

# JAYPEE HEALTH TIMES

A PUBLIC HEALTH INITIATIVE BY JAYPEE HOSPITAL, NOIDA

## Life after surviving a heart attack

According to doctors, a heart attack survivor is always at a risk of getting another attack. People who survive heart attacks, for them a post-attack care becomes very important. Often the risk of proper post-treatment care can become fatal. If experts are to be believed then adopting a healthy lifestyle along with proper post-treatment care can save you from another nightmare.

When it comes to post-treatment care the most important thing is proper medication. Drug therapy is imperative after a heart attack. Drugs prescribed to patient depends on a lot of factors like diabetes and blood pressure. Apart from correct medication, simple lifestyle changes like consuming healthy food and regular cardio exercises, can also help you reduce the risk of another attack.

Following these simple steps can help combat the risk of another attack and also can strengthen their heart:

**FOOD TO BE CONSUMED** – Fruits, vegetables and fiber-rich food. Foods rich in anti-oxidants, fiber, vitamins and minerals are good for the heart.



**AVOID** – Fried food, processed meat, sugar and high fat dairy products.

**EXERCISE** – Do regular cardio exercises and yoga. Exercise increases the oxygen in blood and facilitates smooth circulation.

**STRESS** – Avoid stress at all cost. Relax, unwind and meditate. Chronic stress exposes our organs to stress hormones like cortisol and adrenaline which is not good for the heart.

**ALCOHOL** – Avoid

alcohol or at least limit the intake. Exceeding the limit of alcohol contributes to the rise in triglycerides, it increases your heartbeats and can raise your blood pressure.

**SMOKING** – Smoking reduces oxygen cells in the bloodstream and cause clot formation. Thus increasing the chances of a sudden cardiac attack.

**BLOOD PRESSURE AND DIABETES** – Check regularly. High blood pressure causes strain on the heart while uncontrolled diabetes damages the nerves and blood vessels.

**DOCTOR** – When in doubt always consult a doctor. Your doctor can help you erase the health mistakes of the past. While also assisting you to gradually ease back into your daily routine.

**Dr. BL Aggarwal**  
Associate Director –  
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## Food for a healthy heart

Our eating habits and diet directly influence our body functions. The health of our heart often depends on the food that we consume. The main enemies of the heart are cholesterol, stress and any chronic disorder like high blood pressure or diabetes. Correct nutrition often prevents many heart problems. When it comes to your heart, only food that contains essential and vital nutrients should be consumed.

**What food should you eat to maintain a healthy heart?**

**WHOLE GRAINS** – Insoluble fiber from whole grains not only extracts the unnecessary cholesterol and fats from the blood but also excretes it out. Food like dalia (cracked wheat), quinoa, oatmeal and whole-grain bread are good for your heart.

**DARK CHOCOLATE** – Dark chocolates contain flavonoids that are known to improve blood flow. The chocolate should be more than 70% dark and should contain no processed sugar or palm oil.

**TOMATOES** – Red, juicy tomatoes are good for your heart. They not only contain potassium but also are a source of lycopene, which helps in eliminating cholesterol from the blood vessels.

**CITRUS FRUITS** – Fruits like sweet lemon, lemon and grapefruit and oranges are a good source of vitamin C, potassium, fiber, folate and vitamin B. These nutrients help lower the risk of a heart disease.

**BERRIES** – Raspberries, Indian gooseberry, blueberries and

raspberries are a good source of polyphenols and antioxidants. They know to lower the risk of heart diseases and are also good for brain functions. A bowl full of berries along with your daily breakfast can work wonders for your heart.

**GREEN LEAFY VEGE-TABLES** – High in carotenoids, these vegetables help in eliminating toxins from the blood. These vegetables are also rich in iron, calcium, fibers and antioxidants.

**Dr. Karuna Chaturvedi**  
Chief Dietician & HOD

and good fats that help lower cholesterol. Walnuts are known to cut down the risk of heart diseases because they are loaded with alpha-linolenic acid that flushes the cholesterol and any fat build-up in our arteries.

**FLAXSEEDS** – Also known as Alsi in India, flaxseed is a powerhouse of omega 3 fatty acids. They are best consumed in powdered form. You can directly consume this powder or add this to yogurt or milk.

**FISH** – The Indian salmon or any oily fish, flaxseed is a rich source of vitamin B, vitamin E, omega 3 and fatty acids. It regulates the heartbeat and reduces triglycerides from the blood. They are also a rich source of protein.

