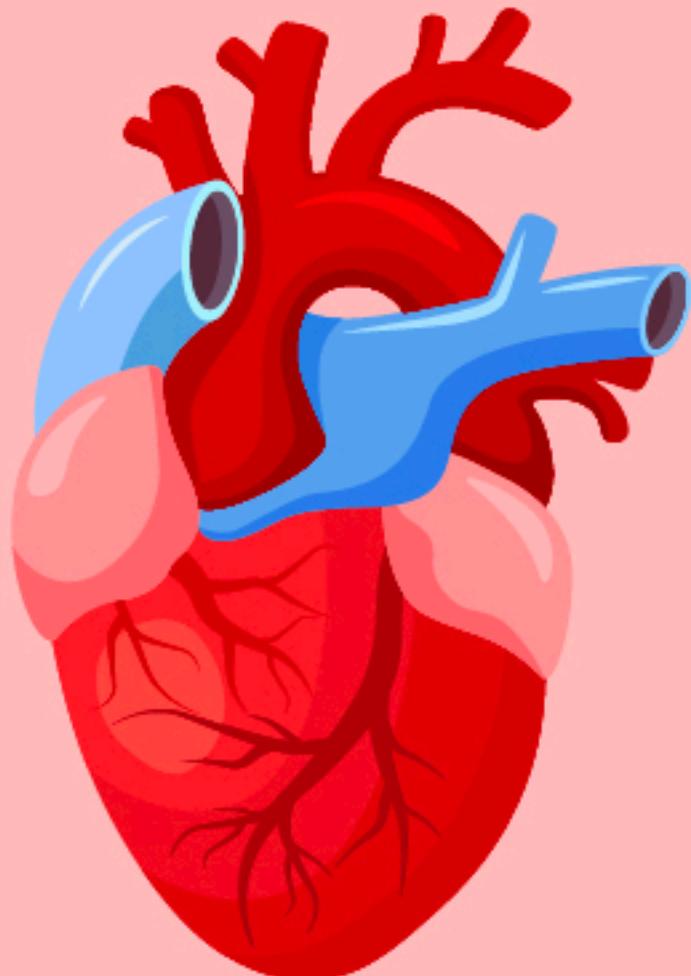


A 6-Step Plan to Prevent **HEART ATTACKS**

Simple lifestyle changes and proactive measures can empower you to safeguard your heart health.



Click to Skip Sections

Step **01**

03-04

Understanding heart disease

- a. How does heart disease occur?
- b. Warning signs of heart disease

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05-14

Keeping risk factors in check

- a. Diabetes
 - Types of diabetes
 - Know your diabetes triggers
 - How to manage diabetes?
- b. Hypertension
 - Key factors affecting high blood pressure
 - How to lower blood pressure?
- c. High cholesterol
 - What triggers high cholesterol levels?
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- d. Obesity
 - What causes obesity?
 - How to achieve a healthy body weight?
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Step **03**

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- a. Easy Exercises to Keep Moving
- b. Your 12-Week Walk Plan for a Healthy Heart

STEP 1: Understanding Heart Disease

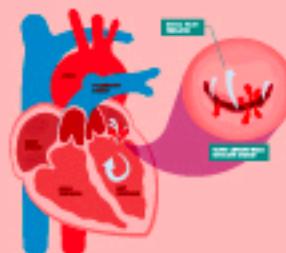
Coronary heart disease is part of a group of cardiovascular disorders that affect the heart and blood vessels. These include:



Stroke



High Blood Pressure



Rheumatic Heart Disease

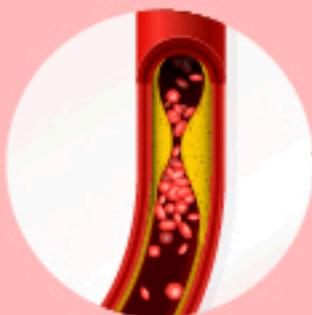
#DidYouKnow

Heart attack fatalities in Indians aged 30-60 have skyrocketed by 54% over the last 10 years.*

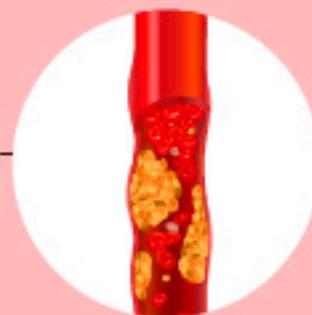
How Does Heart Disease Occur?



