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Heart attack-Prevention & Cure By Positive Life style.

“Facts about Fats..Rice Bran Oil”

Healthy Mind and Body are mandatory for the life journey of over 100 years, but unfortunately millions succumb in the middle due to negative Stress and Life Style.

Cardiovascular diseases(CVD) causes 29% of all deaths globally- “17.1 million” each year making it the world’s number one killer, with 82% occurring in low and middle income countries.

This applies in many folds to Indians as we are the most affected - 4 fold than Westerners, 10 fold than Chinese and 20 fold than Japanese. India being the capital of Heart attack, yearly 30 million Indians sustain Heart attack of which 90 succumb every hour, alarmingly shared by 25 to 30 year olds.

Heart attack is a life style disease and is preventable. Life style is nothing but the behavior of an individual towards life driven by their own mindset.

Stress is an inevitable reaction of our Mind and Body to the environment. Keeping the stress pendulum at its positive side- “happiness from all happenings” keeps us healthy.

Contrary to this, when pendulum swings to the negative side, ease-ness, gets dis pelled resulting in dis-ease.

The negative personalities are--

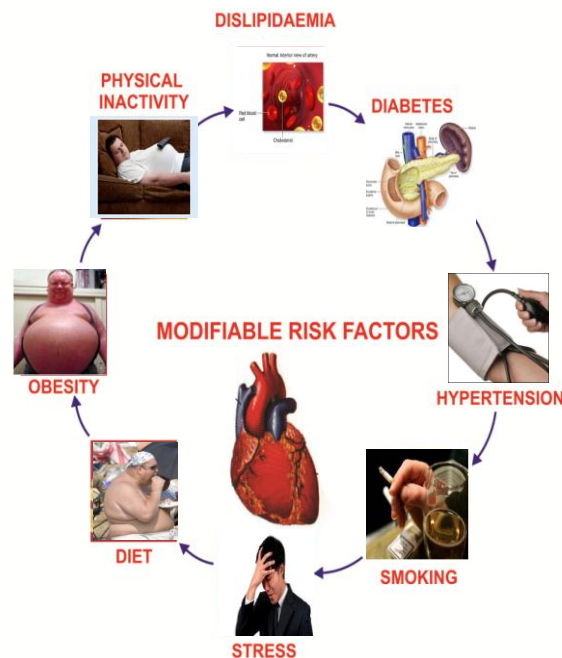
Type “A” Aggressive , Anxious, Avaricious, Agitated, Angry

Type “C” Compressed, Concealed, Not Communicative

Type “D” Depressed, Distressed, Dissatisfied

Type “E” Exchanging personality between A, C and D

Negative Stress chain reaction



In negative personalities, negative psycho-neuro-humoro-Viscero-immune chain reaction triggers excess pumping of fright, flight and fight hormones (adrenaline, nor-adrenaline and cortisol) and release of oxygen free radicals like super oxide, hydroxide and hydrogen peroxide into the circulation. This results in overeating, obesity&sedentary life, leading to elevation of hepatic bad cholesterol – (endogenous LDL) and decrease of good cholesterol (HDL),and also to Diabetes-mellitus, High Blood pressure, smoking and alcoholism .

The cycle culminates in the narrowing of coronary and cerebral arteries manifesting in Heart attack and Stroke, and makes them prone for Gastric ulcer, Asthma, many skin diseases, Autoimmune diseases, Migraine and even cancers.

On the other hand, the Type “B” personality - Be Positive, Be Calm, Be Happy & Blissful, triggers Positive chain reaction and secretes well being hormones like Endorphin, melatonin and Serotonin, leading to hearty health.

The following 10 commandments for the pleasant life journey “Healthy Heart - Hearty Health”!