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## The air you breathe might be harming your heart!

The presence of harmful pollutants in the air has given rise to a number of health hazards. While air pollution is a problem that we have to face round the year, still it is the winter that makes it worse. The dip in temperature makes the air heavy and the pollutants get condensed in the fog which leads to various breathing and respiratory disorders.

The air around us contains oxygen, nitrogen, carbon dioxide, greenhouse gases, vehicular emissions, particulate matter and much more. Research says that the air in cities contains sulphur dioxide (SO<sub>2</sub>) and nitrogen oxide (NO<sub>2</sub>) that comes from burning of fossil fuels.

**Effect on the heart**

- Carbon monoxide, vehicular emissions, reduces the blood's ability to carry oxygen. Overexposure to carbon monoxide can be fatal. Carbon monoxide prevents oxygen from attaching to the cells and also reduces the ability of haemoglobin to release existing oxygen.
- Prolonged exposure to sulphur dioxide causes pulmonary oedema and

circulatory collapse.

- Particulate matter like soot or smog causes respiratory disorders. It also exerts pressure on the lungs in the process of purification. Minutely fine particulate matter is known to cause cardiovascular diseases.
- Another major pollutant in the air is the Volatile Organic Compounds (VOCs). VOCs are released from burning gasoline, oil, gas, diesel, solvents, paints, glues, wood and natural gases. Chlorofluorocarbons (CFC) is also one type of VOC which is used in solvents, propellants, aerosols, refrigerators, plastic and electric wire manufacturing.

High exposure to VOCs directly affect our heart and central nervous system. It causes a disturbance in the heart's rhythm.

**Precautions**

- Immediately consult a doctor if you spot symptoms like wheezing, breathing problems, chest pain, skin ailments and soreness in the eyes.

- Keep air-purifying plants like a spider plant, dracaena, peace lily and snake plant. They help in increasing the oxygen level in the house.
- In case you go for morning walks, always keep a mask on your face that can filter some level of pollutants.

We still have time to act and reverse the damage

done to the atmosphere. Conscious efforts from citizens to limit vehicular combustion, increase tree plantation and reduce the bursting of crackers can help us go a long way in securing a better future for all of us.

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## Fascinating facts about the heart

- You can measure the size of your heart with your fist. If you are an adult, it's about the same size as two fists. If you are a kid, your heart is about the same size as your one fist.
- Your heart beats about 100,000 times a day.
- Your heart pumps about 1 million barrels of blood during an average lifetime.
- Your heart can continue to beat even when separated from the body as long as it keeps getting the adequate supply of oxygen.
- All cells in our body receive blood supply except the corneas.
- The heart begins beating just 4 weeks after conception.
- A woman's heart typically beats faster than a man's.

## Attending to the matters of the heart. Why is regular checkup important?

Most of us today lead a fast paced life which often gives rise to unhealthy food habits and provides no time for regular exercise. It is therefore not surprising to find high blood pressure and heart diseases becoming increasingly common in adults between the age group of 28-40 years. A prolonged exposure to unhealthy lifestyle can make you prone to chronic heart diseases, diabetes, blood pressure disorders, thyroid disorders and even mental disorders. Apart from maintaining a healthy lifestyle, regular checkups can also help you keep chronic heart diseases at bay.

**Who should take preventive steps?**

- People who have chronic diabetes are at a risk of heart disease as diabetes affects the blood vessels and the nerves
- Patients with blood pressure disorder. Blood Pressure exerts pressure on the heart and causes inconsistent heartbeats
- Working professionals in the age group of 35-55 years. People who fall in this age group are at the risk of being affected by heart diseases because of their sedentary routine
- Smokers. Smoking is

often the root cause of many heart diseases

- People with a history of heart disorders in the family
- Adults above 60 years of age
- Regular checkups can be adopted as a preventive measure

Heart screening is an essential step towards prevention. An early detection can often prevent a heart disease from becoming fatal. Apart from regularly consulting the doctor, one should take the various preventive steps that a doctor might prescribe.

**BLOOD PRESSURE TEST**

High blood pressure damages the arteries and can trigger the formation of blood clots which increases the risk of heart diseases. One should check their blood pressure at regular intervals and should immediately consult a doctor if the blood pressure level is higher or lower than the normal range. A reading of 120/80 is considered ideal but it depends on many factors like age, occupation and lifestyle.