Plaque buildup
in arteries



Narrowing & hardening
of artery walls



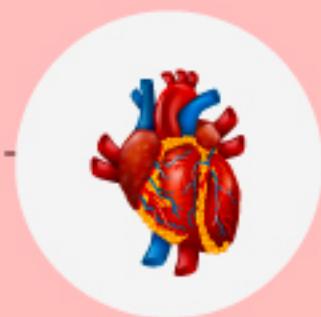
Restricted
blood flow



Limited oxygen
& nutrient
supply to the heart



Heart
attack



Lasting damage
to heart muscles

Watch Out For These Warning Signs!



Chest pain



Fatigue and
exhaustion



Heaviness around
the chest



Muscle cramps



Shortness of breath



Numbness in the
face and/or limbs



Dizziness
and/or fainting



Difficulty in talking,
walking and vision

STEP 2: Keeping Risk Factors in Check

People who identify with the associated risk factors may be at risk of developing heart disease.



High blood pressure and cholesterol



Type 2 diabetes

Prevention: Keep your vitals under check

Prevention: Keep your vitals under check



Family history



Obesity

Prevention: Keep your vitals under check

Prevention: Diet control & exercises



Sedentary lifestyle



Diet rich in sodium, sugar and fat

Prevention: Regular exercises

Prevention: Balanced diet



Excess alcohol & tobacco consumption



Chronic inflammatory & autoimmune diseases

Prevention: Not more than 2 glasses of wine

Prevention: Keep your vitals under check

Let's Break Down the Most Common Risk Factors One by One!

1. Diabetes

**DID YOU
KN?W**

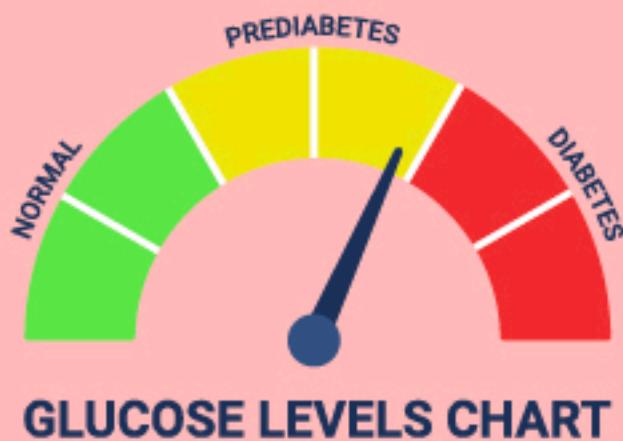
Over 65% of diabetes-related deaths are attributed to cardiovascular issues. Women diagnosed with type 2 diabetes face a particularly elevated risk of heart disease and stroke mortality.

Diabetes is a chronic metabolic disorder characterized by elevated blood sugar levels due to insufficient insulin production or the body's inability to effectively use insulin, leading to various health complications over time.



Diabetes Type	Characteristics
Type 1 Onset: Childhood or adolescence	Results from the immune system attacking and eliminating pancreatic insulin-producing cells
Type 2 Onset: Adulthood or later years	Involves insulin resistance and reduced production, often linked to lifestyle
Gestational Onset: During pregnancy, resolves postpartum	Occurs during pregnancy when blood sugar levels rise, typically resolving after childbirth

Prediabetes typically occurs when a person's blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes. It is a warning sign that one's blood sugar regulation is impaired, and without intervention, it can progress to full-blown diabetes.



