



Use ♥ for every ♥

symptom of an underlying disease. Symptoms of CVD include pain or discomfort in the center of the chest; pain or discomfort in arms, left shoulder, elbows, jaw and back; shortness of breath; nausea or vomiting; dizziness or fainting; excessive sweating.

If you, or anyone you know, experiences these symptoms, you should immediately contact the nearest available doctor or medical facility..

Preventive measures include lowering the risk factors of CVD by avoiding the use of tobacco or alcohol consumption, reducing salt in diet, eating more fruits and vegetables, getting regular physical exercise and adequate sleep. A healthy diet can also help reduce your risk of heart disease, help with weight loss, diabetes and high blood pressure.

Everyone must eat a balanced diet that includes fruits and vegetables, whole grains such as wheat, brown rice, oats, millets and quinoa; low fat milk, yogurt and other dairy products; white meat, fish and eggs (yellow part of eggs can be used, 1 daily)

Fast foods, red meat, fried foods, highly starchy foods, carbonated beverages, bakery foods, and maida -based foods should be strictly avoided.

Aim to limit the use of saturated fats as much as possible and consume small amounts of mono- and polyunsaturated fats, and avoid foods high in trans fat.

It is important to remember that all fats and oils are high in calories, so even unsaturated fats should be consumed only in small amounts.

Also remember that not all cooking oils are the same. As you walk down the aisles



of your grocery store, you have probably noticed many different varieties of oils. When considering which oil is best for heart patients, olive oil is one of the healthiest. It is packed with antioxidants that can improve circulation, promote healthy digestion, boost your immune system, and reduce inflammation.

Consuming more than 7 grams (less than 1/2 tablespoon) of olive oil per day is associated with lower cardiovascular disease mortality, cancer mortality, neurodegenerative disease mortality, and respiratory disease mortality. According to a recent study report by the American College of Cardiology, replacing the equivalent of 10 grams of butter, mayonnaise and dairy products with olive oil per day could help reduce the risk of cardiovascular death.

Do not reuse cooking oils that have been used once, as they increase trans-fatty acids which is very dangerous for your health. Vegetable oils such as mustard oil, rice bran oil, and canola oil should always be used only once.

Heart attacks were previously reported mainly among people over the age of 40, but today they occur in people under the age of 18 as well. Young people today have a lot of stress — from work pressure, urbanization and

lifestyle changes, such as smoking, excessive use of alcohol, unhealthy eating habits — excessive use of mobile and computer screen time, which often leads to lack of sleep. All of these lifestyle changes affect the heart, which then leads to heart attack, cardiac arrest or arrhythmia.

The most important thing is to have a regular cardiac checkup. If a person has a strong family history of heart disease, you must visit your nearest internist much earlier before any symptoms set in.

A thorough health check-up, ECG, blood tests, and above all, the doctor can check your heart rate, rhythm, or listen to abnormal heart sounds to make sure that you do not have heart disease.

You may think that the heart is just an organ that pumps blood, but if you think with your heart, you will understand that the heart is the core of human existence. It is the organ that controls our various emotions.

Let us protect the heart to experience with the heart...



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Cardiovascular diseases (CVD), including heart disease and stroke, are the leading cause of death in the world. According to the World Health Organization (WHO), nearly 18 million people die from heart disease every year, accounting for more than 31 percent of annual global deaths. One-third of these deaths are premature deaths (below 70 years of age).

Heart is the main organ that supports the human body 24 hours a day. Even when we are sleeping, the heart continues to work for us without rest. Unhealthy diet, physical inactivity, tobacco use, and excessive alcohol consumption are the most important risk factors for heart disease and stroke. High blood pressure, high blood glucose, high blood cholesterol, overweight and obesity increase the risk of heart disease in individuals. When the global COVID-19 pandemic erupted, the WHO issued a warning that people with heart disease should be extremely careful and get vaccinated against COVID-19 as soon as possible.

In 2022, the World Heart Day message of 'Use Heart for every Heart', provides an opportunity for everyone to stop and consider how best to use the heart for humanity, for nature, and for you. Beating CVD is something that matters to every beating heart.

A heart attack or stroke may be the first