

Heart and Gut Health Digest

ISSUE #1 29 SEP 2024

Welcome to Heart & Gut Health Digest!

Dear Readers,

Welcome to the first edition of Heart & Gut Health Digest, a bi-monthly resource from the team at HG Superspeciality Clinic. We're thrilled to launch this newsletter on World Heart Day, a day dedicated to raising awareness about cardiovascular health across the globe. Through this newsletter, we aim to share expert insights, practical tips, patient stories, and much more to help you and your loved ones lead healthier lives. Stay tuned for regular updates, and we hope you find our resources valuable on your wellness journey.

Warm regards,

Dr Ameya Amonkar & Dr Manata Amonkar

Listen to Your Heart: How Monitoring Heart Rate Can Help You Stay Healthy!

In today's digital age, keeping tabs on your heart rate is easier than ever before. Thanks to advancements in technology, devices such as fitness watches like Garmin, Apple Watch, and other activity trackers provide real-time insights into your heart's performance. But how can this information benefit your health?

These devices use photoplethysmography (PPG), a technology that shines light onto your skin to detect the blood flow under it. This data is then converted into your heart rate. The process is quick, simple, and fairly reliable. But let's take a closer look at why this information is so important.

Why heart rate monitoring matters

"Tracking your heart rate is an effective way to monitor your cardiovascular health in real time," says Dr. Ameya Amonkar, a cardiologist at HG Superspeciality Clinic. "Whether you're a healthy individual or managing a heart condition, knowing your heart rate can help optimize your workouts



WHATS INSIDE

"Use heart for action" on World Heart Day..... 3

IBS: Myths and management 5

Tips for lowering cholesterol 6

**Ask the doctor
Probiotics Use 7
Silent heart attack 8**

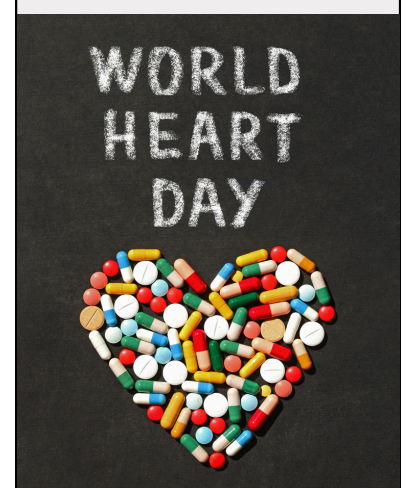
**Decoding Diagnostics-
Hydrogen breath test ... 9**

Cardiology Quiz 10

Tips for Acid reflux 10

**Wellness Plate- Soyabean
Salad 11**

Science spotlight12



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and, in some cases, alert you to potential issues that should be checked by a doctor.”

Your heart rate provides a snapshot of your heart's function. A normal resting heart rate typically ranges from 60 to 100 beats per minute (bpm), though many people in excellent health may have resting rates in the 50s. Monitoring your heart rate, especially during physical activity, is crucial for anyone with heart disease, including conditions like coronary artery disease.

“If you have a heart condition, consult your doctor about an exercise plan that outlines a safe target heart rate zone and an upper limit you shouldn't exceed,” advises Dr. Ameya Amonkar

Maximizing Workouts with Heart Rate Data

Tracking heart rate is not only important for those with heart conditions—it's a great tool for healthy individuals too. National guidelines recommend at least 150 minutes of moderate-intensity exercise per week. Moderate intensity typically falls between 50% and 70% of your maximum heart rate, although this varies based on your fitness level.

To find your maximum heart rate, use the simple formula: 220 minus your age. As you exercise, you can check your heart rate to ensure you're staying within your target zone. Some heart rate monitors even allow you to set alarms that go off if your heart rate exceeds or falls below a certain range, which is helpful for those managing specific health conditions.

As your fitness level improves, you'll likely notice that your average heart rate decreases during the same workout, which is a sign of improved cardiovascular fitness.

When to Be Concerned About Your Heart Rate

While knowing your heart rate during exercise is essential, monitoring your resting heart rate is equally important. A consistently high resting heart rate (above 100 bpm) or a rate that's too low (below 50 bpm) can signal potential health issues.

