

**Times of India     20.07.2009**

## **Nearly 10 % of state's urban population at risk**

JAIPUR: Concern was expressed over the increasing number of sudden deaths by heart failure' at a summit of cardiac specialists held in the city on Sunday. Doctors at the summit said that [heart failure](#) has emerged as the largest killer and the syndrome is more frequent among younger people. Changing lifestyle, family history and negligence of initial symptoms were said to be the major reasons for casualties in these cases.

"Nearly 10 % of the urban population in Rajasthan is at risk of cardiac problems, 4 % of the rural population too is at a risk. However, those with a family history of serious heart troubles must be very cautious," said Dr Sanjay Mittal.

He said that awareness should be increased to avoid undue deaths from heart failure. "It has been noticed that regular exercise and balanced [lifestyle](#) can reverse the ill effects enabling a person to live a healthy life for a longer span," he added.

The doctors discussed various aspects related to heart failure. "The arteries of Indian people are narrower than those of the people in the West. This combined with excessive use of fatty food has been threatening the cardiac health of the country and India is expected to become the [heart disease](#) capital of the world in the coming days," said Dr Balbir Singh, a senior cardiac consultant from New Delhi.

The doctors also expressed their concern over ungoverned and non judicious use of medicines and said that only if a person shows symptoms of hypertension for more than a period of three continuous weeks should he be considered a patient of hypertension and be referred to

medication.