

PRESS RELEASE

For Immediate Publication

“Age is no bar to keep your heart healthy’ proves Dr. T S Kler at Fortis Escorts Heart Institute (FEHI)

New Delhi, 24th November, 2016: Winning a medal for a run in a half marathon event is no mean feat especially when it is achieved at the age of 64 years. **Dr. Tarlochan Singh Kler, Executive Director, Cardiac Sciences, Fortis Escorts Heart Institute** has proved his mettle for just that.

In the Airtel Half Marathon held on 20th November, 2016, Dr. T S Kler took part to run a distance of 21.097 kilometers in a record time of 2.50 hours. He also won a medal for having completed it within a stipulated time span.

On being congratulated and asked how he manages to run such distances at his age, Dr. Kler, Executive Director, Cardiac Sciences, Fortis Escorts Heart Institute said, “Age is just a number. There is little that poses a challenge if one wants to keep fit and everyone should be physically fit in their entire life. This keeps the energy levels high and protects the heart from any disease or deterioration.”

Throwing more light on the benefits of exercising every day, he said, “The simplest form of exercise is walking. Not only does it involve the entire body and gives the benefits to the whole body, it also requires no investment except your time. Everyone, both young and the middle aged and even the older generation should include at least half hour of walking in their daily schedule. This will keep the heart also healthy.”

On being asked how he manages to include these things in his schedule, **Dr. Kler, Executive Director, Cardiac Sciences, Fortis Escorts Heart Institute**, said, “I work from 8 am to 10 pm every day. Besides meeting patients and attending to them in the hospital, I also travel to various places in and out of the country to treat patients; attend conferences and also for presentations on developments in the cardiac field. But I never give up my exercise. This also contributes in making

my mission to work tirelessly in this field of medical sciences to achieve many more victories stronger."

Honored with **PADMA BHUSHAN by President of India**, **Dr T S Kler** is a pioneer in cardiac electrophysiology in India. He was instrumental in implanting the first ICD (device to prevent sudden cardiac death) in 1995 and then a heart failure device (CRT-P) and a COMBO device (CRT-D) in India.

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. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 330 diagnostic centres.

About Fortis Escorts Heart Institute

Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care, is celebrating 28 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 1,79,000 Coronary Angiographies, over 97,000 Cardiac Surgeries and almost 62,000 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, 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, 2015 and 2016.

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