A high heart rate could be caused by factors like stress, dehydration, anxiety, medication, or stimulants. It could also indicate underlying conditions such as an overactive thyroid, infection, or anemia. In some cases, it may point to atrial fibrillation, a common heart rhythm disorder that increases the risk of stroke.

Conversely, a slow heart rate can sometimes be expected if you're on medications like beta blockers, which are often prescribed for high blood pressure or heart disease. However, it could also be a sign of hypothyroidism, Lyme disease, or other underlying conditions, particularly if accompanied by symptoms like lightheadedness or fatigue.

Be Mindful : Avoiding Anxiety Over Numbers

While heart rate monitoring has become an invaluable tool for tracking cardiovascular health, excessive focus on these numbers can sometimes lead to undue anxiety. Many individuals, especially those new to fitness tracking or managing heart conditions, may become overly concerned with slight fluctuations in their rate. It's important to remember that heart rate can naturally vary due to factors like stress, hydration levels, and even time of day.

Obsessive monitoring or misinterpreting these changes can result in unnecessary worry. Instead, heart rate data should be used as a helpful guide rather than a source of stress, and any significant concerns should always be discussed with a healthcare professional. Balance is key—monitor your heart, but don't let it monitor your peace of mind.

Final thoughts

Monitoring your heart rate is a simple but powerful way to stay in tune with your health. Whether you're looking to maximize the benefits of your workout, track improvements in cardiovascular fitness, or spot potential health issues early, heart rate monitoring can offer valuable insights. If you notice unusual patterns in your heart rate—either too high or too low—it's essential to follow up with your healthcare provider.

Stay informed, listen to your heart, and take proactive steps towards a healthier you.

Don't have a heart rate monitor? Here's how you can easily check your pulse manually.

1. Place the index and middle fingers of one hand on the opposite wrist, just below the base of your thumb, or press gently on the side of your neck just under the jaw.
2. Count the number of beats for 15 seconds.
3. Multiply that number by four to get your beats per minute.

For a more accurate reading, repeat the process a few times and take the average. The best time to check your resting heart rate is first thing in the morning before you get out of bed.

“Use Heart for Action”: A Call to Protect Your Heart Health on World Heart Day 2024

Dr Ameya Amonkar



As we mark World Heart Day 2024, the theme —“Use Heart for Action”—urges us all to take proactive steps toward better heart health. As a cardiologist, I've seen heart disease touch every corner of our population—young and old, men and women, rural and urban. The idea behind “Use Heart for Action” is simple: every person, no matter their background, has the power to protect their heart and the hearts of those around them. It's a call to action for each of us to take responsibility for our health and to encourage others to do the same.

The Indian Heart Health Crisis

India is home to a rapidly growing burden of cardiovascular disease. More than 25% of all deaths in India are attributed to heart disease. Factors such as rapid urbanization, sedentary lifestyles, high stress levels, smoking, poor diet, and lack of physical activity have created the perfect storm for heart health crises. Cardiovascular diseases (CVDs) claim more than 2.8 million Indian lives every year, and the situation is worsening. Worryingly, heart disease in India often strikes people in their most productive years—those in their 30s, 40s, and 50s—unlike in many Western countries where cardiovascular events tend to occur later in life. In this context, “Use Heart for Action” is not just a slogan—it's a critical call to shift the trajectory of our collective health.

What Does It Mean to “Use Heart for Action”?

Using heart for action means taking deliberate, positive steps every day to protect your heart health. Whether you're a patient, a healthcare provider, a policymaker, or just someone trying to live a healthier life, every action matters.

1) Use Heart for a Healthy Lifestyle: One of the most powerful ways to combat heart disease is by adopting a heart-healthy lifestyle. We all know the basics: eating a balanced diet rich in fruits, vegetables, and whole grains, limiting processed foods and sugar, exercising regularly, and maintaining a healthy weight. But here in India, traditional diets often come loaded with unhealthy fats, sugars, and excess salt. While delicious, dishes like fried pakoras, sweets like jalebis, or butter-laden curries, if eaten frequently, can contribute to elevated cholesterol, blood pressure, and blood sugar levels.

Be mindful of portion sizes and choose healthier versions of traditional recipes. Opt for grilling instead of frying, use heart-healthy oils like mustard oil and try to cut down on salt. Simple changes in our everyday meals can make a big difference.