**CHOLESTEROL TEST**

Anyone above the age of 22 years should get a Cholesterol test done once in every 3 years. While people aged



above 30 years of age should get it done at least once a year.

Cholesterol gradually builds up on the inner lining of the blood vessels and often does not show any symptoms until it reaches an alarming level. Once it reaches that level it can cause some serious damage to the heart.

A Lipoprotein Profile test helps you to measure the level of total cholesterol, LDL (bad cholesterol), HDL (good cholesterol) and triglycerides (a type of fat). The test should be conducted on an empty stomach and preferably in the morning. Regular exercise and healthy food habits can also help you maintain the level of cholesterol in your body.

**ADVANCED LIPID PROFILE**

An advanced lipid profile

test measures the particle size in accumulated cholesterol. Certain fat particles are so minute that they can penetrate through the artery lining and get deposited in the form of plaque.

One can get these preliminary tests done at any hospital or screening center. Apart from these tests, there are some advanced tests like cardiac calcium scoring, which can help one detect chances of a heart attack at least 5-7 years in advance. Sometimes doctors can also recommend an AIC Blood Recanalization test to check the risk of diabetes.

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## Liver Cirrhosis

- Metabolic diseases
- Non-alcoholic fatty liver disease
- Chronic alcoholic liver disease
- Autoimmune liver disease

Treatment is urgently required and aimed at stopping or delaying the progression of the disease, minimizing liver cell damage and reducing complications. Specific treatment in the form of antiviral for chronic viral hepatitis and immunosuppression for autoimmune liver disease may be required. If alcohol is the cause of cirrhosis strict abstinence from alcohol is mandatory. Medications can also be given to control the symptoms of cirrhosis.

However, in the last stage of liver disease or advanced

cirrhosis, liver transplant is the only viable option. Talk to your doctor about the surgery before you get too sick to find out if a liver transplant might be an option for you.

How to prevent cirrhosis or prevent further liver damage?

- Avoid alcohol or get help if you are addicted to alcohol
- Talk to your doctor before you start taking any new medicines, including pain killers. Also talk to your doctor before taking any herbs, vitamins or supplements. Some medicines and supplements can damage the liver
- Get vaccinated against hepatitis A and B. If you have not been infected

before or if you haven't already

- Using condoms when having sex
- Not sharing drug needles
- Choose a healthy lifestyle with a daily exercise schedule
- Aim for a gradual and sustained weight loss if you are obese
- Follow a diet which is low in saturated fats and high in fiber
- Strict control of blood sugar levels in diabetes
- Consult a liver specialist early if any suspicion of liver disease

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## INSTITUTE OF ORTHOPAEDICS



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## SPECIALIZED CLINICS

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Thyroid Clinic: Every Saturday (11 am to 3 pm)

Asthma Clinic: Every Saturday (10 am to 2 pm)

Cosmetic Clinic: Monday to Saturday (10 am to 2 pm)

Breast Cancer Clinic: Every Thursday (10 am to 2 pm)

Epilepsy Clinic: Every Friday (11 am to 3 pm)

Diabetes Clinic: Monday to Saturday (10 am to 2 pm)

Pacemaker Clinic: Every Wednesday (10 am to 2 pm)



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## Making IVF accessible

**IVF: Aneasily understandable primer**

IVF is short form of In-vitro fertilization. In simple terms, the patients' eggs and sperms are taken and grown outside the human body, in something called a "lab dish". Once the dish delivers an embryo, it is then transferred to the uterus where it is expected to achieve full growth. Out of all the available methods, IVF is seen by medical practitioners as the most efficient and effective way to conceive. It is also called an Integral Assisted Reproductive Technology (usually referred with the acronym ART) method. This method - ART - has seen a prominent growth in India, thanks to the highly experienced fertility specialists in Delhi/NCR.

tal, these issues are well taken care of.

- Affordable cost and easy treatment:** Many fertility doctors in Delhi/NCR vouch for high-class facilities at Jaypee Hospital. However, best quality doesn't have to cost a fortune, the treatment cost here is 1/4th as compared to that in US, UK and other European countries. For this reason, the hospital is considered as one of the most popular fertility clinics in

Delhi-NCR among the residents of those countries.

