

[Ahmedabad](#) [Mumbai](#) [Delhi](#) [Bengaluru](#) [Hyderabad](#) [Kolkata](#) [Chennai](#) [Agra](#) [Agartala](#) [Ajmer](#) [Allahabad](#) [Amaravati](#) [Amritsar](#) [Aurangabad](#) [Bareilly](#) [Bh](#)

[CIVIC ISSUES](#) [CRIME](#) [POLITICS](#) [SCHOOL AND COLLEGES](#) [GUJARAT ELECTIONS](#) [VIDEOS](#) [PHOTOS](#) [WEATHER](#)

[NEWS](#) /
[CITY NEWS](#) /
[AHMEDABAD NEWS](#) /

Smoking A Major Risk Factor In Heart Disease

TRENDING

[Rain News](#)

[Delhi Weather Today](#)

[Manipur Violence](#)

[Mumbai Weather](#)

[Maharashtra Bus Accident](#)

[Delhi Girl Murder](#)

[Rain News](#)

[Delhi Weather To](#)

 THIS STORY IS FROM JUNE 1, 2012

Smoking a major risk factor in heart disease

TNN / Updated: Jun 1, 2012, 01:21 IST

 [SHARE](#)

AA

[FOLLOW US](#) 

YOU'RE READING



Smoking a major risk factor in heart disease



The science behind scalp harmony: Mastering the art of a...



2008 serial bomb blasts
accused brought to
Ahmedabad

4

Complainant in graft
case sent to jail, high
court orders probe

AHMEDABAD: [Gerard Bodwekar](#) had got a [heart attack](#) when he was only 36. The main cause for [cardiac arrest](#) was smoking. Gerard had started [smoking](#) when he was in class X. Today, he carries four stents in his heart as most of his arteries were blocked. "I started smoking when I was in class X. What started with one cigarette amongst five friends soon graduated to five cigarettes daily. By the time I started my business, I was smoking 12 cigarettes daily. It had become an addiction. If I was waiting for somebody, I needed a cigarette in my hand," says Gerard. On [World No Tobacco Day](#), Gerard says that he left smoking in 2009 after he got a heart attack. "I always thought that smoking caused cancer. I never associated smoking with heart disease," says Gerard who confesses that he left smoking after suffering a shocker of a heart attack. "It was not easy but the heart attack taught me a couple of lessons in discipline. I can now jog for an hour without losing a breath," says Gerard. He says that it is easy to give in to peer pressure and take to smoking but one has to battle the side-effects alone. Chief of cardiology at Apollo Hospital, Dr Sameer Dani, said that smoking is one of the key risk factors in heart disease. "A study we had conducted revealed that smoking was the prime cause in 40% of men under 45 years of age who suffered a heart attack." Cardiologist at Life Care Hospital, Dr Jay Shah, said that nicotine weakens the arteries of the heart causing inflammation

Cardiologist at Life Care Hospital, Dr Jay Shah, said that nicotine weakens the arteries of the heart causing inflammation which leads to rupturing of the plaque inside the vessels. "Smoking is a major risk factor in heart disease and even one cigarette is dangerous to a person who is pre-disposed to heart disease," said Dr Shah.

FOLLOW US ON SOCIAL MEDIA

VISUAL STORIES



[Bollywood actors who started their career with South films india](#) [Why is vitamin B6 important and 10 foods rich in it Food](#) [12 mind-blowing dishes from the Indian villages Food](#) [Best phones with top camera feature under Rs. 20,000 india](#)

ELECTIONS

[Madhya Pradesh Elections](#)

[Rajasthan Elections 2023](#)

[Chhattisgarh Elections](#)

[Telangana Election 2023](#)

[Mizoram Elections](#)

TOP TRENDS

[Telangana Flood](#)

[Bus Accident in Maharashtra](#)

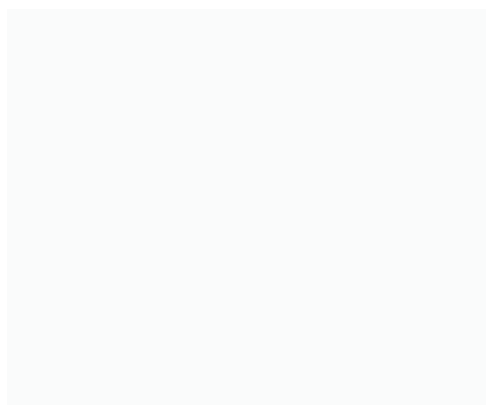
[India vs West Indies Live Score](#)

[Manipur Violence](#)

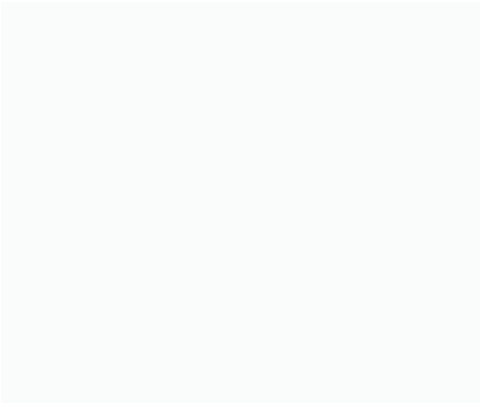
[England vs Australia](#)