2) Use Heart to Stay Active: Physical activity is one of the best ways to keep your heart strong. You don't need an expensive gym membership or fancy equipment. Walking, cycling, yoga, or even household chores like cleaning or gardening can help. The key is to stay consistent—aim for **at least 150 minutes of moderate-intensity exercise each week**.

In our modern lifestyle, we've moved from an active life to one dominated by desk jobs, long commutes, and screen time. It's time to reverse this trend. Use this day to commit to moving more, whether it's taking the stairs or taking a brisk evening walk.



3) Use Heart to Know Your Numbers: One of the most critical actions you can take is to regularly monitor key health indicators, like blood pressure, cholesterol levels, and blood sugar levels. Unfortunately, many people in India don't know their numbers until they experience a health crisis.

Hypertension and diabetes—both major risk factors for heart disease go unnoticed until complications arise. Early diagnosis and timely intervention are crucial. Regular check-ups with your doctor can help you keep track of these important metrics and manage them before they turn into larger problems.

4) Use Heart for Mental Wellness: Stress and mental health are often overlooked in discussions about heart disease, yet they play a significant role. Chronic stress, which is all too common in today's fast-paced urban life, can lead to unhealthy behaviors like overeating, smoking, or drinking. It can also directly impact the heart by raising blood pressure and inflammation.

In India, where traditional family and work roles can often create additional stress, particularly among middle-aged adults, it's essential to take mental wellness seriously. Simple practices like yoga, meditation, or just taking time out to rest can be incredibly beneficial to heart health.



5) Use Heart to Quit Smoking and Limit Alcohol: Smoking continues to be a major cause of heart disease, especially in younger populations. In India, with the rise of tobacco use (including chewing tobacco) and alcohol consumption, it is important to address these lifestyle choices head-on. Quitting smoking and moderating alcohol can drastically reduce your risk of heart disease. If you or a loved one struggles with these habits, seek help—counseling, support groups, and medical interventions can provide a clear path toward a healthier life.

A Story of Hope: Using Heart for Better Health

Let me share the story of one of my patients, an elderly woman who came to our clinic with significant fatigue and mild swelling in her legs. She had assumed these were just signs of aging. However, after a thorough examination and diagnostic tests, we found that she had heart failure with reduced ejection fraction (EF). Many people, especially older adults, attribute symptoms like fatigue to age, when in fact, they may indicate underlying heart conditions.

We started her on evidence-based medical therapy tailored to her condition. In just a few weeks, her energy levels improved dramatically, the swelling reduced, and she was able to resume activities she hadn't enjoyed in years. Her story is a reminder that timely diagnosis and appropriate medical care can transform lives.

Use Heart for Loved Ones

Heart health is not just about individual effort. Families play a central role in fostering healthy behaviors. In Indian households, where meals are often prepared for large families, it's important to make heart-healthy choices that benefit everyone. Whether it's reducing salt in daily cooking or encouraging family walks after meals, every action counts.



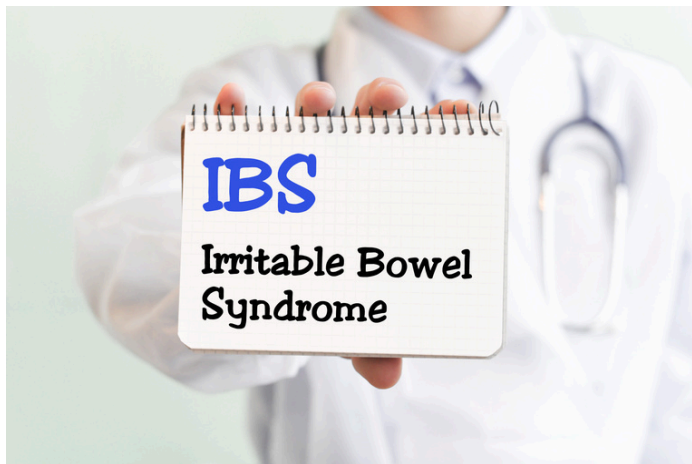
Use Heart for the Future

Finally, using heart for action means taking responsibility for the next generation. India's youth are at risk of developing heart disease earlier than ever before, given the rise in fast food, sedentary lifestyles, and increasing stress levels. By educating children and young adults about the importance of heart health, we can ensure a healthier future for our country.

