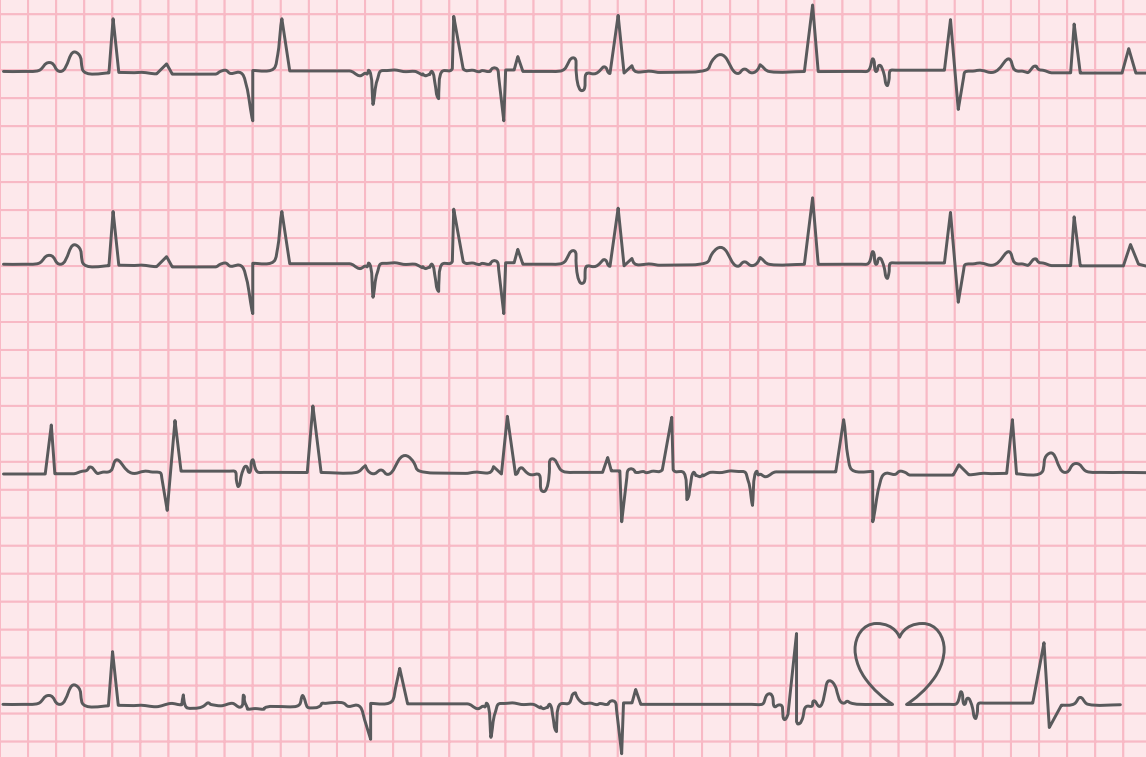


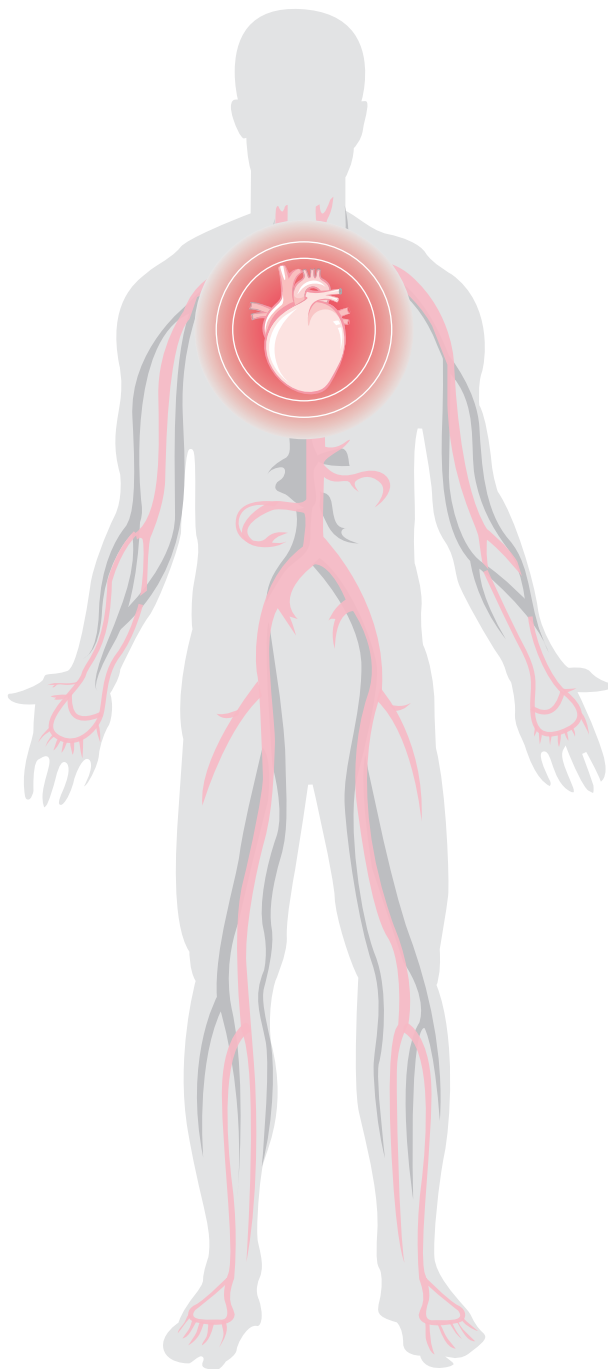


HEART CARE

A SELF CARE GUIDE TO YOUR HEART



A little **care** can add years to your heart



Your heart needs regular care to keep it strong and healthy for longer. So how does looking after your heart actually help?