- International quality standards:** With time, the demand for IVF is rising all over the world. Given the vast demography, the medical expertise at Jaypee Hospital includes some of the best fertility doctors in Delhi/NCR. This means a high quality IVF treatment that is easily accessible to people from all walks of life and all around the world. The quality here is comparable to that of US, making it a favorite destination for

medical tourism of US, Europe, Middle East, Africa etc.

- Reduced waiting periods:** As sitting periods at other places, at Jaypee Hospital, the procedures are quicker. The policies are designed in a way so as to ease the appointment process, and to provide patients with the earliest possible consultation. This makes the hospital the most sought-after for fertility treatments as well as foreign patients. With a highly efficient team of India's best fertility doctors, patients get fast

and efficient consultation and treatment. Other processes like legal formalities, paper work etc. have also been designed to minimize distress for hopeful couples.

- Using various platforms:** With increasing demand for IVF, fertility doctors in Delhi/NCR are reaching more and more patients through OPDs, website, and using other social media platforms.

## Just ten practices can keep the joint pain away from your life.

Joints don't just support our body weight but also facilitate our movements. Joints contain hyaluronic acid and synovial fluid that lubricates the bones and allows it to move without friction. However, over the years due to the constant movement, they become susceptible to wear and tear and as we grow older the chance of joint problem increases.

Joint pain is majorly experienced in the knees, shoulder, elbow, wrists, and back. Injuries like fractures also exert strain on the joints and can cause joint pain. Incorporating certain lifestyle changes like the following and adopting a systematic therapy routine will help ease joint pain.

**1 Nutrition check**

For joint health, the pH balance has to be maintained in the body. Acidic food cause the lubricant in the joints to gradually dry up. Processed food and saturated fats should also be avoided. Alkaline food on the other hand help in increasing energy and reduce inflammation and are therefore good for your bones. Consuming papaya, apples, whole grains, milk, walnut and pumpkin seeds can significantly reduce the chances of joint pain. Foods rich in omega-3 fatty acids are also good for the maintenance.

**2 Maintain good posture**

A poor posture will cause muscle stiffness and improper blood flow in the bones. If you spend long hours sitting for long hours, ensure that you maintain a 90-110 degree thigh bent with thighs completely supported by the chair, relaxed shoulders, keep your feet flat on the floor, the chest and neck should support the upper lower back and the top of your computer screen should be at eye level.

**3 Get therapy**

If you are suffering from joint pain, physical therapy can ease the discomfort. The therapists follow a synchronized plan of joint and muscle movement along with heat packs that help release the tension.

**4 Control weight**

Reducing weight will lower the strain on the bones and joints. Maintaining healthy weight lowers the risk of lifestyle disorders.

**5 Right footwear**

Our feet support the entire body weight and therefore it is important that they get adequate support. A correct footwear should offer cushioning, support, stability, and comfort to the feet, ankles and calf muscles.

**6 Take adequate rest**

Taking adequate rest is very important in case of a joint pain. Your joints will heal if you keep them still.

**7 Increase flexibility**

Stretching keeps your joints fit. It maintains the range of motion and strengthens the muscles. Take breaks from your workstation to stretch. Stiff joints are prone to inflammation and therefore it is important to keep them flexible.

**8 Cold and warm therapy**

Putting an ice pack on the area of pain will reduce swelling as the blood flow slows down due to low temperature. On the other hand, warm water helps in easing the muscles. It improves blood circulation and provides a relaxing effect.

**9 Seek medication**

When it comes to joint pain, nothing can replace the importance of proper medication. One should always consult a doctor before taking any medication.

**10 Supplement support**

Joint pain can also arise due to deficiencies of certain vitamins or minerals. Vitamin D and calcium deficiency may weaken the bones. Make sure your diet has enough calcium and proteins.

Joint concerns have a long-term impact. Regular check-ups, healthy diet and daily exercises can help you curb the pain before it becomes unbearable.

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MS (Orthopaedics), M. Ch. (Orthopaedics & Joint Replacement),  
FRCGS (Trauma & Orthopaedics)

## Jaypee Hospital performs Dual-Lobe-Liver Transplant Surgery



Noida: A rare liver transplant surgery was performed recently by our Liver Transplant Department. The transplant involved a 'Dual-Lobe-Liver Transplant' on a 38-year-old Mongolian patient. The life saving surgery took around 16 hours and a team of India's best transplant surgeons.