On World Heart Day 2024, let's all commit to using our hearts—not only to care for ourselves but also for our families and communities. Heart health is a journey, and every small step counts. By taking action today, we can collectively reduce the burden of heart disease in India and create a healthier, more vibrant future for everyone.

“Use heart for action—your heart will thank you!”

Understanding Irritable Bowel Syndrome (IBS): Common Myths and Effective Management



Irritable Bowel Syndrome, or IBS, is a condition we hear about all the time, but what do we really know about it? It affects millions of people, yet many misconceptions still surround this common gastrointestinal disorder. Let's dive into what IBS is, bust some myths, and learn how to manage it effectively.

What is IBS?

IBS is a functional gastrointestinal disorder, meaning that while the structure of the gut is normal, its function is not. It primarily affects the large intestine and can lead to symptoms like abdominal pain, bloating, gas, diarrhea, constipation, or alternating episodes of both.

One of the biggest challenges with IBS is that it doesn't present the same way for everyone. Some people have IBS with diarrhea (IBS-D), while others deal with constipation (IBS-C). There's also IBS-M, where patients experience both diarrhea and constipation.

Myth 1: "IBS is just in your head."

This myth is particularly damaging. While stress can certainly trigger or worsen symptoms, IBS is very real, with tangible physiological causes. Gut-brain interaction plays a significant role. The gut is often called the "second brain" because it's lined with millions of neurons that communicate directly with your brain. When this communication goes awry, it can lead to the gut becoming more sensitive or reactive, which is what happens in IBS.

Myth 2: "IBS means you'll have to live with constant pain."

The truth is, while IBS is a chronic condition, it is manageable. Understanding and identifying your triggers is key. Many patients find relief through dietary adjustments, stress management, and medications when needed.

How is IBS Diagnosed?

Diagnosing IBS isn't always straightforward, as there's no definitive test for it. Instead, it's diagnosed based on symptoms and by ruling out other conditions that may present similarly, such as inflammatory bowel disease (IBD) or celiac disease. If you have chronic gut issues, your doctor may recommend tests like a colonoscopy or blood tests to ensure there's no underlying condition causing your symptoms.

There's also something called the Rome Criteria—a set of guidelines doctors use to diagnose IBS. It looks for specific symptom patterns, such as abdominal pain for at least one day per week over the last three months, associated with changes in stool form or frequency.

Effective Management of IBS

IBS may not have a cure, but the good news is there are many ways to manage it effectively and improve your quality of life.

1. Diet Adjustments:

- A popular approach is the low FODMAP diet. FODMAPs are certain types of carbohydrates that can trigger IBS symptoms by being poorly absorbed in the gut. Foods like garlic, onions, and wheat are high in FODMAPs and may need to be reduced or avoided.



Understanding Irritable Bowel Syndrome (IBS): Common Myths and Effective Management

Increasing fiber intake can help, especially for IBS-C. However, go slowly—too much fiber too quickly can worsen bloating and gas.

2. Medications:

- Depending on whether you experience more diarrhea or constipation, your doctor may prescribe specific medications to ease symptoms.
- Antispasmodics may help relieve abdominal cramping, while antidepressants (in low doses) can be used to calm the gut-brain connection.



3. Stress Management:

- Since stress can aggravate IBS symptoms, learning to manage stress is critical. Techniques like mindfulness, yoga, and cognitive-behavioral therapy (CBT) have shown positive effects in helping IBS patients.

4. Probiotics:

- Though not a cure-all, certain probiotic strains may help rebalance gut bacteria, reducing bloating and discomfort. Ask your doctor which type might be best for you.

When to Seek Medical Help

If your symptoms are affecting your daily life, it's time to speak to a healthcare professional. Even though IBS is not life-threatening, it can significantly impact your quality of life. And remember, if you notice alarming symptoms like unexplained weight loss, blood in the stool, or persistent vomiting, it's crucial to seek medical advice immediately—these are not typical signs of IBS and could indicate something more serious.

Final Thoughts

Living with IBS can be frustrating, but it doesn't have to control your life. Through understanding your body, identifying triggers, and working with your healthcare team, you can take control of your symptoms. IBS is common, but you don't have to suffer in silence—there are many strategies available that can make a big difference.