Know Your Diabetes Triggers



Family history of diabetes

Prevention: Keep your vitals under check



High sugar & low-fibre diet or processed foods

Prevention: Low-sugar, high-fibre diet



High blood pressure

Prevention: Keep your vitals under check



Smoking & tobacco abuse

Prevention: Quit smoking



Chronic stress

Prevention: Practise stress management



Polycystic ovary syndrome (PCOS)

Prevention: Keep your vitals under check



Excess body fat or obesity

Prevention: Diet control & exercises



Physical inactivity

Prevention: Regular exercises

Explore the Diabetes-Heart Disease Connection

How to Manage Diabetes?



Monitor blood sugar levels regularly



Have 7-8 hours of sleep



Engage in at least 30 minutes of physical activity every day



Maintain a healthy weight



Take prescribed medications



Prioritize stress management



Follow a diet rich in whole grains, lean proteins and vegetables

Manage Diabetes with These Lifestyle Changes

2. Hypertension

Blood pressure is the force the blood exerts on artery walls. When this force consistently remains elevated, it causes high blood pressure or hypertension. This condition significantly heightens the risk of heart disease, stroke, kidney issues, and congestive heart failure.



Key Factors Affecting High Blood Pressure



Family history of high blood pressure

Prevention: Keep your vitals under check



Smoking

Prevention: Quit smoking



Obesity or excess weight

Prevention: Diet control & exercises



Chronic stress

Prevention: Practise stress management



High-sodium & low-potassium diet

Prevention: Balanced, nutrient-rich diet



Diabetes & kidney diseases

Prevention: Keep your vitals under check



Physical inactivity

Prevention: Regular exercises



Excessive alcohol consumption

Prevention: Not more than 2 glasses of wine

How to Lower Blood Pressure?



Maintain a healthy weight



Engage in at least 30 minutes of physical activity every day



Cut down on alcohol and tobacco



Reduce high-sodium intake



Practise stress management



Dash into the DASH (Dietary Approaches to Stop Hypertension) diet

In case you are already diagnosed with hypertension, a lifestyle change along with prescribed medications can keep blood pressure under control. Consult a physician to understand the medicines suitable for you.

Lower Blood Pressure with These Expert Tips

3. High Cholesterol

Accumulated cholesterol and fats (plaque) in arteries gradually narrow them to restrict blood flow to the heart, leading to chest pain and, if severe, heart attack.



What Triggers High Cholesterol Levels?



Saturated & trans fats-rich diet

Prevention: Nutrient-rich, low-fat diet



Smoking

Prevention: Quit smoking



Family history of high cholesterol

Prevention: Keep your vitals under check



Poor blood sugar control

Prevention: Manage blood sugar daily



Excess body weight

Prevention: Balanced diet & exercises



Certain medications

Prevention: Speak to your doctor



Physical inactivity

Prevention: Regular exercises



Underlying medical conditions

Prevention: Keep your vitals under check

How to Lower Cholesterol?



Prefer home-cooked meals



Consume a diet low in saturated fats & cholesterol



Take prescribed medication



Manage a healthy weight



Engage in moderate-intensity exercises every day

Explore Expert Tips to Manage High Cholesterol

4. Obesity

Carrying excess weight significantly boosts heart disease risk and invites various health issues like diabetes, high blood pressure, and cancer.



What Causes Obesity?



High-calorie,
low-nutrient diets

Prevention: Nutrient-rich, low-fat diet



Family history

Prevention: Keep your vitals under check



Sedentary lifestyle

Prevention: Regular exercises



Psychological factors like
emotional eating & stress

Prevention: Practise stress management



Inadequate rest or sleep

Prevention: Ensure 8-9 hours of sleep



Hormonal imbalances

Prevention: Keep your vitals under check



Certain medications

Prevention: Speak to your doctor



Medical conditions like depression & anxiety

Prevention: Keep your vitals under check

Explore the Obesity-Heart Disease Connection

How to Achieve a Healthy Body Weight?



