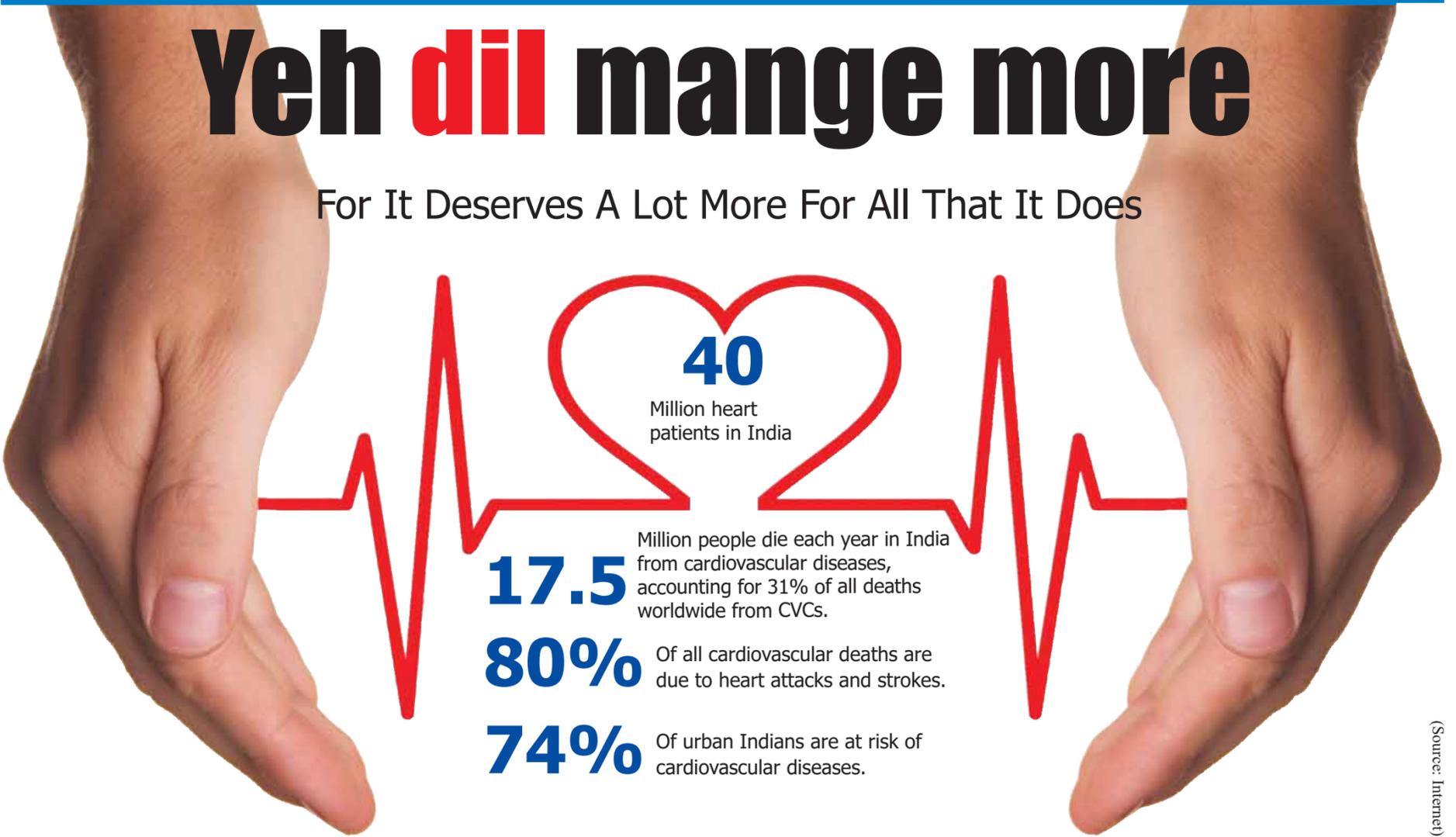




Brought to you by YP team of AIS Noida- Ishaan Sahai, Medhansh Goyal, Antra Rajpoot, Mairaa Jhanjee & mentor teacher, Sanyukta Priya

# Yeh dil mange more

For It Deserves A Lot More For All That It Does



**40** Million heart patients in India

**17.5** Million people die each year in India from cardiovascular diseases, accounting for 31% of all deaths worldwide from CVCs.

