

‘Heart disease a leading cause of death in women’: Dr. Arun Kochar

Healthy lifestyle for a healthy heart is the mantra

Chandigarh, December 23, 2016: At the health talk on “Women & Heart Disease”, **Dr Arun Kochar**, Senior Consultant Cardiology at Fortis Hospital, Mohali spoke about lifestyle changes are important for a healthy heart today. He further raised concern that women are equally susceptible to heart disease as men & consequent death. It is important that the symptoms are duly noted & take expert advice in maintaining a healthy heart.

Reports have suggested that almost two third of women who die suddenly due to heart disease don’t show any symptoms. Dr. Arun Kochar stressed that most of the times women ignore their symptoms and report too late for this ailment. This is one reason that heart disease has such high mortality in women.

“Women are generally unaware of the fact that they have high propensity of developing cardiovascular disease during their lifetime. There is a belief that heart disease occurs less in women and they are protected on account of female hormones. On the contrary, heart disease is the leading cause of death in women. In USA, one in four women die due to heart disease”, said **Dr. Arun Kochar**.

“Heart disease is underreported, underdiagnosed and undertreated in women. There is lack of awareness of this deadly disease in women across all sections of society including women”, Dr Kochar added.

Dr. Kochar also spoke about rising instances of strokes among women. He said, *“Women have a higher lifetime risk of stroke. Most of the women have at least one risk factor for heart disease. Heart disease and stroke cause 9 million deaths among women annually with women in underprivileged countries faring worst.”* While emphasizing on adopting a healthy lifestyle, Dr Kochar said that reduce stress, stay active with regular exercise, maintain an ideal weight, healthy eating habits, adequate sleep should take care prevent heart diseases to the maximum possible extent. Blood sugar and pressure are two most important parameters that should be under check always. It is best to avoid smoking and alcohol as quickly as possible for a healthier heart.

About Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed ‘Fortis Cancer Institute’ on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

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