- Heart / Health

KEEPING YOUR HEART HEALTHY AND HAPPY

Hardworking organ in your body that Show some love to your heart, the most keeps you alive. Return the favour with some healthy lifestyle tweaks

HT Cafe · 19 Mar 2021 · 6 · Swati Chaturvedi

It is often said, 'Your life will keep on beating until your healthy heart keeps on beating.' Over an average lifespan of an individual, the heart beats about 2.5 billion times over, supplying gallons of blood to every organ. So, it's important to take care of the most essential organ of a human body — the heart. After all, it works hard — without breaks — to keep you alive, so you should do your part and return the favour.

"Heart is the most important organ of our body, as it is critical for supplying blood to the rest of the body and the brain. That makes taking care of the heart most important," says Dr Abhishek Singh, cardiologist, Columbia Asia Hospital, Ghaziabad.

A healthy heart is essential, especially during the pandemic.

As Dr Bipeenchandra Bhamre, cardiothoracic surgeon, Sir H N Reliance Foundation Hospital and Research Centre, Mumbai, puts it: "The heart is the motor pump of the body. Heart health is maintaining this pump in optimal working condition to provide nutrition and oxygen to the body tissues. The pandemic affected our hearts in a major way; an active lifestyle, the one we knew, took a backseat, as people choose a sedentary lifestyle."

Agrees Lavleen Kaur, dietician and co-founder, Diet Insight, who says, "We fail to realise the importance of our heart until we are faced with serious symptoms such as breathlessness, chest pain or numbness in the body. By leading a sedentary lifestyle, we invite lifestyle diseases such as diabetes, high blood pressure, and when these are prolonged, it leads to heart diseases."

The early symptoms of a heart disease include dizziness, fatigue, shortness of breath, cold sweats, confusion, headache or lightheadedness. If you ever experience discomfort, visit a doctor, as these could be warning signs of heart disease. A diet high in fat, sugar and salt, high blood cholesterol, physical inactivity and stress and anger increases the risk of a heart disease. "High blood pressure contributes to an ever-increasing burden on the heart, leading to heart failure with premature mortality and disability," says Dr Balbir Singh, chairman, cardiac sciences, Max Hospital, Saket.

Keeping your heart healthy is something you can work on daily. Although some heart problems are hereditary, many are caused due to poor healthcare. A good lifestyle will improve the heart's health, enabling you to enjoy your life to the fullest. It's never too late to enhance your quality of life.

Pdeserves Our heart often care. We utmost realise its fail to are until we importance symptoms serious chest faced with breathlessness, in such as numbness pain or the body. KAUR, LAVLEEN
Dietician