



JODHPUR COMPUTER DEALERS ASSOCIATION (JCDA)

[A useful message from Team JCDA \(18-06-2013\)](#)



Life starts after 40, But with the easy lifestyle, heart problems too..

Dear JCDA member,

Today heart diseases are number one cause of death globally. Though technology has made the life easier, it has given rise to a sedentary lifestyle, making middle-aged people more prone to heart problems. Research shows that one third of the people with heart problems are under 40. The risk factor however vary with gender. While one –third of men are afflicted with heart problems because of smoking, it's the low level of good cholesterol that causes heart problems in women. The need of the hour is a healthy lifestyle and heart-healthy food habits.

Common heart problems –

- A> Coronary Heart Disease (CHD) :** CHD occurs when plaque accumulates on the artery walls, this makes artery narrow, resulting in reduced blood flow to the heart. Its symptoms includes chest pain, shortness of breath and heart attack.
- B> Brain Stroke :** The brain, like other organs, need oxygen & nutrients provided by blood. When the blood supply to brain gets disrupted, the brain cells begins to die. This can lead to the brain damage and possibly death. Stroke also occurs when the blood supply to the brain is blocked because of a blood clot. Its symptoms include sudden confusion, trouble while speaking, dizziness, loss of balance or coordination and severe headache.
- C> Hypertensive Heart Disease :** Generally caused by elevated blood pressure (BP), results in coronary artery disease, heart failure and enlargement of the heart. High BP is known to increase the pressure in the blood vessels. As the heart works harder to pump the blood against this pressure, the heart muscles thicken and the left ventricles become enlarged. Its symptoms include fatigue, shortness of breath, hypertension, renal failure, irregular pulse, chest pain and vision problems.

Tips to prevent Heart Problems

- Quit smoking or chewing tobacco & avoid excessive alcohol intake.
- Exercise daily for 30 minutes.
- Eat a heart-healthy diet, i.e., fruits, vegetable, whole grains and low-fat dairy products.
- Keep the blood pressure under control.