PRACTICAL TIPS FOR A HEALTHY HEART

Practical Tips for Improving Cholesterol Levels:

1. **Eat More Soluble Fiber:** Foods like oats, beans, lentils, and fruits can help reduce the absorption of cholesterol in the bloodstream.
2. **Choose Healthy Fats:** Opt for heart-healthy fats from sources like olive oil, avocados, and nuts, while avoiding trans fats found in processed foods.
3. **Add Omega-3 Fatty Acids:** Include fatty fish like salmon, mackerel, and sardines in your diet. These help lower triglycerides and improve overall heart health.
4. **Exercise Regularly:** Physical activity can help increase your HDL (good) cholesterol while lowering your LDL (bad) cholesterol.
5. **Quit Smoking:** If you smoke, quitting can improve your HDL cholesterol level and enhance your overall heart health.



Q What's the deal with probiotics—are they really that beneficial for gut health?

A Probiotics have been a hot topic in recent years, with claims that they can do everything from boosting digestion to improving immune function. But what exactly are probiotics, and how do they help your gut?

Probiotics are **“good bacteria”** that naturally live in your gut, helping to maintain a healthy balance of microorganisms. These bacteria assist with digestion, nutrient absorption, and keeping harmful bacteria in check. You can find them in foods like yogurt, buttermilk, homemade pickles, etc as well as in supplement form.

The benefits of probiotics depend on the strain and the individual, but they've been shown to help with several digestive issues, such as:



Dr. Mamata Amonkar

MD, DM (Gastroenterology)
Consultant Gastroenterologist



Should you take probiotics?

If you're dealing with digestive issues, adding probiotic-rich foods to your diet is a great place to start. However, if you're considering supplements, it's best to talk to your healthcare provider. They can help you choose the right strain for your needs and determine whether it will actually benefit you.

While probiotics have potential, they're not a one-size-fits-all solution. A balanced diet, regular exercise, and stress management are still key to maintaining good gut health.

- 1) **Irritable Bowel Syndrome (IBS):** Certain probiotics can reduce bloating, gas, and discomfort in people with IBS.
- 2) **Diarrhea prevention:** They're especially helpful in preventing diarrhea caused by antibiotics or infections.
- 3) **Boosting immunity:** A healthy gut microbiome can strengthen your body's immune defenses, helping fend off infections.

However, it's important to note that not all probiotics are created equal, and their effectiveness can vary based on the type, the dose, and your specific health needs. Some people may experience side effects like gas or bloating when they first start taking them.

Q I've heard that a "silent heart attack" is possible. How can a heart attack happen without obvious symptoms, and how do I know if I've had one?

A Believe it or not, it's possible to have a heart attack without the typical crushing chest pain or dramatic symptoms we often associate with them. These are called silent heart attacks, and they can be just as dangerous as those with clear warning signs.

So, how does it happen? A silent heart attack occurs when blood flow to a part of the heart is blocked—just like a regular heart attack—but the symptoms can be so mild or unusual that they're overlooked. You might feel slight discomfort, fatigue, indigestion, or even jaw or back pain, but not think much of it at the time.



The scary part? Many people don't realize they've had a heart attack until much later—either when they experience more severe heart problems or during a routine exam where heart damage is detected. Some people learn about their silent heart attack only after having an electrocardiogram (ECG) or an echocardiography test that shows signs of past heart injury.

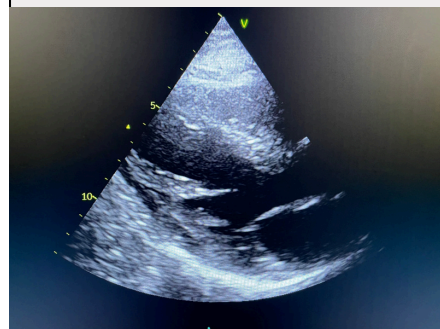
How can you protect yourself? Silent heart attacks often happen in people with risk factors like high blood pressure, diabetes, smoking, or high cholesterol. So, knowing your numbers and managing these risks are vital. Regular check-ups, staying physically active, and eating a heart-healthy diet can all help lower your chances of having any type of heart attack—silent or otherwise.

