

Heart Patients :

Survival Depends on Damage of Coronary Arteries

—Prof. P. D. Nigam

New Delhi : The popular belief that a heart patient has little chance of survival after the 2nd or 3rd attack is without foundation, says Dr. P.D. Nigam, Cardiologist of the Willingdon Hospital.

Dr. Nigam told N.J. that the survival of the patient depends upon the extent of the disease of the coronary arteries. Medical statistics show that the heart patients have been rehabilitated to normal life even after 5-6 attacks.

The best thing that a layman, a relative or friend, can do for a heart-patient is to discuss with him everything except heart disease. Over-anxiety of relatives and friends and continuous discussion of the disease without full knowledge cause iatrogenic symptoms and cardiac neurosis.

Dr. Nigam says that a sizable number of heart-patients are not able to return to normal work due to psychological reasons. The aim of a successful treatment should be to rehabilitate the patients to their original occupation as far as possible. Some researches show

that graduated exercise help in returning majority of the patients to fruitful living. With slight modification in the daily routine and dietary habits one can definitely return to normal life after the initial attack.

Prof. Nigam discounts the belief that bidis are less harmful than cigarettes and adds that it has not been proved that the harmful effect is caused by the paper used in the manufacture of the cigarette. Cigars and pipes are less harmful because the smoke, being heavy and hard, is not inhaled as in the case of cigarette or bidi smoking.

Dr. Nigam has no doubt that heavy smoking is a health hazard but his advice to a person who had a heart attack is to give up smoking completely.

Speaking on dietary habits, he says, that patients whose serum cholesterol is high should not take saturated fats like pure ghee, dalda, butter, yellow of egg, ice cream and milk in large quantities and instead they should change their pattern of diet and use safola, mustard oil or other oils which

contain more of poly-unsaturated fats. Thirty minutes rest after each meal is advisable.

Obese patients must try to reduce their weight. Those with diabetes and hypertension should make all efforts to control them. Diabetes and Hypertension are not only the coronary risk factors, but are likely to produce complications of heart attacks.

Dr. Nigam says that alcohol does not cause heart attack. Heavy and regular indulgence in alcohol over a period causes enlargement of the heart resulting in cardio (disease of the heart muscle).

Regarding the mortality rate of heart patients, he says, some cardiologists in the west believe that about 30-40 per cent of those who get heart attacks drop dead before they reach the hospital. On an average 30 per cent of those who reach the hospital die and the maximum death occurs in the first four hours. The chances of death after an initial attack of myocardial infarction are several times more than the matched population without coronary artery disease.

NEWS—Contd.

Bombay : A Seminar on "Your Heart is Your Health" was held at the Seth G.S. Medical College on April 7.

Dr. K.G. Nair, Director-Professor of the College, was the moderator.

The meeting commenced with an invocation by student nurses of the KEM Hospital. Mrs. S. Bellimal, Matron, welcomed the guests.

Miss Durga Mehta introduced the W.H. Day. Dr. T.H. Rindani, Dean of the College and Mrs. K. Thomy, Branch President, spoke on the occasion. Mrs. N.P. Upponi proposed vote of thanks.

AWARD

New Delhi : Mrs. A. D.

Malhotra, ADHS (N) Haryana, was awarded a Silver Medal by the Indian Hospital Association for meritorious service at its 11th Annual Convention at AIIMS on April 30.

Mrs. Malhotra was re-elected to the Executive Committee.

LEVY FUND

Pondicherry : Nurses of JIPMER held a benefit film show to raise funds to clear the levy of TNAI.

An amount of Rs. 565.80 collected was sent to the Tamil Nadu Branch President.

ELECTED

Chandigarh : Mrs. A.D.

Malhotra, ADHS (N) Haryana was elected President of the North Zone Branch of the TNAI at the Annual Conference on April 22.

TNAI 55TH CONFERENCE (6TH BIENNIAL)

Dates :

October 25-28, 1972

Place :

BOMBAY

Theme :

FAMILY WELFARE

Further details will follow

The Council will meet from October 23 to 24.