

PRESS RELEASE

For Immediate Publication

Fortis Escorts Heart Institute to extend cardiac care to people of Kashmir under patronage of Padma Bhushan awardee Dr TS Kler

~ Health Talk to spread awareness about management of arrhythmia as a leading cause of death

Srinagar, March 19, 2016: Fortis Escorts Heart Institute (FEHI) is going to extend cardiac facilities to the people of Kashmir under the expert guidance of Padma Bhushan awardee **Dr T S Kler, Executive Director, Cardiology Sciences, Fortis Escorts Heart Institute (FEHI)** at the Florence Hospital in Srinagar. This monthly cardiac camp will help heart patients from the Kashmir valley. In order to create awareness about arrhythmia and management of the heart, Dr Kler will deliver a talk at **Sher-I-Kashmir International Conference Centre** on 20th March, 2016 at 10:30 am on the new advancement in the management of Rhythm Problems.

According to a study carried out in Anantnag and Srinagar, the people of Jammu & Kashmir have experienced a higher rate of Coronary Heart Disease (CHD) due to an unusual stressful living condition for years. The study found that prevalence rate of CHD among the population studied was 7.54%. The overall rural prevalence was 6.70% and urban prevalence was at 8.37%. The proportion of male patient was slightly higher at 7.88% than female at 6.63%. The FEHI OPD Clinic under Dr Kler will be a step towards addressing this grave problem.

On the eve opening up of this OPD, **Dr Kler said**, *"We are living at a time when our skewed lifestyle & stress takes a heavy toll on our health, especially heart. It is important that we acknowledge this problem early on and approach a doctor to check any abnormality of our vital organs. I hope that this OPD clinic will give people of Srinagar and Kashmir valley to reach out to us, consult for a healthy life and mitigate any risk associated with heart by diagnosing it at the right time and taking proper care and medication under our care."*

A separate health talk is also being organized on Saturday, 19th March, 2016 where Dr Kler will highlight the gravity of the CHD and the reasons & ways to mitigate and manage heart ailments. The talk will also see participation from Dr Nisar Ahmad Trambo MD DM, Professor & Head Department of Cardiology Sher-E-Kashmir institute of Medical Sciences, Dr Iqbal Khurshid, Ex-Professor & Head Sher-E-Kashmir, Institute of Medical Sciences and Dr Khalid Mohiuddin Mir, In-charge, Department of Cardiology, Medical College, Srinagar.

The normal heart rate of a person should be 60 to 100 beats per minute. However, if it is more than 100 per minute, then it is called Tachycardia. If heart beat is less than 60 beats per minute, then it is called Brady Cardia. A person with abnormal lower or higher or irregular heart rhythm is prone to a condition called as

arrhythmia. With a healthy lifestyle and proper management of heart under expert care, such condition can be managed and can lead a normal life.

These rhythm problems can arise from the upper chamber of the heart. Tachycardia from the upper chamber of the heart is usually not as fatal and can be cured by Radio Frequency Ablation. Radio Frequency Ablation is a technique where we burn a very small portion of heart from where the rhythm problem is arising. Tachycardia from lower part of heart can be fatal, especially if somebody has lower pumping capacity of the heart (called decreased LVEF). In such cases devices like ICD can be implanted to prevent sudden cardiac death. These ICD can give electric shock to the patients automatically in case there is dangerous arrhythmia and can save life of many.

About Fortis Escorts Heart Institute

Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care, is celebrating 25 years of path-breaking work and service to the numerous 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 Cardiac Bypass Surgery, Minimally Invasive Surgery, Interventional Cardiology, Non-invasive Cardiology, Pediatric Cardiology and Pediatric Cardiac Surgery. Till date, FEHI has successfully completed over 1,72,000 Coronary Angiographies, over 90,000 Cardiac Surgeries and almost 52,000 Coronary Angioplasties, in addition to several life-saving procedures. The hospital has 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, the most recent among them being the 'Best Cardiology Hospital' at the ICICI Lombard & CNBC TV18 India Healthcare Awards for 2012, 2013 and the No 1. ranking in the Private Cardiac category Hospital by The Week Nielson Best Hospitals Survey, 2014 and 2015.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. The company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 306 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute' (FMRI), was ranked No.2, by 'topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

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