And remember, if something feels off, like unexplained fatigue, shortness of breath, or strange discomfort, it's always worth getting checked out. When it comes to your heart, it's better to be safe than sorry!



Dr. Ameya Amonkar
MD, DM (Cardiology), FACC
Consultant Cardiologist

Echocardiography (2D Echo) in Detecting Silent Heart Attacks



2D Echo is a crucial tool in identifying silent heart attacks—those that occur without obvious symptoms but still cause significant damage to the heart. This non-invasive test uses ultrasound to visualize the heart's structure and function, revealing areas of weakened muscle or reduced blood flow, which are common signs of a past heart attack. For individuals at high risk, such as those with diabetes, high blood pressure, or a history of smoking, a 2D Echo can uncover hidden heart issues early, allowing timely intervention to prevent further damage or complications. Regular screening is vital for maintaining heart health in these groups.

Hydrogen Breath Test

In our quest to ensure your digestive health, accurate diagnosis is key. One essential tool we offer at the clinic for detecting gastrointestinal conditions is the Hydrogen Breath Test. But what exactly is this test, and why might your doctor recommend it?

What is a Hydrogen Breath Test?

The Hydrogen Breath Test is a simple, non-invasive procedure used to diagnose several gastrointestinal conditions by measuring the amount of hydrogen in your breath. This test helps identify issues like lactose intolerance, fructose intolerance, and small intestinal bacterial overgrowth (SIBO). It's an effective way to pinpoint the root causes of persistent bloating, abdominal pain, and diarrhea.

How Does It Work?

Normally, small amounts of hydrogen are produced in the digestive system. However, when carbohydrates (such as lactose or fructose) are not absorbed properly in the small intestine, they move into the colon, where they are fermented by bacteria. This fermentation releases gases, including hydrogen, which are absorbed into the bloodstream and exhaled through the lungs. The test measures the levels of hydrogen in your breath before and after consuming a sugar solution.



Conditions Detected by the Test:

1. **Lactose Intolerance:** If your body cannot properly digest lactose, the sugar found in dairy products, hydrogen levels will rise after consuming a lactose-containing solution.

2. **Fructose Intolerance:** A similar test is done for fructose, the sugar found in many fruits, vegetables, and processed foods.

3. **Small Intestinal Bacterial Overgrowth (SIBO):** This condition occurs when excess bacteria colonize the small intestine, leading to malabsorption of nutrients, bloating, and diarrhea.

The Procedure:

1. You will be asked to fast for 12 hours before the test. 2. Upon arrival at the clinic, you will drink a specific sugar solution (either lactose, fructose, or another sugar based on the suspected issue). 3. Breath samples are collected at regular intervals over a period of 1-2 hours. 4. These samples are analyzed for hydrogen and methane levels to determine if there's improper carbohydrate absorption or bacterial overgrowth.

Why It's Important:

The hydrogen breath test helps your doctor accurately diagnose the cause of your symptoms without invasive procedures. This test is safe, quick, and widely considered the gold standard for identifying carbohydrate malabsorption and bacterial overgrowth in the intestines. By pinpointing the exact issue, we can tailor treatments more effectively—whether that's adjusting your diet, prescribing medication, or recommending other interventions.

Preparation Tips:

1. Avoid smoking for at least 24 hours before the test. 2. Refrain from eating or drinking anything (except water) for 12 hours before your appointment. 3. Let your doctor know if you're on any antibiotics, as these may affect the test results.

Who Should Consider This Test?

If you frequently experience bloating, abdominal pain, diarrhea, or unexplained digestive discomfort, a hydrogen breath test might help identify whether your symptoms stem from food intolerances or bacterial imbalances.

If you think you might benefit from this test, reach out to us to learn more or schedule an appointment!

Cardiology Quiz: Test Your Heart Health Knowledge!

Question 1

Which of the following is the main function of the heart?

- A. Pumping blood throughout the body
- B. Filtering toxins from the blood
- C. Producing hormones
- D. Controlling body temperature

Question 2

What is the normal range for a healthy adult's resting heart rate?

- A. 30-50 beats per minute
- B. 60-100 beats per minute
- C. 120-150 beats per minute
- D. 80-120 beats per minute

Question 3

Which type of cholesterol is considered "bad" because it can lead to plaque buildup in the arteries?

