

3. If you have family history of heart disease, when should you start paying attention to heart health and how?

In this case you should get your blood cholesterol, blood pressure, diabetes checked after the age of 18 and regularly (annually) thereafter. A healthy lifestyle and diet should be followed by everyone though.

4. Is heart disease more common in women?

Heart disease is the leading cause of death in women above 40 years, especially after menopause. The risk for heart disease increases dramatically after a woman reaches 50 years of age (age for natural menopause). The risk is higher when combined with other risk factors.

5. Can heart diseases be cured?

It is possible to prevent and treat heart disease with the right care such as lifestyle modifications, regular exercise, dietary changes, and treatments. Each type of heart disease needs its own treatment and medication.

6. What food should be avoided to prevent heart disease?

You need to limit sodium, saturated fats, and added sugar.



Our Facilities

- Electrocardiogram (ECG for both adults and children)
- Transesophageal Echocardiography (TEE)
- Treadmill test (TMT)
- Ambulatory BP monitoring (ABPM)
- Holter monitoring
- Coronary and peripheral angiography
- Coronary angioplasty and stenting
- Primary angioplasty in myocardial infarction (PAMI)
- Emergency percutaneous transluminal coronary angioplasty (PTCA)
- Valvuloplasties (BMV, BPV, BAV)
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- Permanent pacemaker implantation (PPI)
- Automatic implantable cardioverter defibrillator (AICD)
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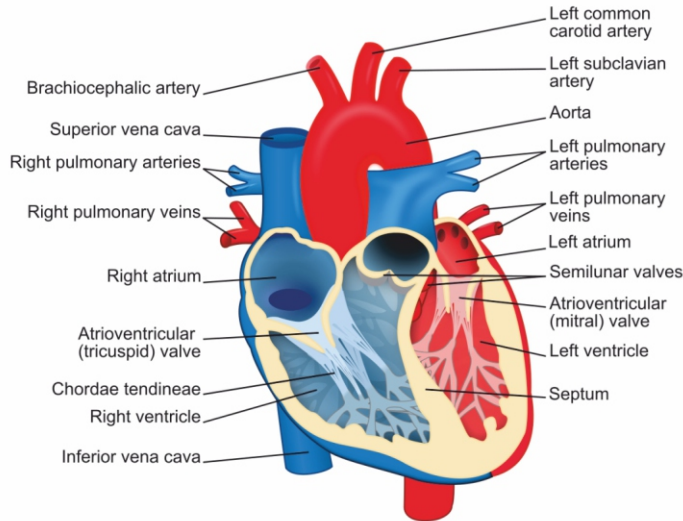
Know Your Heart

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What is the function of your heart?

Your heart is the muscular pump that moves the blood through the body and supplies nutrients and oxygen to the tissues, while removing carbon dioxide and wastes from them.



What are symptoms of heart disease?

- Difficulty in breathing (Dyspnoea)
- Chest pain (Angina)
- Blue discoloration (Cyanosis)
- Black out (Syncope)
- Swelling of the body, especially feet (Edema)
- Awareness of heart beats (Palpitation)
- Cough
- Coughing out blood (Hemoptysis)
- Fatigue and reduced tolerance to exercise
- Unprompted sweating
- Random dizziness
- Memory loss
- Non-chest pain
- Erectile dysfunction

How to confirm if you have heart disease?

- BP measurement
- Blood cholesterol measurements
- Blood sugar measurements
- Echocardiogram (ECG)/ Doppler
- TMT / Stress Test
- X-ray
- Angiography

Steps to a Healthy Heart



Quit Smoking & keep away from it.

Monitor your Blood Pressure regularly & keep it below 120/80 mm Hg.



Maintain a Healthy Body Weight & target a body mass index (BMI) of 18-25.

Control your Cholesterol & ensure that total cholesterol is less than 200 mg/dL.



Watch your Blood Sugar & aim for a fasting blood glucose less than 100 mg/dL.

Stay Active & log 150 minutes of moderate intensity activity like brisk walking per week.



Modify your Diet & include vegetables, fruits, whole grains, fish, water major ingredients.

Treatment options

- Lifestyle modifications in diet, exercise, hydration
- Medications
- Surgery which commonly includes either angioplasty, coronary artery bypass surgery, surgery to repair or replace faulty heart valves, pacemakers, or electronic machines that regulate a heartbeat for people with arrhythmia
- Heart transplants



FAQS

1. What are the risk factors for heart disease?

Heart disease risk is increased exponentially with stress, smoking, obesity, diabetes, high cholesterol, high blood pressure, lack of exercise, and unhealthy diet.

2. How can smoking cause heart disease?

The nicotine present in the smoke can decrease the oxygen supply to your heart, increase your blood pressure and heart rate, enhance blood clotting and damage the cells lining the blood vessels to cause blockage of these vessels, and decrease HDL, the "good" cholesterol protecting the lining of blood vessels.