

WHY SEEMINGLY FIT PEOPLE DIE OF HEART DISEASE

Experts reveal the hidden risk factors that could contribute to cardiovascular problems in people with no prior history or symptoms



Incorporating too much exercise in your schedule in a short span of time can lead to heart problems.

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According to Dr Seth, routine exercise tests like TMT (treadmill test) only pick up artery blockages beyond 75%. So to pick these up at a lower level, it is important for those above 40 to go for sophisticated cardiac tests like calcium scoring by CT scan—this holds particularly true for those with a family history, those who travel a lot, are overweight, diabetic, heavy smokers and exercisers. "If in a CT scan of heart arteries calcium is found, then early blockages, even 10-45% blockages, can be identified and specific treatments like aspirin and cholesterol-lowering drugs, etc., can be given so that the damage doesn't progress and heart attack can be prevented," he says.

Stress is very often a factor. "While it does not directly cause heart attacks, sudden, severe stress can lead to stress cardiomyopathy (or broken heart syndrome). Therefore, keeping our stress levels in check is as important as keeping our triglyceride and cholesterol numbers tamed," says Nilesh Gautam, senior interventional cardiologist and head of the department of preventive cardiology and rehabilitation at the Asian Heart Institute in Mumbai. Those who internalize the stress are in greater danger.

Dr Seth says excess unaccustomed

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