

BRAINSTROMING AND IDEATION IDEA



Presented By

VISHNUPRIYA MS
MIRUTHULA SHRI P
MANORANGITHAM T
TRISHA A

Healthy Heart

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1. DIGITAL HEALTH *

Leveraging digital health applications for monitoring of objective parameters such as weight, voice, hemodynamics, and patient-reported symptoms may improve clinical outcomes in heart disease patients by allowing early actions to optimize treatment.

2. SURVEYS CONDUCTED ON PEOPLE FOR PREDICTING FROM HEART DISEASE

Early heart disease often doesn't have symptoms or the symptoms may be barely noticeable. That's why regular checkups with your doctor are important the World Health Surveys (WHS) were launched by the World Health Organization(WHO) to strengthen national capacity to monitor critical health outcomes and health systems .

3. MAINTAINING DIET AND SELFCARE *

(i) EAT A HEART-HEALTHY DIET:

A healthy diet can help protect the heart, improve blood pressure and cholesterol, and reduce the risk of type 2 diabetes. A heart-healthy eating plan includes:Two examples of heart-healthy food plans include the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet.

(ii) MAINTAIN A HEALTHY WEIGHT:

Being overweight especially around the middle of the body increases the risk of heart disease. Excess weight can lead to conditions that increase the chances of developing heart disease including high blood pressure, high cholesterol and type 2 diabetes.

(iii) GET GOOD QUALITY SLEEP:

People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. If you feel like you've been getting enough sleep but you're still tired throughout the day, ask your health care provider if you need to be evaluated for obstructive sleep apnea, a condition that can increase your risk of heart disease

(iv) MANAGE STRESS:

Some people cope with stress in unhealthy ways such as overeating, drinking or smoking. Finding alternative ways to manage stress such as physical activity, relaxation exercises or meditation can help improve your health.

4. INHERITED HEART CONDITIONS *

- ☐ An inherited heart disease is one which has been passed on through your parents' genes. Inherited cardiac conditions (ICC) is an umbrella term covering a wide variety of relatively rare diseases of the heart. They are also referred to as genetic cardiac condition.
- ☐ ICCs are caused by a fault - also known as a mutation - in one or more of our genes. If someone has a faulty gene, there's a 50/50 chance it can be passed on to your children. These conditions do not always have symptoms, so you can be unaware you have the conditions this can sometimes mean that the first time a family is aware of being affected is after a sudden cardiac death (SCD).
- ☐ However, great improvements are being made in the detection of ICCs and also how you can live with your condition. There are effective treatments which allow you to lead a normal life.
- ☐ **Family history** - It's very important to draw a medical family tree with an appropriate health professional. This can help to "paint a picture" to see if you have - or have had - any other family members with the same condition. The family tree is sometimes known as a pedigree.