

Paras Hospital creates awareness on healthy heart

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A cyclothon was organized by Paras Hospital to raise awareness against the importance of keeping a healthy heart



To celebrate World Heart Day 2019, a cyclothon was organized by Paras Hospital to raise awareness against the importance of keeping a healthy heart. The cycle race was started from Paras Hospital, Gurugram and concluded at Paras Trinity, Sector-63, Gurugram.

The cyclothon was flagged off at 5:30 am and over 550 cycling enthusiasts participated and supported the cause. The cyclothon was divided amongst 3 categories – 5km, 10 km and 20 km. The aim was to aware people about how controllable risk factors like diet, physical inactivity and stress largely determine the risk of heart disease and how heart disease has escalated among the younger generation with a significant risk in both males and females.

The event saw the presence of Dronacharya & Padma Shri Awardee Dr Sunil Dabas, former coach National Female Kabaddi Team and was attended by Dr. DK Jhamb, Director- Cardiology, Dr. Bharat Kukreti - Associate Director- cardiology, Dr. Amit Bhushan - Associate Director Cardiology, Dr. Mahesh Wadhwani- Head-CTVS & Dr. Sameer Kulkarni – Facility Director, Paras Hospital.

Dr. DK Jhamb said, "According to the World Health Organization (WHO), about 1.7 million Indian hearts stop beating every year. Therefore, it becomes important that we create awareness about maintaining a healthy heart in India. The increase in all cause of mortality of heart disease is due to sedentary lifestyle. Physical inactivity doubles the risk of cardiovascular disease, type 2 diabetes and obesity. It also increases the risk of high blood pressure, imbalance in lipid levels and anxiety, which individually contribute to heart disease."

Dr Sunil Dabas said, "Heart diseases claim many lives in India every year. The most common heart diseases plaguing Indians between the age group of 25-60 are cardiovascular diseases, cardiac arrests, congestive heart failures, coronary heart diseases, rheumatic heart diseases and strokes. We take a closer look at these heart stopping diseases."