- It improves the flow of blood to the heart
- It helps keep blood pressure and diabetes under control
- Your heart will use less energy and work more efficiently
- Exercise increases good cholesterol (HDL) & decreases bad cholesterol (LDL)
- It fights obesity, which causes heart disease
- It helps reduce stress
- It even keeps your joints and muscles in great condition



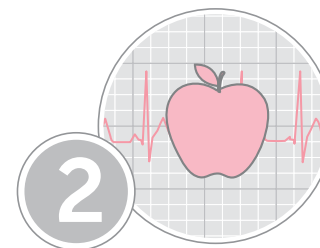
EXERCISE

It's like a massage for your heart: it builds the heart's muscle and stamina while it rejuvenates you. Aerobic exercise includes jogging, swimming, jumping etc. Even walking at a moderate pace for about 30 minutes, 4 to 5 times a week can reduce the risk of heart disease.

- Consult your doctor
- Start gradually with less strenuous exercises
- Avoid isometric exercises like weightlifting
- Don't strain yourself by pushing objects, like forcing open a stuck window

Here are a few exercise reminders:

- Wear comfortable clothes and well-fitted shoes
- Warm up & cool down for at least 5 minutes before & after your workout
- Keep an interval of at least 2 hours between your workout & meal
- Avoid exercising in extreme temperatures
- If you're not used to exercising, begin walking for 10 minutes, adding 5 minutes every 3rd day
- If you can't make time to exercise, take the stairs or walk instead of taking the car for short distances



MAKE YOUR FOOD HEART-FRIENDLY

No fried food, no sugar, less salt...everyone tells you what you can't eat. Here's a list of the foods you can eat to help your heart:

- Oily fish like salmon & sardines
- Oats, oatmeal & oat bran
- Orange & green coloured vegetables (tomato, carrot, squash, spinach, cabbage & broccoli)
- Almonds, walnuts & dark chocolate
- Garlic



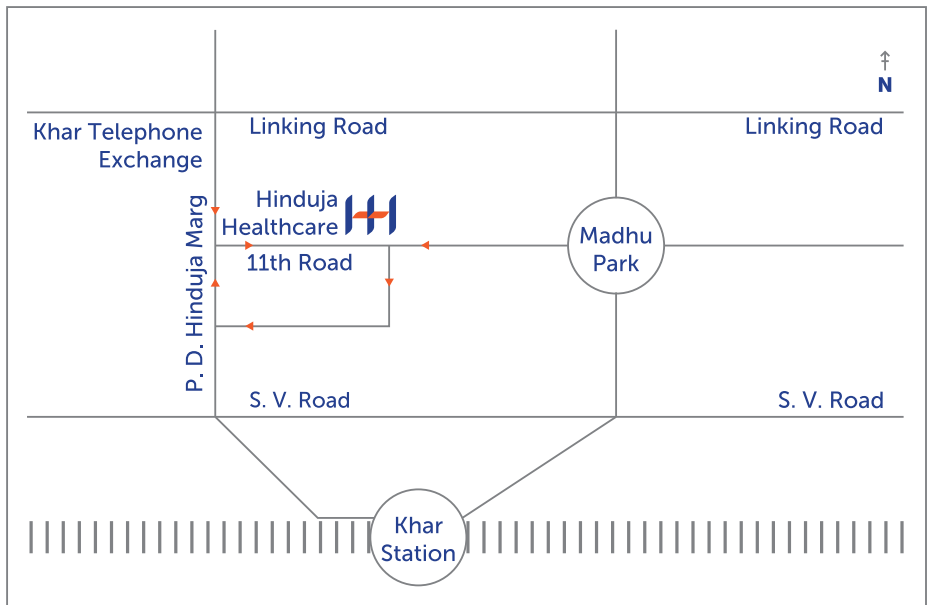
DON'T WORRY, BE HAPPY

Worry never solves anything. In fact, stress just puts a lot of unnecessary pressure on your heart. No matter how much you work out and diet, if you're always stressed, you're inviting problems.

Here are a few tips to help you manage and reduce stress:

- Eat healthy
- Plan your day
- Enjoy life's little pleasures
- Be open to change and new situations
- Learn to relax, try meditation
- Indulge in a hobby that you like
- Make time for yourself
- Maintain a positive attitude

While you're taking care of your heart with diet, exercise and the right attitude, make sure you get regular check ups to keep things on track. Visit your doctor and make an appointment soon.



21.12.12

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