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Lifestyle modification in cardiovascular disease

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Lifestyle diseases are the ailments that are primarily based on the day to day habits of people. Habits that detract people from indulging in physical activity and healthy eating push them towards a number of health issues that can lead to chronic disease or NCDs (non-communicable diseases) that can increase morbidity & mortality. With research & good anti-microbial armament, we have gained on good control upon communicable diseases due to which the world 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. But, an estimated 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. The number of annual deaths has increased from roughly 48 million in 1990 to almost 56 million in 2015. 70% (40 million) of global deaths in 2015 were due to non-communicable diseases. People are spending more years living with illness and disability. High blood pressure, high blood sugar, high body mass index, high refined carbohydrate, high saturated fats, tobacco & alcohol use, were the world's leading risk

factors for premature death and ill health in 2015. Innovative approaches and effective and evidence based interventions are required for the prevention, control and treatment of cardiovascular diseases to reduce the burden and save lives. There is need to develop broad and sustainable strategy for cardiovascular research and prevention. Such a strategy should recognize the unique societal influences, regional cultural diversity and the changing lifestyles as rates of urbanization continue to increase dramatically. The involvement of the medical community in prevention efforts is important. Strong methods to control the use of and exposure to tobacco, coupled with promotion of healthy lifestyles, such as increased physical activity and decreased fat and carbohydrate consumption, should be an integral part of any national program. A comprehensive strategy should be designed so that all stages of the life cycle are targeted. Reducing the consumption of wrong foods and opting for the right food choices along with regular moderate physical activity can help millions of people avoid unnecessary deaths and suffering from cardiovascular disease.

Biography

Dr. Sandeep Jassal MD (AM), BAMS, PGD is working at Preventive and Promotive Healthcare Apollo Hospitals. he has also doing his work at Family Physician and Wellness Consultant. He is Certified Advanced Cardio-Vascular Life Support Provider by American Heart Association.

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