

## Cardiology-Know Your Heart Function of the Heart:

- Your heart is a muscular pump that circulates blood throughout the body.
- It supplies oxygen and nutrients to tissues while removing carbon dioxide and waste products.

## Common Symptoms of Heart Disease:

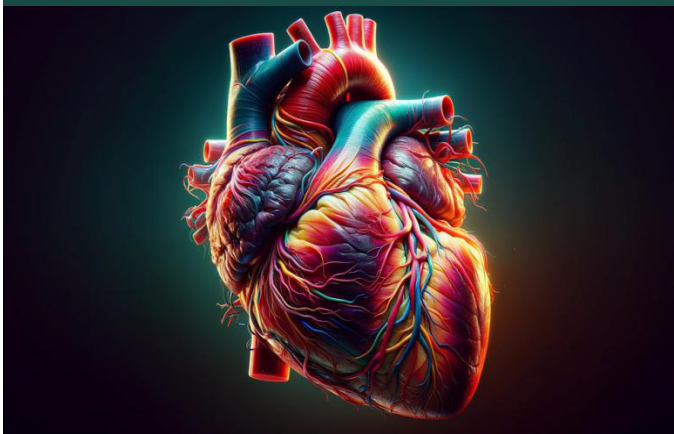
- Chest pain (Angina)
- Shortness of breath (Dyspnoea)
- Palpitations (awareness of heartbeat)
- Swelling in the feet or body (Edema)
- Fainting or blackouts (Syncope)
- Blue discoloration (Cyanosis)
- Fatigue and reduced exercise tolerance
- Cough or coughing blood (Hemoptysis)
- Unexplained sweating
- Random dizziness or memory loss
- Non-chest pain symptoms
- Erectile dysfunction

## Risk Factors for Heart Disease:

- Smoking
- Obesity
- High cholesterol
- High blood pressure
- Diabetes
- Stress
- Physical inactivity
- Unhealthy diet

## How Smoking Affects the Heart?

- Nicotine decreases oxygen supply to the heart, increases blood pressure and heart rate, damages blood vessels, promotes blood clotting, and lowers “good” cholesterol (HDL).



## When to Start Heart Health Monitoring?

- If you have a family history of heart disease:
- Begin monitoring cholesterol, blood pressure, and blood sugar after age 18.
- Continue regular checks annually.

## Heart Disease in Women:

- Leading cause of death in women above 40, especially post-menopause.
- Risk increases significantly after 50 and is higher when combined with other risk factors.

## Can Heart Disease Be Cured?

- While some heart conditions may require long-term management, heart disease can often be prevented, treated, and managed through.
- Lifestyle changes (diet, exercise)
- Medications
- Procedures or surgery specific to the condition

## Dietary Guidelines to Prevent Heart Disease:

- Limit sodium, saturated fats, and added sugar and include vegetables, fruits, whole grains, fish, and plenty of water.

## Steps to a Healthy Heart:

- Quit smoking and avoid second hand smoke.
- Maintain a healthy weight. Follow a balanced, heart-healthy diet.
- Maintain fasting blood sugar <100 mg/dL.
- Stay active: 150 minutes of moderate intensity exercise per week.

## How Heart Disease is Diagnosed:

- Measuring blood pressure
- Cholesterol and Sugar levels
- Electrocardiogram (ECG) and Doppler studies
- Echocardiography
- Treadmill (TMT)/Stress Test
- X-ray
- Angiography

## Treatment Options:

- Lifestyle modifications Diet, exercise, hydration
- Medications: For cholesterol, blood pressure, heart rhythm, or other conditions
- Surgery and Procedures:
  - Angioplasty / Coronary stenting
  - CABG
  - Valve repair or replacement
  - Pacemaker or defibrillator implantation
  - Heart transplant



**Contact Us :**  
**Smt. Rasilaben S evantilal Shah Venus Hospital**  
**Near Lal Darwaja Flyover, Ring Road, Surat**  
**Gujarat-395003**  
**Enquiry No : 0261 2700300/ 01**  
**Email : in fo@venushospital.in**