Prevention & Cure of Heart Attack



- 1. Positive attitude with balanced approach to life and work.**
- 2. Healthy balanced food intake of at least 5 servings of fruits and vegetables a day, avoiding saturated fats and trans fatty acids to maintain normal blood Glucose and Lipids.**
- 3. Regular aerobic exercise of 30 minutes / day or a minimum of 100 hrs/year.**
- 4. Regular Yogasana and Pranayama.**
- 5. Regular Meditation of 20 minutes/day or a minimum of 100 hrs/year**
- 6. Maintenance of optimal body weight (body mass index below 25) especially avoiding abdominal obesity.**
- 7. Avoid excess salt intake to maintain normal blood pressure.**
- 8. No to tobacco in any form including passive smoking.**
- 9. No to alcohol.**
- 10. Include physical activity in your working schedule - cycle to work if possible, take the stairs, and go for a walk during lunch break.**

In doing so, all your numbers will become

Less than 100 :

Mean BP <100mmHg

LDL cholesterol <100mg,

Fasting blood glucose <100mg,

Waist circumference <100cms

Your life will be more than 100 years.

“ *Less is More* ”

The above facts play a vital role in prevention of Heart attack and in reversing the blocked coronary arteries, in 12 months. Coronary interventions like stenting and coronary bypass surgery are only temporary measures & the permanent remedy is only by effective, positive life style modification.

One good news- even with Genetic(Epigenes) predipostion of Diabetes, HBP, Heart attack, Stroke and Cancer, these Genes get modulated to positive mutation in 9 Years, and get rid of these diseases .

The Facts about Fats

“ **Good, Bad, Ugly, Deadly** ”

Cholesterol is categorized under four groups by their characters—**‘GOOD, BAD, UGLY, and DEADLY.’**

1. ‘Good’ cholesterol—HDL C. High density lipoprotein cholesterol
2. ‘Bad’ cholesterol—LDL C. Low density lipoprotein cholesterol
3. ‘Ugly’ cholesterol—TGL Triglycerides
4. ‘Deadly’ cholesterol -- Trans fatty acid in all Fast foods

Cholesterol is very essential for:

- Maintaining shape, structure and function of all cells, especially brain cells.
- Bile acid secretion, which is essential for digestion and absorption of fat and fat soluble vitamins A and E.
- Essential for the synthesis of hormones like adreno-cortical hormones, oestrogen, progesterone and testosterone.
- Essential for synthesis of vitamin D.

Types of Cholesterol and Its Normal Values- mgs%

Cholesterol Types	Desirable
Total cholesterol (TC)	<200
Low density lipoprotein cholesterol(LDL C)	<100
Triglycerides (TGL)	<150
High density lipoprotein cholesterol (HDL)	>50

LDL C has dual source –Exogenous(Dietary) and Endogenous (Hepatic) where as HDL C has single source –from ones own liver .

1.Exogenous Dietary Cholesterol:

Dietary cholesterol is only from animal food, and not from plant sources...

- Ghee, butter, Yellow of the egg, beef, mutton, pork and organ meat like liver, brain and kidney, and food preparations like cake, cookies, chocolates, sweets and ice cream.

☺ All nuts and Vegetable oils are free from cholesterol-- “ 0 ” cholesterol.

Saturated Fat:

Oil that gets solidified when kept outside is an indication of high content of saturated fatty acid.

e.g. , coconut oil,Ghee.

Saturated fat in the diet is rapidly converted by our liver into bad cholesterol like LDL C and TGL.

Blood level of LDL C is over 100 mgm%, it increases many -fold the risk of heart attack and stroke.