Consume a balanced, nutrient-rich diet



Prioritize portion control



Opt for whole foods



Cut down on processed foods



Engage in aerobic and strength exercises

Is Your BMI Within the Healthy Range?

BMI, or Body Mass Index, is a numerical value derived from your height and weight to tell if you're underweight, normal, overweight, or obese.



18.5-23
Normal

23-25
Overweight

25-30
obese

>30
morbid obese

BMI Chart

BMI (Body Mass Index)	Range
18.5 - 23	Normal
23 - 25	Overweight
25 - 30	Obese
> 30	Morbid obese

How to Calculate Your BMI?

Metric System

$$\text{BMI} = \frac{\text{Weight (in kilograms)}}{\text{Height}^2 \text{ (in meters)}}$$

[Explore Tips to Accelerate Weight Loss](#)

Lifestyle Habits Have a Major Impact on Heart Health!



Excessive alcohol consumption
Excessive smoking
Substance abuse

Leads to high blood pressure, plaque buildup in arteries, and irregular heartbeats.



Prolonged stress

Secretes hormones that may strain the cardiovascular system



Sleep apnea

Contributes to high blood pressure, inflammation & insulin resistance



Consumption of birth control pills

May cause high blood pressure and clot formation

STEP 3: Getting Tested

To ensure the well-being of your heart, it's crucial to undergo a series of tests specifically designed to assess the aforementioned risk factors. Let's explore these in detail.

Tests	Details	Range		
		Normal	Borderline High	High
Glucose, Fasting	Measures blood sugar levels after overnight fasting	<= 100 mg/dL	101 to 125 mg/dL	>= 126 mg/dL
Glucose, Post-Prandial	Measures blood sugar levels 2 hours after a meal	<= 140 mg/dL	141 to 199 mg/dL	>= 200 mg/dL
Glucose, Random	Measures blood sugar levels at any given time of the day	< 200 mg/dL	NA	>= 200 mg/dL
HbA1C	Assesses average blood sugar levels over a period of 3 months	<= 5.7	5.8 to 6.4	5.8 to 6.4 >= 6.5
Cholesterol, Serum	Provides an overview of your cholesterol levels	< 200 mg/dL	200 to 239 mg/dL	>= 240 mg/dL

Tests	Details	Range		
		Normal	Borderline High	High
Triglycerides, Serum	Measures the amount of triglycerides (fat) in your blood	< 150 mg/dL	150 to 199 mg/dL	200 to 499 mg/dL & higher
LDL Cholesterol, Serum	Measures low-density lipoprotein or "bad" cholesterol in your blood	< 100 mg/dL	100 to 159 mg/dL	>= 160 mg/dL
HDL Cholesterol, Serum	Measures high-density lipoprotein or "good" cholesterol in your blood	60 mg/dL and higher	Men: 40-59 mg/dL Women: 50-59 mg/dL	Men: < 40 mg/dL Women: < 50 mg/dL
Lipid Profile	A complete cholesterol test that measures total cholesterol, triglycerides, LDL, and HDL in your blood.			

Doctors recommend preventive **health checkups every 6 months** for early detection and prevention of heart diseases.

[Explore Heart Health Packages](#)





You can also keep a constant tab on your glucose levels at home by investing in a good glucometer.

[Explore a Wide Range of Glucometers](#)



Some Must-Know Facts

Elevated blood cholesterol doesn't show any symptoms, hence, it requires regular testing for effective diagnosis and treatment.

A lipid profile test is recommended from age 20 onwards to monitor and manage cholesterol levels to reduce its ill effects on the heart.