**80%** Of all cardiovascular deaths are due to heart attacks and strokes.

**74%** Of urban Indians are at risk of cardiovascular diseases.

(Source: Internet)

## Food for heart

Instead of savouring the dishes ordered by tastebuds, listen to your heart as it craves for something healthier for its smooth functioning. Enlisted are some food items your heart wants.

arteries from damage by free radicals.  
**Oatmeal:** Rich in good fats, fiber, and potassium. Combats heart disease, brings down blood pressure.  
**Asparagus:** Potassium along with folic acid and Vitamin C.



**Almonds:** Rich in monounsaturated fats, fiber and antioxidants.  
**Avocado:** Vitamin C, Vitamin B, good fats and potassium.  
**Blueberries:** Antioxidant rich, keeps cholesterol levels in control.  
**Brown rice:** Rich in fiber and contains special compound, lignans that fight heart disease.  
**Tomatoes:** Rich in Vitamin C, Vitamin A and also protect

helps in preventing heart disease.  
**Broccoli:** Contains Sulforaphane and co-enzyme Q10 which fortifies muscles including those of the heart.  
**Oranges:** Contains powerful compounds flavanones that raise good cholesterol and lower bad cholesterol.  
**Dark chocolate:** Anti-inflammatory compounds keep blood sugar and cholesterol levels in check.

## Problem? Solution!

**D**r Mahesh Sharma, Union Minister of State for Culture (I/C) and MoS Environment, Forest and Climate Change, Govt of India, talks about the problem of poor heart health in India and probable solutions to the same.



YP team interacts with Dr Mahesh Sharma

### The problem

Today, most of the people have a very hectic lifestyle, which is one of the primary reasons for increase in cardiovascular diseases. With an ever increasing busy schedule, people are forced to eat junk food at odd hours and have little or no time to exercise. People these days have very less or no time for getting a regular health check up done, especially after the age of 30. Add to it the high stress levels of today's competitive world where everyone is running in a rat race. All these factors put together lead to poor heart health. Increase in smoking and alcoholism too have made the matters worse.

### The solution

A healthy lifestyle is the key to keep your heart healthy. Exercising daily and eating nutritious foods at the right time matters. Healthy heart is possible only if you make healthy choices. No work is more important than one's health. So, make it a point to take time off every day to exercise and relax your mind. On a community level, hospitals should work towards preventive measures instead of treatment-intensive course for better heart health. These include conducting awareness camps on cardiovascular diseases, cholesterol management and conducting subsidised heart check-ups.

## YOUTH POWER FINDINGS

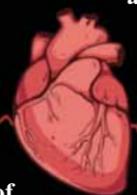
- Only **15%** people are aware about heart diseases.
- Only **11%** people eat breakfast before leaving for work.
- A dismal **6%** exercise on a regular basis.
- Just **15%** people get their BP checked regularly.
- 10%** people know how to perform Cardiopulmonary resuscitation (CPR).
- 25%** people get cholesterol level checked regularly.
- 6%** people take break between work.
- 8%** work for optimum 8 hours.

Sample size: 200 | Methodology: Questionnaire | Sample group: 30-50 years

## Be a sweetheart, avoid these risks

**Risk 1 Diabetes**  
It increases the risk of developing cardiovascular diseases.  
**Risk 2 High blood pressure**  
Heart's workload increases because of high blood pressure causing heart muscles to become stiffer. It

increases the risk of stroke, kidney failure and congestive heart failure.  
**Risk 3 Overweight**  
People with excessive body fat especially at the waist are more likely to develop heart disease and stroke.  
**Risk 4 Smoking**



It increases your risk of developing heart disease by two to four times.  
**Risk 5 High Cholesterol**  
The risk of coronary heart disease increases with high cholesterol.  
**Risk 6 Family History**  
Individuals with parents or close relatives with heart disease are more likely to develop heart related ailments.

## FIND YOUR TARGET HEART RATE

<b>Peak heart rate</b> Subtract your age from 220. $220 - 50 = 170$ Peak heart rate	<b>Resting heart rate</b> Hold the pulse and count the beats for 10 seconds. Multiply your answer by 6. $12 \times 6 = 72$ Resting heart rate	<b>Reserve heart rate</b> Subtract resting heart rate from peak heart rate. $170 - 72 = 98$ Reserve heart rate	<b>Target heart rate</b> Multiply reserve heart rate by 50 percent, then add that number to your resting heart rate. $98 \times .5 + 72 = 121$ Target heart rate
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(Source: Internet)