

# INTERNATIONAL HEART CONFERENCE

August 13-14, 2018 | Singapore City, Singapore

## Management of nutritional needs in Heart failure-A tight rope walk

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Lifestyle diseases are ailments that are primarily attributed to the day to day habits of people. A sedentary life can cause a number of health issues that can lead to chronic non-communicable diseases that can have even life-threatening consequences. Examples of lifestyle diseases are cardiovascular diseases (like heart attacks and strokes), cancers, chronic respiratory diseases, diabetes, obesity, Alzheimer's disease, depression and other lifestyle associated diseases. Globally, the population has gained more than a decade of life expectancy since 1980, rising to 69.0 years in men and 74.8 years in women in 2015. Also, the rate of people dying from cardiovascular disease and cancers has also reduced, although at a slower pace. About 17.5 million people died from cardiovascular diseases in 2012, representing 31 percent of all global deaths. This number is expected to increase to more than 23 million by 2030. People are living for more years but with illness and disability. High blood pressure, smoking, high blood

sugar, high body mass index, and childhood undernutrition were the world's leading risk factors for premature death and ill health. Stronger interventions are required for the prevention, control and treatment of cardiovascular diseases to reduce the burden and save lives. A strategy which affects the societal influences, regional cultural diversity and the changing lifestyles due to urbanization should be formed. Definitely, the involvement of the medical community in prevention efforts is important. Strict and practical methods to control the use of and exposure to tobacco, along with encouragement of healthy lifestyles, such as increased physical activity and decreased fat and carbohydrate consumption, should be an integral part of any program. A strategic approach should be designed so that all stages of the life cycle are targeted. Spreading awareness about harmful effects of tobacco products and content of salt in foods can help millions of people avoid unnecessary death and suffering from cardiovascular disease.

### Biography

Dt. Pallavi Jassal M.Sc. is a Foods & Nutrition Dieticians completed her PGD Naturopathy & Yoga. she is a Chief Consultant at Diet, Nutrition & Natural Health. she is a Certified Nutritionist by Canadian Society of Nutrition Management. and Formerly at Christian Medical College, Ludhiana, Mediwell Heart Institute, Chandigarh

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