

## **PRESS RELEASE**

For Immediate Publication

# **Advancements in the field of Cardiology bring in definitive pathways and safer treatment solutions for heart disease**

- *Fortis Doctors stress on lifestyle changes for longevity and healthier lives*

**Gorakhpur, January 10<sup>th</sup>, 2016:** Cardiology is perhaps the youngest specialties in medicine. In 1913 one of the major breakthroughs in clinical medicine in Chicago was discovered that fatal heart attacks were caused due to blockages in arteries and the medical world set about finding a cure for it. The field of Cardiology has travelled leaps and bounds to bring in the finest technological, procedural and surgical advancements in the world of medicine to save more and more lives.

By the 20<sup>th</sup> century heart treatment through bypass surgeries, open heart surgeries and angioplasties had become common procedures to revive the medical conditions of the heart in patients suffering from respective heart problems. With significantly less complication rates, lives of millions were saved. Technological advancements like heart transplants, TAVI (Trans-catheter aortic valve implantation), LVAD (left ventricular assist device), 3D Echo, Small & Light weight pacemakers; Multi-layered Flow Modulator, S-ICD and the latest trends in cardiac imaging, and drug related treatments have contributed significantly in saving patients suffering from complicated heart problems.

**Dr. Ashok K Omer, Director Non- Invasive Cardiology & Head of Emergency & Heart Command Centre, Fortis Escorts Heart Institute, New Delhi** said, "India is battling the burden of increasing cardiac ailments in all age groups with the younger population coming into its fold lately. We have the dubious distinction of being the Cardiological disease capital in the world. However, with the latest and upgraded treatment solutions in cardiac sciences we hope to bring down the affected population by a significant number. A proactive approach, timely treatment, advanced and minimally invasive procedures that shorten time span for surgeries are enabling us to deliver consistently superior outcomes with greater predictability."

Advanced technologies have made early detection of the disease, prevention and timely treatment a reality today. The suture less valve repair is a new entrant in cardiac procedures and technologies like stem cell therapy and gene therapy to stop the degeneration of heart functions are fast developing in cardiac therapy and offer greater options and optimized treatment solutions.

Globally, cardiac ailments are the leading cause of morbidity and pose a major health burden. In India, according to recent estimates, cases of Cardio Vascular Diseases may increase from about 2.9 crore in 2000 to as many as 6.4 crore in 2015, and the numbers of deaths from CVD will also more than double.

Data suggests that although the prevalence rates of CVD in rural populations will remain lower than that of urban populations, they will continue to increase, reaching around 13.5% of the rural population in the age group of 60–69 years by 2015. The prevalence rates among younger adults (age group of 40 years and above) are also likely to increase; and the prevalence rates among women will keep pace with those of men across all age groups.

The leading causes of cardiovascular disease in India are hypertension, diabetes, stress, drug abuse, tobacco use, physical inactivity and unhealthy diet in addition to harmful use of alcohol. With increased urbanization there has been a paradigm shift in the age groups affected by heart diseases.

While genetic and congenital factors still contribute to the burden, lifestyle factors have further contributed to take this burden to an increased level.

#### **About Fortis Escorts Heart Institute**

*Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care is celebrating 28<sup>th</sup> year of path-breaking work and service to the numerous of heart patients, who have benefitted from treatment, at this outstanding facility. Armed with clinical expertise and cutting-edge medical technology, the hospital has set enviable benchmarks in Heart transplants, Cardiac Bypass Surgery, Minimally Invasive Surgery, Interventional Cardiology, Non-invasive Cardiology, Pediatric Cardiology and Pediatric Cardiac Surgery. Till date, FEHI has successfully completed over 2 lakh Coronary Angiographies, over 1 lakh Cardiac Surgeries and almost 65,000 Coronary Angioplasties, in addition to several life-saving procedures. The hospital also performed India's first Trans Catheter Aortic Valve Implantation (TAVI) and Bioresorbable Vascular Scaffold (BVS); Asia Pacific's first Directional Atherectomy, Angioscopy, Drug Eluting Stenting, etc. Over the years, FEHI has cloned a Heart Care Network of 19 hospitals and Heart Command Centers in India and abroad. It has also launched the revolutionary e-ICU program, enabling remote and timely access to critical care. Fortis Escorts Heart Institute has won numerous awards and accolades - 'Best Cardiology Hospital in the private sector' at the ICICI Lombard & CNBC TV18 India Healthcare Awards for 2015 and the No 1. Ranking in the Private Cardiac category Hospital by The Week Nielson Best Hospitals Survey, 2014 and 2015.*

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