



## PRESS RELEASE

**The first “Health Education Lecture Discussion for Public” (“HELP”) was organized at AIIMS on 17 April, 2009.**

Dr. R.C.Deka, Director, AIIMS inaugurated this Lecture Discussion which was attended by a large number of people from the general public and AIIMS employees.

The topic for this first “HELP” was **“Dil Ka Maamla Hain- Rakhein Iska Khyaal”** (All you wanted to know about Heart Attacks and High Blood Pressure).

**The Panelists for this “HELP” were:**

1. Dr. V.K. Bahl  
Professor & Head, Cardiology, AIIMS
2. Dr. Milind Hote  
Assoc. Professor, Deptt. of CTVS, AIIMS
3. Ms. Mala Manral  
Dietician, AIIMS &
4. Dr. Bir Singh ( Anchor)  
Professor of Community Medicine, AIIMS

**Going by the feedback received from the audience, this “HELP” was a huge success. The audience liked the new format in which there was no “lecturing” and the entire session was conducted by a panel discussion. Dr. Bir Singh , Professor of Community Medicine, AIIMS anchored the session very lively.**


**The KEY MESSAGES that emerged from the session were as under:**

1. Coronary Artery Disease (CAD) and High Blood Pressure are very common problems; are affecting even younger people and their prevalence is increasing even in rural areas.
2. High Blood Pressure; Smoking; Over weight (Obesity); Stress; Lack of physical activity and exercises; Faulty dietary habits etc. are important risk factors for Coronary Artery Disease which manifests itself as Angina, Heart Attacks; Irregular heart beats and even sudden death.
3. Blood Pressure of more than 140/90 is called High Blood Pressure and is a silent killer. It can damage vital organs such as brain, heart, eyes, kidneys, nerves etc. Very often, it remains undetected.
4. Patients having symptoms suggestive of a Heart Attack must not ignore the symptoms and should report as soon as possible to the nearest health facility...preferably within the first hour ( ***“The Golden Hour”***).
5. CAD can be diagnosed and treated easily by a variety of modern tests.
6. Heart Attacks and Hypertension can be PREVENTED. The prevention is cheap, EASY and more effective. Follow these SIMPLE SUGGESTIONS and ADVICES:

# Good habits last a lifetime!

Anyone can develop high blood pressure. The good news is that some changes in daily habits can help control high blood pressure effectively.

Follow these tips to protect your heart and control high blood pressure. While you read, think to yourself... "I Can Do It!"




**Give up smoking**



**Reduce salt & sodium intake**

- Avoid processed or canned foods
- Avoid pickles, papad & chutneys
- Prepare food with less salt





**Maintain normal weight**



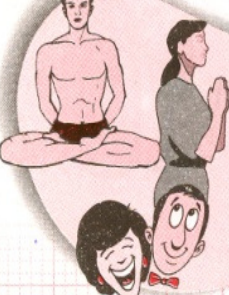
**Be active**

- Exercise or walk for at least 30 minutes everyday
- Use stairs instead of lift whenever possible




**Eat a healthy diet**

- Use less oil for cooking
- Eat more fresh fruits and vegetables
- Eat fish, chicken and egg white instead of red meat and egg yolk
- Get enough potassium, calcium, magnesium and fiber in your diet from tomatoes, carrots, cabbages, green peas, mushrooms, spinach, oranges etc.
- Avoid fast foods



**Reduce stress**

- Meditate, pray or do yoga for relaxation
- Get enough sleep
- Laugh more often



**Limit alcohol intake**

Always take your medication as directed & follow up with your doctor regularly!



Here are some of the photographs of the session. The next “HELP” is scheduled for 21<sup>st</sup> May 2009 (Thursday) on at 4.00 PM in the Conference Hall, AIIMS. The topic is:

“ Sugar Ki Bimaari-----Ek Meethi Hatyaari”

Diabetes-----A Sweet Killer



Dr. R.C.Deka, Director of AIIMS  
inaugurating the “HELP”



The Panelists for “HELP” (R to L)  
Dr. V.K.Bahl, Dr. Milind Hote, Ms.M.Manral



Dr. Bir Singh, Anchor for the “HELP”



Audience



Audience



Audience



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