

WORLD HEART DAY 2022

Keeping a healthy heart is essential if you do not want to be apart from your loved ones. Hello everyone! This is Dr Ashida ,Associate Professor,Dept of Cardiology talking about World Heart Day 2022.

Cardiovascular diseases (CVD) remains the world's number one killer, taking an estimated 17.9 million lives each year . As a way to fight this, the World Heart Federation created World Heart Day an event observed and celebrated annually on September 29, with the aim of increasing the awareness of cardiovascular diseases.

A common misconception about CVD is that it impacts more people in developed countries. However more than 80% of the deaths occur in middle-income and low-income countries. Economic systems of countries are also majorly impacted as the high cost of treatment and failure to treat the diseases on time results in loss of productivity and long absences from work .

This year's campaign theme is USE HEART FOR EVERY HEART.

The three pillars of this campaign are


USE HEART FOR HUMANITY- to spread awareness, access to treatment and support for CVD in low-to middle-income countries


USE HEART FOR NATURE- Air pollution is responsible for 25% of all CVD deaths, taking the lives of 7 million people every year. Each of us can contribute to a healthier planet in our own way by actions like walking or cycling instead of travelling by car.

USE HEART FOR YOU- Psychological stress can double the risk of having a heart attack. Exercise, meditation, and getting enough quality sleep help to lower stress levels and maximise our individual heart health.

If you have a healthy heart, you can enjoy a happy and long life. So encourage your loved ones to go for a heart checkup this World Heart Day for a smooth life ahead.

On this World Heart Day, let's make sure that each and every individual knows how important it is to take proper care of the Heart. **Happy World Heart Day 2022**


PROFESSOR & HEAD
Department of General Medicine
Sri Manakula Vinayagar Medical College & Hospital
Kalitheerthalkuppam, Madagadipet,
Puducherry-605107.


Dr.ASHIDA.T.S. MD (Gen.Med), DNB(Cardio), FESC
Reg. No: 58621
Consultant Interventional Cardiologist
Associate Professor of Cardiology
Department of Cardiology
Sri Manakula Vinayagar Medical College and Hospital
Puducherry-605107.

Kalitheerthalkuppam, Madagadipet, Puducherry- 605107

Name of Resource person:
Dr. Ashida. T.S

Podcast Title: World Heart Day 2022

Department: Cardiology

Category: (Select relevant category)
Public awareness/Continuing medical education/Research & innovation/ Day celebration

TRANSCRIPT

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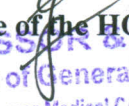
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Signature of the Resource Person


Dr. ASHIDA. T.S MD (Gen Med), DNB (Cardio), FESC
Reg. No. 56621
Consultant Interventional Cardiologist
Associate Professor of Cardiology
Department of Cardiology
Sri Manakula Vinayagar Medical College and Hospital
Puducherry-605107.

Signature of the HOD


PROFESSOR & HEAD
Department of General Medicine
Sri Manakula Vinayagar Medical College & Hospital
Kalitheerthalkuppam, Madagadipet,
Puducherry-605107.