FACTORS THAT CONTRIBUTE TO SILENT HEART ATTACK

HT City · 22 May 2026

One of the biggest myths around sudden cardiac deaths is that looking healthy automatically means having a healthy heart. Cardiologists say many cardiac patients today are not visibly unfit. Doctors warn that hidden plaque buildup, untreated metabolic problems, stress, poor sleep and delayed recognition of symptoms are increasingly common risk factors.

Modern lifestyle patterns, including disrupted sleep cycles, erratic meal timings, untreated blood pressure, insulin resistance and sedentary work routines, can silently damage arteries over the years. Cardiologists advise regular preventive cardiac screening after 40, especially for Indians with stress, family history or metabolic risk factors.