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## Young aren't really strong-hearted

Hetal Vyas / TNN / Updated: May 15, 2012, 06:41 IST

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BANGALORE: Nageshappa (name changed), an 18-year-old BBMP pourakarmika, showed no obvious symptoms of cardio-vascular disease. He was a chain smoker who puffed away 12-15 beedis a day. In August last year, Nageshappa complained of acute chest pain and was rushed to Sri Jayadeva Institute of Cardiovascular Sciences and Institute (SJICR). Doctors said he suffered a severe heart attack and performed an angioplasty on him. Catching 'em young

Nageshappa is one of those below 40 years and diagnosed with cardiovascular disease. The Sri Jayadeva Heart Watch (SJHW), a year-long study conducted by SJICR from September 2010 on 1,042 heart patients, states that 25% of patients is below 40, and about 10% is [women](#). Dr CN Manjunath, [senior cardiologist](#) and director, SJICR, said: "Incidence of cardiovascular diseases is on the rise, but what's worrying is that more and more youngsters are getting it. About 40 years ago, there were more deaths due to communicable diseases like malaria or tuberculosis. Today, they are due to [diabetes](#), hypertension and [obesity](#) which can provoke heart and kidney failures." Stress affects health Manjunath said the main reason behind heart ailments is the rise in stress levels in both urban and rural population. "The cause for contracting stress might be different but both are equally prone to it. High ambition, nuclear family system and work culture are pushing up stress levels among urbanites, whereas property disputes and lack of labour are the causative factors in rural India," he explained. The study found that 30% of patients is suffering from diabetes and hypertension; 20% does not have symptoms of heart ailments but has a family history of the disease. Dr [Rajpalsingh](#), senior cardiologist, [Fortis Hospitals](#), said: "Smoking is a major risk factor behind increasing heart ailment cases. More and more youngsters are taking to [smoking](#). They think if they maintain their physique they will never get a heart attack. But family history plays a major role. If one of the parents has suffered from heart disease or attack, their child is likely to contract the ailment at a younger age." The rate of prevalence of heart ailments is alarming in women below the age of 40 which is mainly due to increasing stress levels, obesity and diabetes. Dr [Sanjay Mahrotra](#), senior [consultant](#) cardiologist, [Narayana Hrudayalaya](#), said: "Women struggle hard to maintain a balance between work and family. More stress raised blood sugar levels and hypertension, leading to heart ailments. Obesity among women is also a major risk factor. Today, many children are obese, which means in the next three decades the scenario will be worse." Narcotics A Big Threat Smoking, especially intake of narcotics, has increased among youngsters. Students living away from families indulge in such activities. Consumption of cocaine and marijuana is very dangerous for the heart. Smoking of cigarettes and beedis oxidizes cholesterol and inflames arteries, causing heart attacks. Dr CN Manjunath | Senior Cardiologist And Director, SJICR What To Do Diabetes, hypertension, stress, smoking and alcohol are risk factors that cause heart ailments. One must identify these and take steps to prevent them. If you have a family history of heart ailments, then go for regular checkups. Keep your sugar and cholesterol levels in control. Also, avoid eating junk food and walk for at least 15 to 20 minutes daily Dr Prabhakar Shetty | Consultant Cardiologist, Columbia Asia Hospital



**About the Author**

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Hetal Vyas has been covering legal news since 2005 and joined The Times of India in September 2010. She is currently Principal

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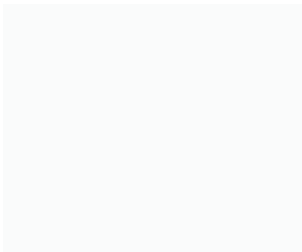
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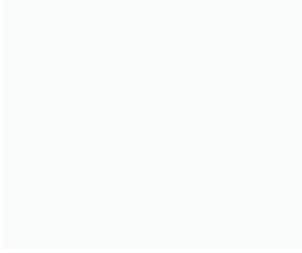
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