006 in recognition of his services in the field.

Rissam was earlier Director Medical Science with Batra Hospital and Medical Research and Associate Director, Escorts Heart Institute- New Delhi

Excerpts of the discussion

NP- What are the early indications of a heart going weak?

Dr. R- Chest pain, palpitation and breathlessness are the main indicators; anybody having the given symptoms should immediately see a cardio.

NP- Is the disease especially blockage reversible as claimed by certain experts in alternative medicines?



Dr. R- Not at all, it is manageable but not reversible. People diagnosed with the blockage of arteries should not fall prey to claims of the quack. Cardiologist is the best judge of the situation he may suggest ways to intervene.

NP- Belonging to the State what message would you like to give to the people?

Dr.R- Walk around the canal and river Tawi bank, exercises regularly, avoid non-vegetarian food and have more of leafy green vegetables. Yoga is a great help to learn to relax.

Most of the tips given are free but the treatment cost is in lakhs so people should fast include healthy habits.

NP- About various super specialty clinics proclaiming better techniques and safer treatments some even creating fear psychosis among the patients about the threat perception, allegations also surface that the profession is marred with corruption and public is fleeced on various

grounds.

Dr.R- I share your concern and admit that certain bad practices have crept in thus reducing the image of the profession from being a noble one to that seen as exploiting the situation, but nobles too exist. Patients and their family members should also spend some time on getting correct information on procedures and costs. Prudence should be applied to have knowledge about the vital organs and their treatment even though a person may be hail and hearty.

NP- How can we counter the spread of the disease, would spending more on research and development of technology do the trick?

Dr. R- Why to spend more on technology when the disease in majority of the cases is preventable.

I would rather suggest a social movement where lady of the house prevents smoking among the members.

Schools and colleges should equally focus on physical education and those lazy bums not interested, be forced to do so. A mix of healthy diet and a little exercise would do the trick. "Please love and enjoy your life," he concludes.