

'Militancy, lifestyle behind rising heart ailments in J&K'

KT NEWS SERVICE

JAMMU, Aug 30: A majority of people in Kashmir suffer from heart ailments due to uneven lifestyle and thriving militancy.

Over 80 per cent of the Kashmir population is found to have stress syndrome due to these factors, Padmashree awardee and senior cardiologist, Dr H S Rissam, said here today.

"During militant activities, a knock at the door, firing in vicinity, deaths and explosions result in an increase in heart beat and blood pressure. In these situations, heart beat goes up to 140 and blood pressure crosses 190, which result in

stress syndrome," he said.

Pointing lifestyle to be the second major reason, Rissam said with tourism boom in 1980 the lifestyle of people changed suddenly." Heavy non-veg food (wazwans) and smoking increased multi-fold resulting in outbreak of the heart ailments besides stroke and heart-attacks."

"Women are the worst sufferers in this situation. They have high degree of depression and heart diseases, particularly tachycardia and high BP," he said. Consumption of anti-depression medicines have increased two times in past two years," he said during the two-day heart-care camp in the city.

