

Health: Heart Care - Part 2

Chat with Dr. Devi Shetty, a renowned Heart Specialist (India)

13. **Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy?**

Yes.

14. **Marriages within close relatives can lead to heart problems for the child. Is it true?**

Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child.

15. **Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart? What precautions would you recommend?**

When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.



16. **Are asthma patients more prone to heart disease?**

No.

17. **How would you define junk food?**

Fried food like Kentucky , McDonalds , samosas, and even masala dosas.

18. **Can a person help himself during a heart attack (Because we see a lot of forwarded emails on this)?**

Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and call 911.

19. **Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?**

Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

20. **Is there a relation between heart problems and blood sugar?**

Yes. A strong relationship since diabetics are more vulnerable to heart attacks than non-diabetics.

21. **What are the things one needs to take care of after a heart operation?**

Diet, exercise, drugs on time, Control cholesterol, BP, weight.

22. **What are the modern anti-hypertensive drugs?**

There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

23. **Why is the rate of heart attacks more in men than in women?**

Nature protects women till the age of 45. (Present Global census show that the Percentage of heart disease in women has increased than in men)

24. **How can one keep the heart in a good condition?**

Eat a healthy diet, avoid junk food, exercise every day, do not smoke and, go for health checkups if you are past the age of 40 (once a year is recommended)