



#WorldHeartDay: Lifestyle habits that will lead to a heart attack, if you're not careful

A cardiologist reveals the leading causes behind heart attacks, and what steps you can take to avoid them.



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Picture for representative purpose. Picture courtesy: Instagram/royalrankings

People of all ages, young and old, in India are now more prone to getting heart attacks. It is a difficult fact to face, but face it, we must.

It has recently been revealed that [young Indians](#) tend to get a heart attack eight to 10 years earlier than people of other ethnic groups do. Why are we in such a state of ill-health?

On World Heart Day, we attempt to answer some of these questions with the help of Dr Nilesh Gautam, senior interventional cardiologist at the Asian Heart Institute, Mumbai.