[Rain in Mumbai](#)

ADVERTISEMENT



ADVERTISEMENT



TRENDING STORIES

IN CITY

ENTIRE WEBSITE

Mumbai Rains Live Updates: IMD says rainfall likely to reduce over weekend

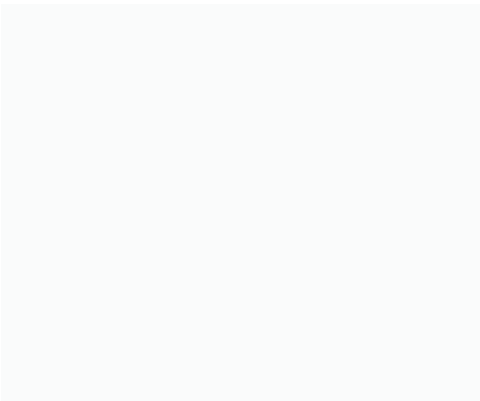
Live: 20 MPs from oppn alliance INDIA head to Manipur

Telangana Weather News Live Updates: 1,900 rescued as water sinks village in Bhupalpally district; low-lying areas swamped

Parliament Monsoon Session Live Updates: YSRCP to supp... vote against no-trust motion

... ..

ADVERTISEMENT



ADVERTISEMENT



- [About us](#)
- [Create Your Own Ad](#)
- [Terms of Use and Grievance Redressal Policy](#)
- [Privacy policy](#)
- [Advertise with us](#)
- [RSS](#)
- [Newsletter](#)
- [Feedback](#)
- [ePaper](#)
- [Sitemap](#)
- [Archives](#)

FOLLOW US ON



OTHER TIMES GROUP NEWS SITES

- [The Economic Times](#)
- [Hindi Economic Times](#)
- [Navbharat Times](#)
- [Maharashtra Times](#)
- [Vijaya Karnataka](#)
- [Telugu Samayam](#)
- [Tamil Samayam](#)
- [Malayalam Samayam](#)
- [Ei Samay](#)
- [I am Gujarat](#)
- [Times Now](#)

[Times Now Navbharat](#)

[TimesPoints](#)

[Indiatimes](#)

[Brand Capital](#)

[Education Times](#)

[Times Food](#)

[Miss Kyra](#)

POPULAR CATEGORIES

[Headlines](#)

[Sports News](#)

[Business News](#)

[India News](#)

[World News](#)

[Bollywood News](#)

[Health & Fitness Tips](#)

[Indian TV Shows](#)

[Celebrity Photos](#)

HOT ON THE WEB

[Hormone Boosting Foods](#)

[Parenting Tips](#)

[Reduce Face Fat](#)

[Women Health](#)

[Sri Sri Ravi Shankar](#)

[Zodiac Sign](#)

[Shah Rukh Khan](#)

[Bigg Boss OTT 2](#)

[Ankita Lokhande](#)

[Best Phone Under 20000](#)

TOP TRENDS

[Telangana Flood](#)

[Bus Accident in Maharashtra](#)

[India vs West Indies Live Score](#)

[Manipur Violence](#)

[England vs Australia](#)

[Rain in Mumbai](#)

[Delhi Rain](#)

[Andaman and Nicobar Earthquake](#)

[Mumbai Red Alert](#)

[Delhi Girl Murder Case](#)

[Most runs in IND vs PAK Asia Cup](#)

[Mumbai Flood](#)

[Modi in Gujarat](#)

[Most Wickets in India vs Pakistan Asia Cup](#)

[Semicon India](#)

[Kuldeep Yadav](#)

[ITR Filing](#)

[India vs West Indies 2023](#)

TRENDING TOPICS

[Indain Villages](#)

[Rocky Aur Rani Kii Prem Kahaani Reivew](#)

[Best Food For Women](#)

[Cookies Recipes](#)

[Bro Movie Review](#)

[Vitamin E Food](#)

[Best Aurore Kii Prem Kahaani Reivew](#)

[Rocky Aur Rani Kii Prem Kahaani Collection](#)

[Tamannaah Bhatia](#)

[Nora Fatehi](#)

[Dhanush](#)

[Parenting Tips](#)

[Relationships Tips](#)

[TV Celebs](#)

[Abhishek Malhan](#)

[Suhana Khan](#)

[Hrithik Roshan](#)

[Vivo Y55s](#)

[Laptops under 30000](#)

[WiFi Routers](#)

[Tablets under 15000](#)

LIVING AND ENTERTAINMENT

[Viral News](#)

[Viral Videos](#)

[Femina](#)

[ETimes](#)

[Grazia](#)

[Zoom](#)

[Travel Destinations](#)

[Bombay Times](#)

[Cricbuzz.com](#)

[Filmfare](#)

[TV](#)

[Lifestyle](#)

[Longwalks App](#)

[Newspaper Subscription](#)

[Food News](#)

[Times Prime](#)

[Whats Hot](#)

SERVICES

[CouponDunia](#)

[Magicbricks](#)

[TechGig](#)

[TimesJobs](#)

[Bollywood News](#)

[Times Mobile](#)

[Gadgets Now](#)

[Careers](#)

[Colombia](#)