Last year, in June, 38-year-old Puresuren Dorj got to know about his liver ailment and was advised for a transplant surgery in October. However, the patient weighed 130 kgs, which made it impossible for him to survive if he were to receive the liver from just one person. After careful considerations, both his brothers aged 35 years and 31 years decided to donate a part of their liver to our patient. And that meant a Dual-Lobe-Liver Transplant surgery.

A procedure of Dual-Lobe-Liver transplant says,

Dr. Abhideep Chaudhary, a Senior Liver Transplant surgeon at Jaypee Hospital said, "It is a very rare surgery. In this surgery, liver from two donors is transplanted to one recipient. In normal cases, only one part of the liver from one donor is sufficient for the transplant. But in cases where the recipient is overweight or large in size, liver from one donor may not be sufficient to sustain the functions of the body. Hence, in such cases, Dual-Lobe-Liver Transplant surgeries are done". He further added, "In Dual-Lobe-Liver Transplant Surgery, three surgeries are performed simultaneously and hence it involves more complexities and challenges."

Upon asking Puresuren Dorj (the patient) said, "Prior to the surgery, my life was miserable because of my liver failure. After consulting with the doctors, I was informed that I will have to undergo a liver transplant surgery, for which one of my brothers agreed to donate his liver. But

when Dr. Abhideep informed me that I will require two donors for my transplant, I got really worried by the nature of the surgery. However, Dr. Chaudhary explained to me how the surgery will be performed and assured me that he will be back to leading a normal life post-surgery without any complications. I can't thank Dr. Abhideep Chaudhary and my brothers enough.

Jaypee Hospital has given a new lease of life to more than 100 people through liver transplants in the past one year. The team of doctors have done many successful transplants of patients with critical medical histories and ABO-incompatible liver transplant is one of them. Now, with 'Dual-Lobe-Liver Transplant' surgery the doctors have again proved their medical expertise in the field and have added another feather in the crown for Jaypee Hospital.

## Your lifestyle might be taking a toll on your spine.

Spine problems have risen in India. Long commuting hours, sitting for long hours, carrying laptops, wrong posture, inactive lifestyle and lack of appropriate nutrition are some major factors that have made spine problems so common these days.

**Hunchback**

A hunchback or a hunched back is medically termed kyphosis or hyperkyphosis. It is an abnormal forward curvature of the upper back. The most common position of our spine throughout the day is either rounded or hunched and therefore the spine gradually tends to become stiffly. Neck pain after long working hours is a sign of stiffness. Correcting your posture is the best way to get rid of this problem.

**Slipped disc**

Our spinal bones are cushioned by disks that protect the bones against shocks from daily activities like walking, lifting and

twisting. A slipped disk occurs when the soft inner portion of the disk juts out through the outer ring. It can happen due to lifting heavy weights, being overweight, weak muscles, sedentary lifestyle or age. Along with proper medical treatment, Yoga is also helpful in treating this condition.

**Sciatica**

Sciatica is caused due to compression of either of the 5 sets of nerve roots in the lower back because of exerting a lot of pressure. Obesity and prolonged sitting can increase the risk of Sciatica.

**Ankylosing spondylitis**

It is a type of arthritis that stiffens the lower portion of the neck till the lower back. The vertebrae might fuse together causing a stiffened spine. It may also affect the ligaments and tendons attached to the spinal cord. Unhealthy food habits increase the risk of ankylosing spondylitis.

**Osteoarthritis of spine**

It is the weakening of spinal

bones due to slow deterioration of cartilage around joints in the lower back. Lifting heavy weights in a wrong posture can become the cause of this disease.

**Degenerative disk disease**

It happens when the cushion between the bones dries out and flattens. The bones rub against each other and this affects the nerves causing discomfort and pain. Overweight, high impact sports, poor posture can often lead to degenerative disk disease.

It is imperative that we maintain the spinal flexibility, bone health, and muscle strength. Poor lifestyle and stress often lead to various back pain issues. In case of a back pain, it is best to consult a specialist and adopt healthy habits.

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## Common myths and facts about breast cancer

**Myth 1: You can't get breast cancer if you don't have it in your family**

**Fact:** Unfortunately anyone can get breast cancer. Approximately 70% of women with breast cancer had no identifiable risk factors. Having a first degree family member with breast cancer doubles your risk, but one can get the disease without any family history.

**Myth 2: The only visible sign of breast cancer is a breast lump.**