

The newsletter by 2050 HEALTHCARE



CARECONNECT

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YOUR HEART YOUR LIFE

Understanding Cardiovascular Disease
and Embracing a Heart-Healthy Lifestyle

MESSAGE

from

LEADERSHIP



“ At 2050 Healthcare, our mission has always been to support you through every phase of healing. This month, we turn our focus to the engine of our bodies—the heart. ”

Ms. K. Lekhashree
(State Head - Odisha)

Cardiovascular diseases (CVDs) are now the leading cause of death globally, and a significant health challenge in India. An estimated 19.8 million people died from CVDs in 2022, a number that underscores the urgency of awareness and action. These conditions are no longer just diseases of the elderly; they are increasingly affecting younger individuals, largely due to modern lifestyles.

The good news is that most cardiovascular diseases are preventable. Simple, consistent changes in our daily habits can dramatically reduce our risk and pave the way for a longer, healthier life. It's about making conscious choices—from the food we eat to the activity we embrace.

For those who have already been affected by heart conditions, the journey back to health is a crucial one.

Our Cardiopulmonary Rehabilitation programs are designed to provide comprehensive, personalized care that helps patients regain strength, confidence, and control over their health, right in the comfort of their homes.

In this issue of Care Connect, we will explore the prevalence of cardiovascular disease and share actionable, evidence-based lifestyle changes you can make today. Our goal is to empower you with the knowledge to protect your heart and the hearts of your loved ones.

YOUR HEART YOUR LIFE

The Growing Challenge Of Cardiovascular Disease

WHAT IS CARDIOVASCULAR DISEASE (CVD)?

Cardiovascular disease (CVD) is a general term for a group of disorders affecting the heart and blood vessels. It is a leading global health crisis, responsible for about one-third of all deaths worldwide. In India, the age-standardized CVD death rate is significantly higher than the global average, at 272 per 100,000 people compared to the global average of 235.



TYPES OF CARDIOVASCULAR DISEASE

- **Coronary Artery Disease (CAD):** The most prevalent form, caused by the buildup of plaque in the heart's arteries, which can lead to chest pain (angina) or a heart attack.
- **Cerebrovascular Disease:** Involves blood vessels supplying the brain. A blockage or rupture can cause a stroke or a transient ischemic attack (TIA).
- **Peripheral Artery Disease (PAD):** Affects blood vessels in the limbs, typically the legs, causing pain and limiting mobility.
- **Heart Failure:** A chronic condition where the heart can't pump blood effectively to meet the body's needs.

KEY RISK FACTORS TO WATCH FOR



High Blood Pressure (Hypertension): Puts extra strain on your heart and arteries.



High Cholesterol: Particularly high levels of LDL (bad) cholesterol can lead to plaque buildup in arteries.



Diabetes: High blood sugar levels can damage blood vessels over time.



Obesity: Carrying excess weight increases the strain on your heart.



Smoking: Tobacco use is a major cause of atherosclerosis and is directly linked to about 30% of heart disease deaths.



Physical Inactivity: A sedentary lifestyle contributes to other risk factors like obesity and high blood pressure.

EMBRACING A HEART-HEALTHY LIFESTYLE

While the statistics can be daunting, up to **80% of premature heart disease and strokes are preventable**. The power to protect your heart is largely in your hands. Here are the most effective lifestyle changes you can adopt.



ADOPT A HEART-HEALTHY DIET

A balanced diet is your first line of defense.

Focus on:

- **Eating more fruits, vegetables, and whole grains.** A plant-based diet like the Mediterranean diet is proven to lower blood pressure and cholesterol.
- **Choosing lean proteins** like fish, chicken, and legumes over red meat.
- **Limiting unhealthy fats, salt, and sugar.** Avoid processed foods, which are often high in these ingredients.



GET REGULAR PHYSICAL ACTIVITY

Exercise strengthens your heart muscle and improves circulation.

- Aim for at least **30 minutes of moderate-intensity exercise**, like brisk walking or cycling, most days of the week.
- Even simple changes, like taking the stairs or stretching during breaks, can make a significant difference.



MAINTAIN A HEALTHY WEIGHT

Excess weight puts significant strain on your heart and blood vessels, increasing your risk of heart disease.

- Even a modest weight loss of 5-10% of your body weight can dramatically lower your blood pressure, reduce bad cholesterol, and improve blood sugar levels.
- Combine a balanced diet with regular exercise for the most effective and sustainable weight management.
- Consult your doctor to understand your ideal weight range, often measured by Body Mass Index (BMI), and create a safe plan to reach it.



QUIT SMOKING

If you smoke, quitting is the single best thing you can do for your heart health. Quitting will immediately begin to lower your risk.