- A. HDL
- B. LDL
- C. Triglycerides
- D. VLDL

Question 4

Which of these is NOT a common symptom of a heart attack?

- A. Chest pain or discomfort
- B. Shortness of breath
- C. Sudden sharp pain in one leg
- D. Nausea or lightheadedness

Question 5

What is the medical term for high blood pressure?

- A. Hypotension
- B. Hypertension
- C. Atherosclerosis
- D. Cardiomyopathy

Question 6

Which of the following drugs is most commonly used to break up blood clots in people having a heart attack?

- A. Statins
- B. ACE inhibitors
- C. Beta-blockers
- D. Thrombolytics

Question 7

Which structure in the heart is responsible for setting the rhythm of your heartbeat, also known as the heart's natural pacemaker?

- A. Atrioventricular node
- B. Sinoatrial node
- C. Bundle of His
- D. Purkinje fibers

Question 8

What does the term "ejection fraction" refer to in cardiology?

- A. The pressure at which blood is ejected from the heart
- B. The amount of blood pumped out of the heart during each beat
- C. The percentage of oxygen carried in the blood
- D. The force of blood against the artery walls

Question 9

Which of these is a risk factor for developing atrial fibrillation (AFib)?

- A. Hypothyroidism
- B. Hyperthyroidism
- C. Low cholesterol
- D. Low blood pressure

Question 10

Which artery is most commonly blocked during a heart attack?

- A. Pulmonary artery
- B. Left anterior descending artery (LAD)
- C. Femoral artery
- D. Carotid artery

Contest rules and prizes on Page 11

PRACTICAL TIPS FOR A HAPPY GUT

Practical Tips for Managing Acid Reflux:

Eat Smaller, More Frequent Meals: Large meals can overfill your stomach, leading to increased acid production. Opt for smaller portions throughout the day to ease digestion.

Avoid Lying Down After Eating: Wait at least 2-3 hours after a meal before lying down or going to bed. This prevents stomach acid from traveling back up the esophagus.

Limit Trigger Foods: Identify and reduce foods that worsen acid reflux, like spicy foods, caffeine, chocolate, fatty foods, and acidic foods like tomatoes and citrus fruits.

Elevate Your Head During Sleep: Raising the head of your bed by 6-8 inches helps prevent stomach acid from moving upward while you sleep.

Quit Smoking: Smoking weakens the lower esophageal sphincter, allowing acid to rise more easily. Quitting can significantly reduce acid reflux episodes.



Cardiology Quiz: Rules and Rewards

Grand Prize:

A full cardiac health check-up at our clinic, including blood tests, ECG, and consultation with our cardiologist. This prize will go to the participant who answers all 10 questions correctly. In the case of multiple winners, we'll conduct a lucky draw.

Runner-Up Prize:

For one lucky participant who get at least 8 out of 10 answers correct, we'll offer a 100% discount on any one diagnostic test (Echocardiogram, or stress test) at our clinic by a lucky draw

How to Enter:

Submit your answers by 10th October, 2024 via email to hgsuperspecialityclinic@gmail.com or Whatsapp to 9653404007 with the subject line "Heart Health Quiz." Winners will be notified within a week and prizes must be claimed within 30 days.

THE WELLNESS PLATE

Healthy Soyabean Salad

Ingredients:

- 1 cup boiled soybeans (boiled until tender)
- 1 medium cucumber, chopped
- 1 medium tomato, chopped
- 1 medium onion, finely chopped
- 1 small green chili, finely chopped (optional)
- ½ cup boiled corn (optional)
- 2 tablespoons fresh coriander leaves, chopped
- 2 tablespoons spring onion, chopped
- 1 teaspoon chaat masala
- ½ teaspoon roasted cumin powder
- ½ teaspoon red chili powder (adjust to taste)
- Juice of 1 lemon Salt to taste
- 1 teaspoon olive oil (optional)



Instructions:

1. **Prepare the Soybeans:** Boil 1 cup soyabean chunks in 3 cups of water until soft and tender. Drain and set aside to cool.
2. **Mix the Vegetables:** In a large mixing bowl, combine the boiled soybeans, cucumber, tomato, onion, and boiled corn (if using). Add green chili for an extra kick if you like it spicy.
3. **Season the Salad:** Sprinkle chaat masala, roasted cumin powder, red chili powder, and salt over the mixture.
4. **Add Lemon Juice and Olive Oil:** Drizzle the fresh lemon juice and olive oil over the salad. Toss everything together gently to ensure the flavors are evenly mixed.
5. **Garnish:** Top the salad with freshly chopped coriander leaves and crunchy spring onion for added flavor and a burst of color.
6. **Serve:** Your healthy soyabean chaat salad is ready to serve! Enjoy it as a nutritious snack, a light meal, or a refreshing side dish.