Things to remember:

- ↑ LDL Levels = ↑ Risk of Heart Disease
- ↓ HDL Levels = ↑ Risk of Heart Disease

STEP 4: Switching to the DASH Diet

DID YOU
KN?W

People who followed the DASH diet reduced their blood pressure more than those who consumed fewer fruits and vegetables, reveals a study.



DASH (Dietary Approaches to Stop Hypertension) diet emphasizes fruits, veggies, whole grains, low-fat dairy, and magnesium-, potassium-, calcium-, protein-, and fibre-rich foods while limiting saturated fat, trans fat, total fat, and cholesterol-rich foods. Red meat, sweets, and sugary drinks find no space in this diet.

The DASH diet, though important for people with hypertension, benefits everyone by reducing the risk of high blood pressure, even those with normal blood pressure.



Dieticians recommend this daily dietary composition for maintaining good heart health.

Meals

Breakfast



Healthy Picks**

- Fresh fruits
- Citrus juice
- Low-fat milk
- Yoghurt
- Whole-grain bread and cereals
- Omelette made with egg whites
- Boiled egg without yolk
- Bran flakes
- Oatmeal

Beverages



- Lemon water
- Flavoured sparkling water
- Sugar-free iced tea
- Low-sodium tomato juice
- Decaffeinated coffee and tea with or without low-fat milk

Appetisers



- Steamed seafood
- Fresh fruits
- Salad with reduced-fat dressing

Meals

Main Course



Healthy Picks**

- Skinless poultry, fish, shellfish
- Seasonal and green vegetable dishes
- Low-fat cheese or red pasta with vegetables
- Pulses
- Multigrain bread
- Brown rice

Salads



- Lettuce, spinach and cucumber
- Boiled chickpeas and kidney beans
- Any of the above with fat-free dressings and lemon juice or vinegar

Dessert



- Fresh fruits
- Fat-free frozen yoghurt
- Low-calorie fruit sorbet
- Coffee or tea with low-fat or fat-free milk

Get a Personalized Diet Chart from Apollo Experts

STEP 5: Keeping Stress Levels Under Check

Managing stress is essential for maintaining good heart health. Here are some strategies to help you manage stress effectively.



Identify Stressors & Limit Exposure

- Recognize & understand the reasons behind your stress.
- Reduce exposure to stressful situations or people.
- Reduce your screen time and exposure to news and social media.



Practice Relaxation Techniques

- Take slow, deep breaths to calm your nervous system.
- Tense and release each muscle group in your body to relieve physical tension.
- Mindfulness meditation, in particular, is known for reducing stress.



Maintain a Healthy Lifestyle

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Aim for 7-8 hours of quality sleep per night.
- Limit caffeine and alcohol intake.



Exercise Regularly

- Physical activity can release endorphins, which are natural mood lifters.
- Tense and release each muscle group in your body to relieve physical tension.



Set Realistic Goals

- Avoid overcommitting and setting unrealistic expectations for yourself.
- Learn to say no when necessary.



Be Socially Active

- Share your feelings with friends and family for emotional support.
- Consider joining support groups or seeking professional help if needed.



Practice Mindfulness

- Mindfulness involves staying present in the moment and accepting it without judgment.
- Mindful activities include yoga, tai chi, and journaling.



Seek Professional Help

- If your stress becomes overwhelming or persistent, consider talking to a therapist or counsellor.



Develop a Hobby for Relaxation

- Engage in hobbies or activities you enjoy to take your mind off stress.
- Spend time in nature, read a book, listen to music, or take a bath.



Learn to Accept What You Can't Change

- Some stressors are beyond your control. It's important to accept this and focus your energy on managing your reactions to them rather than trying to change them.

Things to Remember

Managing stress is an ongoing process, and what works for one person may not work for another. It's essential to find a combination of strategies that work best for you and make them a part of your daily routine.



STEP 6: Making a Sustainable Workout Plan

Exercise positively impacts heart health by burning extra calories, helping maintain a healthy weight, reducing the risk of obesity-related heart issues, improving blood circulation, strengthening the heart muscle, and enhancing overall cardiovascular fitness.

