

Fortis Malar Hospital organises ‘Know Your Heart’ session this World Heart Day

An interesting Tai Chi session was conducted for middle-aged Chennaiites for improved heart health

Chennai, 30th September 2019: On the occasion of World Heart Day, Fortis Malar Hospital conducted an awareness session ‘*Know Your Heart*’ led by **Dr. Pradeep Nayar, Senior Consultant Cardiology, Fortis Malar Hospital**. The session conducted at Thiruvalluvar Nagar, Thiruvanmiyur Beach emphasized the significance of physical activity for maintaining a healthy heart. A gathering of over 50 enthusiastic middle - aged people from East Coast Beach Walker’s Association participated in the event. An exclusive Tai Chi activity was also conducted by **Mr. M Dhanasekaran, Karate World Champion 2013- Japan, Sub Inspector of Police (Retired)** who introduced the participants to this gentle form of exercise involving various flexible postures and seamless body movements for improved heart function.

Commenting on the occasion, **Dr. Pradeep Nayar** said “Indians are genetically prone to cardiovascular complications. Heart attacks are looming large, affecting Indians increasingly. Coronary Artery Disease (CAD) affects Indians 10 years earlier than other communities. The risk of CAD in Indians is 3-4 times higher than the White Americans, 6-times higher than the Chinese, and 20-times higher than the Japanese. It is mandatory to do master cardiac checkups including TMT every year. To combat heart complications, we need to exercise regularly, consume a variety of fruits, vegetables, whole grains, skimmed and low fat dairy products, fish, poultry and lean meats, legumes and lentils. One must also avoid smoking and learn to de-stress in order to regulate and reduce the complications.”

Mr. M Dhanasekaran further added saying “Tai Chi has innumerable positive effects on one’s cardiovascular health. For a healthy heart to function, it is essential to continuously follow a physical routine with discipline. Tai Chi reduces stress, ensures proper deep breathing, manages blood pressure levels and improves flexibility, which in turn has an overall benefit on the heart. It is an ideal form of exercise for all age groups.”

The event ended with a cardiac check-up camp along with cardiologist’s consultation. The camp also focussed on checking the individual’s heart age and health with the help of a specialized device called SphygmoCor. The SphygmoCor is used to non-invasively measure the speed (m/s) of the pressure wave between two locations in the arterial tree to diagnose and detect abnormalities in the heart.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.

About Fortis Malar Hospital:

Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and

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multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

For more information, please contact:

Fortis Healthcare	Brand –Comm
Rokesh, 9094745180 rokesh.a@fortishealthcare.com	Lydia Sonali Diaz, +91 99403 56877 lydia@brand-comm.com
Fortis Healthcare Ltd. Head, Corporate Communications AjeyMaharaj: +919871798573 ajey.maharaj@fortishealthcare.com	