- Smoking damages the lining of your arteries, reduces the amount of oxygen in your blood, and raises your blood pressure.
- The benefits start almost immediately. Your risk of a heart attack begins to drop within 24 hours of quitting.
- Seek support to increase your chances of success.



HOW CARDIAC REHABILITATION HELPS

For individuals recovering from a heart attack, surgery, or living with a chronic heart condition, rehabilitation is vital. A structured cardiac rehab program plays a key role in recovery by:

- **Restoring Strength:** Supervised exercise training helps you safely regain physical fitness and endurance.
- **Managing Risk Factors:** Provides education on nutrition, stress management, and medication to control blood pressure and cholesterol.
- **Providing Emotional Support:** Coping with a heart condition can be stressful. Counseling helps reduce anxiety and improve mental well-being.

2050 Healthcare's personalized cardiac rehab programs are designed to support you on your journey back to a full, active life with confidence and independence.

Doctor's Corner

Q&A with a Heart Health Expert

Q What's the difference between "good" (HDL) and "bad" (LDL) cholesterol?

LDL (Low-Density Lipoprotein) is considered "bad" because high levels lead to plaque buildup in your arteries. HDL (High-Density Lipoprotein) is "good" because it helps remove excess cholesterol from your system. Limiting saturated fats in your diet is the best way to lower your LDL.

A

Q Can I be at risk for heart disease even if my total cholesterol is low?

Yes. A family history of early heart disease is a major risk factor, regardless of your cholesterol levels. Furthermore, having low HDL, the "protective" cholesterol, is not beneficial even if your total number seems low. It's important to look at the complete picture with your doctor.

A

Q What is the most important dietary change to make for heart health?

Reducing your intake of salt, sugar, and saturated/trans fats has the biggest impact. Focus on eating a diet rich in whole foods like fruits, vegetables, and whole grains, while avoiding processed foods and sugary drinks.

A

Q After a heart attack, is it too late to make a difference with lifestyle changes?

No, it's never too late. Adopting a healthy lifestyle and using cholesterol-lowering medications after a heart attack can significantly lower your chances of having another one. Cardiac rehabilitation programs are specifically designed to help you make these crucial changes safely.

A

Q How does stress affect the heart?

Chronic stress can lead to high blood pressure and constricted blood vessels, which impairs circulation. Practicing stress-reduction techniques like meditation, deep breathing, or regular physical activity is crucial for cardiovascular health.

A





Case Study

TURNING THE IMPOSSIBLE INTO HOPE

The Recovery of Bharat Verma Ji

On April 25, 2025, a tragic accident changed everything for Bharat Verma Ji, General Secretary of BJP, Chhattisgarh. He was critically injured in the Dongargarh Ropeway accident, suffering severe spinal and cervical cord injuries. Both his hands and legs had lost function, and the possibility of him walking again seemed distant.

He was first admitted to MMI Narayana Hospital, Raipur, and later shifted to 2050 Healthcare, where his recovery took a remarkable turn.

At 2050 Healthcare, a specialized rehabilitation plan was created under the guidance of Dr. Swati Singh. The pro-

gram included advanced physiotherapy, continuous monitoring, and personalized neuro-rehabilitation strategies.

But what stood out most was not only the treatment but the partnership between care and courage.

Dr. Swati Singh emphasized that Bharat Ji's own willpower played the strongest role in his recovery.

She shared, "From the very beginning, he showed us that he wanted to heal—and to heal soon. His determination was as important as the therapy itself. Every time he pushed through the pain, it gave us more reasons to believe in his recovery."

With consistent therapy and his unwavering spirit, Bharat Verma Ji gradually regained strength. Step by step, his motor functions improved, until the day he was able to walk again—confidently and with a smile. Today, Bharat Verma Ji returns home not only on his feet but also as an inspiration to all who face seemingly impossible challenges.

2050 Healthcare is proud to have been a part of this incredible journey.

We are one of **India’s leading chain of rehabilitation centers** providing you with the best rehabilitation facilities such as:

- **Post Stroke Rehabilitation**
- **Neurological Rehabilitation**
- **Cardiopulmonary Rehabilitation**
- **Orthopaedic Trauma Rehabilitation**
- **Sports Injury / Spine Rehabilitation**
- **Paediatric Rehabilitation**
- **Oncology Rehabilitation**
- **Liver/Biliary Rehabilitation**



Home Healthcare Services	Day Care Procedures	Long Term Acute Care	Speech & Swallow Lab
Pharmacy 24X7	Nurses & Nursing Attendants 24X7	Occupational Therapy Lab	In-patient Rehab & Physiotherapy
Diet & Nutrition Management	Doctor Consultations	Lab & Diagnostics & Sleep Lab	Equipment (Rent & Sale)



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