Here are some easy exercises that burn a significant number of calories.

Activity

Calories Burned Per Hour

(Heavier the person more the calories burned)**

Walking, 3.2 km/h

240



Walking, 4.8 km/h

320

Walking, 7.2 km/h

440

Bicycling, 9.7 km/h

240



Bicycling, 19.3 km/h

410

Activity

Calories Burned Per Hour

(Heavier the person more the calories burned)**

Jogging, 8.85 km/h

740

Jogging, 11.3 km/h

920



Swimming,
25 yards per minute

275

Swimming,
50 yards per minute

500



Hiking

408



Activity

Calories Burned Per Hour

(Heavier the person more the calories burned)**

Jumping rope



750

Tennis, singles



400

Easy Exercises to Keep Moving

1. Use stairs, both up and down, instead of elevators.
2. Park your car a little far from the office or store and walk the rest of the way.
3. If you take public transportation, get off a stop early and walk a few blocks.
4. Take a brisk stroll around the neighbourhood rather than watching TV.
5. Speed up your household chores or gardening tasks.
6. Avoid prolonged sitting at train stations, bus stops, or airports; instead, opt to walk around and stay active.
7. Lift weights, do gentle yoga stretches, or pedal an exercise bike while watching TV
8. Spend less time watching TV and using the computer.



Your 12-Week Walk Plan for a Healthy Heart*

Week No.	Warmup	Activity	Cool Down	Total Time
Week 1 	Slow Walk - 5 Mins	Brisk Walk - 5 Mins	Slow Walk - 5 Mins	15 Mins
Week 2	Slow Walk - 5 Mins	Brisk Walk - 7 Mins	Slow Walk - 5 Mins	17 Mins
Week 3	Slow Walk - 5 Mins	Brisk Walk - 9 Mins	Slow Walk - 5 Mins	19 Mins
Week 4	Slow Walk - 5 Mins	Brisk Walk - 11 Mins	Slow Walk - 5 Mins	21 Mins
Week 5	Slow Walk - 5 Mins	Brisk Walk - 13 Mins	Slow Walk - 5 Mins	23 Mins
Week 6	Slow Walk - 5 Mins	Brisk Walk - 15 Mins	Slow Walk - 5 Mins	25 Mins
Week 7	Slow Walk - 5 Mins	Brisk Walk - 18 Mins	Slow Walk - 5 Mins	28 Mins
Week 8	Slow Walk - 5 Mins	Brisk Walk - 20 Mins	Slow Walk - 5 Mins	30 Mins

Week No.	Warmup	Activity	Cool Down	Total Time
Week 9	Slow Walk - 5 Mins	Brisk Walk - 23 Mins	Slow Walk - 5 Mins	33 Mins
Week 10	Slow Walk - 5 Mins	Brisk Walk - 26 Mins	Slow Walk - 5 Mins	36 Mins
Week 11	Slow Walk - 5 Mins	Brisk Walk - 28 Mins	Slow Walk - 5 Mins	38 Mins
Week 12	Slow Walk - 5 Mins	Brisk Walk - 30 Mins	Slow Walk - 5 Mins	40 Mins

Evaluate Your Heart Disease Risk in 2 Minutes

*Data on "Accidental Deaths & Suicides in India" (ADSI) compiled by the National Crime Records Bureau (NCRB), 2021

**Reference: Your Guide To A Healthy Heart PDF by National Institutes of Health, US.

Meditically reviewed by

Dr. Sanjeevkumar R. Kalkekar

MD Med. DNB Cardiology FSCAI(USA)

Senior Interventional Cardiologist,

National proctor for Lead-less pacemaker- Micra

TAVI, Mitra-clip (Valve expert)

Rhythm disorder expert

Overall experience 23 years

Wishing You Good Health