

'Mind' your heart today, tomorrow and always

Lakshmi U Menon speaks to the doctors from suburbs on the occasion of World Heart Day and World Alzheimer's Day about the causes and cures of the disorders



However, Dr Mehta disagrees, "The theory that women are more prone to heart disease during post-menopause is no longer true. More young women now come with heart diseases. The youngest woman I have come across, was 29. Now it is a bigger worry."

In case of Alzheimer's disease, Dr Charles Pinto, professor of psychiatry at Nair Hospital, said, "AD is detected more nowadays as the awareness is increasing. However, it is rare among people of a younger age group. Dr Rashmin Chloera from Kandivli agreed saying, "The cases of AD is the same all over the world only the detection is more. Out of 100 elderly above the age of 60, about 20 per cent suffer from AD."

Dr Devendra Save from Borivli said, "In Mumbai, of the 10 to 20 lakh senior citizens cases of dementia is found among 2 lakh and at least a lakh suffer from AD." The most common cause of AD is the reduced synthesis of neurotransmitter acetylcholine. Dr Pinto said, "It is control-

Hearth diseases have been a bane for many in the city. It has been a constant source of worry especially in the case of urbanites, who have to deal with hectic lifestyles. Another disease that is a cause for concern among the elderly is Alzheimer's disease (AD) that is the most common form of dementia.

On the occasion of World Alzheimer's Day on September 21 and World Heart Day on September 28, Westcoast brings you updates on these two ailments.

Dr Suresh Vijan, visiting intervention cardiologist of Lilavati Hospital in Bandra, said, "Cases of heart diseases is rising continuously. Now we are even seeing younger patients. Those who are 22 or 23 have acquired heart problems."

Dr Harsh Mehta, visiting intervention cardiologist of Nanavati Hospital in Vile Parle, agreed saying, "Yes, it is definitely on the rise. It is

I will be starting with my own memory clinic this month in Borivli and we are also planning to start a dementia group in Borivli"

—Dr Devendra Save, Borivli

increasing among the younger age groups. The youngest case of heart attack I have seen is for a 24-year-old."

healthy
you

Explaining the causes of heart problems, Dr Vijan said, "The reasons are multi-fold — it can be the lifestyle, the diet is haywire, the work

hours are 25 hours instead of 24, can be because of diabetes or blood pressure." When asked about the occurrence of heart ailments across genders, Dr Mehta said, "Heart diseases occur early among men whereas women are more prone to heart diseases after menopause."



lable but not curable. The medicines only help the brain to utilise this though the process of the disorder continues. But there is hope for the future." Companies like GNC also provide medicines for AD.

Dr Chloera said, "During counselling, we educate the family about dementia and make them understand the behavioural problems of the patient as he is not in a position to understand." Dr Save agreed, "We explain the extent of dementia, social history, family set-up. The early stage is also traumatic for the patient. It can lead to personality changes, hallucination and depression."

On occasion of World Alzheimer's Day, Silver Inning Foundation in association with Alzheimer's & Related Disorders Society of India (ARDSI) has been organising a week's programmes from September 15 to 21 across Mumbai to create awareness about dementia and AD.

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