Why it's Healthy:

- Soybeans are a rich source of plant-based protein and fiber, making this salad great for digestion and muscle health.
- Cucumber and tomatoes add hydration and essential vitamins.
- Chaat masala and lemon juice give the salad a tangy twist, making it flavorful without adding unhealthy fats.

SCIENCE SPOTLIGHT

Delaying Statin Therapy Increases Cardiovascular Risk in Diabetes

A new study reveals that patients with type 1 or 2 diabetes who delay starting statin therapy are at a significantly higher risk for cardiovascular (CV) events. **Over a 10-year period, those who delayed statin use had a 30% increased risk of experiencing heart attacks, strokes, or other adverse CV events** compared to those who started the medication without delay.

The study, presented at the American Diabetes Association's 84th Scientific Sessions, followed 7,239 patients and found that **even a brief delay of just 2.7 years in initiating statins led to worse outcomes**. Patients who began statin therapy early had a 6.4% risk of adverse CV events, while those who delayed had a higher rate of 8.5%. Lead author Nisarg Shah from Yale School of Medicine emphasized the critical importance of timely statin therapy, particularly given the well-established link between diabetes and cardiovascular disease (CVD).

Many patients delay statins due to concerns about side effects, but this hesitation can have severe consequences. Experts encourage clinicians to engage in patient-centered discussions to address fears and misconceptions, ultimately helping patients make informed choices about their treatment options. Early adoption of statin therapy can significantly lower the risk of CVD, the leading cause of death in diabetics



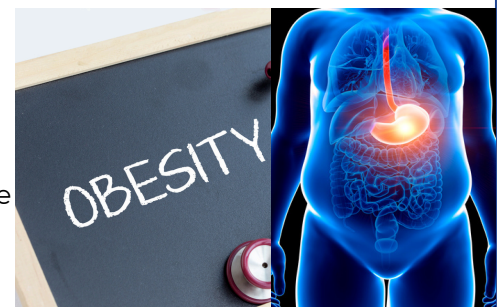
Obesity Increases Risk of Progression in Barrett's Esophagus

A recent systematic review and meta-analysis published in "Clinical Gastroenterology and Hepatology" has found that obesity significantly raises the risk of malignant progression in patients with Barrett's esophagus (BE). According to the study, **for every 5 kg/m² increase in BMI, there is up to a 6% higher risk** for progression to high-grade dysplasia or esophageal adenocarcinoma (EAC).

The analysis, which included data from over 38,000 patients, highlights the connection between obesity and esophageal disorders, such as gastroesophageal reflux disease (GERD), BE, and EAC.

Researchers emphasize the need for targeted screening of BE patients with chronic reflux symptoms who are obese. Interestingly, the risk associated with abdominal obesity, **measured by waist-to-hip ratio, was even more pronounced, showing a more than twofold increase in the likelihood of malignant progression**. This research underscores the importance of considering obesity in the management of BE, as it may help with risk stratification and guide future mechanistic and interventional studies aimed at preventing the progression of

BE to cancer. As BE and EAC continue to be significant health concerns, addressing obesity as a modifiable risk factor could lead to better patient outcomes in those with Barrett's esophagus.



WHATS COMING NEXT.....

- **Home is Where the Heart Is: Why Checking Your Blood Pressure at Home Matters**
- **Slim Down Safely: What You Need to Know About the Latest Weight Loss Medications**
- **Is Your Liver in the Danger Zone? Understanding Fatty Liver**
- **Decoding diagnostics - Cardio-pulmonary exercise testing (CPET)**
- **Practical tips for managing bloating**
- **Ask the doctor- Skip the Salt: How Much Sodium is Too Much for Heart Health!**