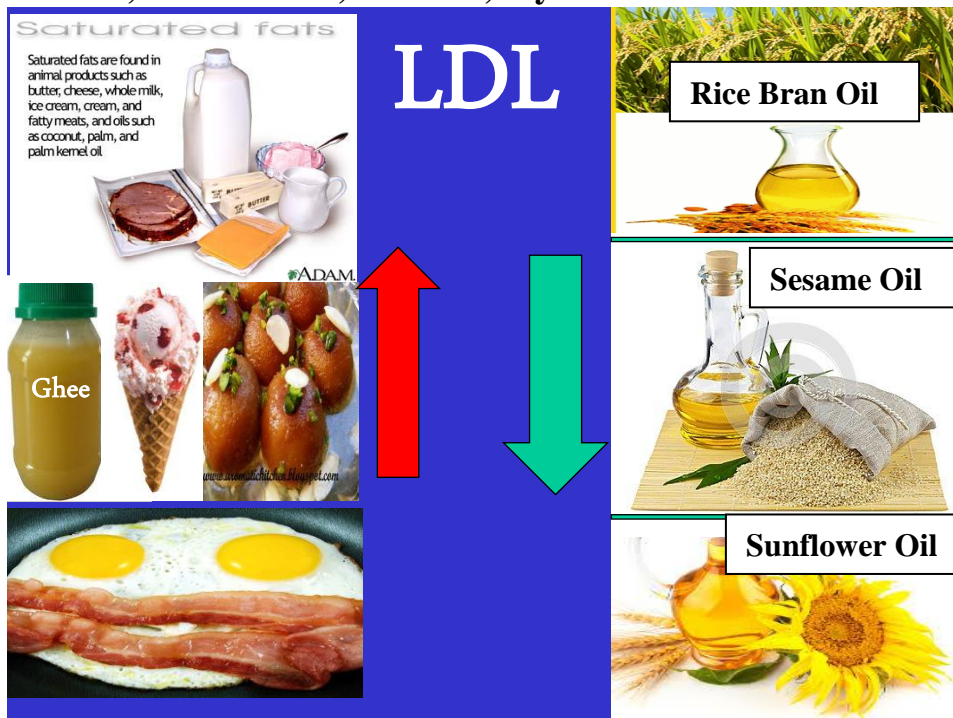
Unsaturated Fatty Acid:

Unsaturated fatty acid not only prevents the increase of LDL C, but also helps to reduce the elevated LDL C .

Mono unsaturated Fatty Acid (MUFA):

Is rich in rice bran oil.olive oil, groundnut oil, canola, sesame oil and in

Polyunsaturated Fatty Acid (PUFA)- is present in rice bran oil, sun flower oil, safflower oil, corn oil , soya oil.



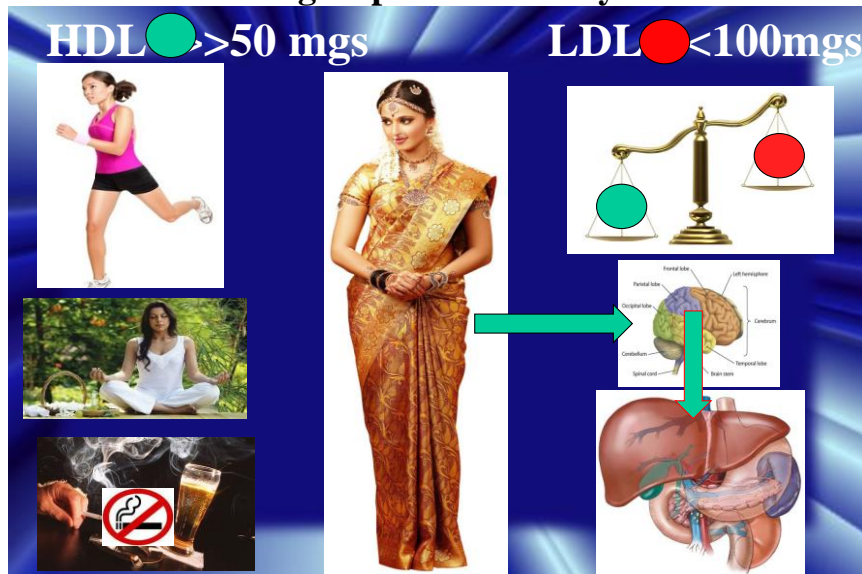
2.Endogenous Hepatic Cholesterol:

High Density Lipoprotein Cholesterol (HDL C)

If more than 50 mgm%, the chances of getting heart attack and stroke becomes very **remote**. If this blood level goes below 35 mgm% the incidence of heart attack increases **many-fold**.

The HDL C, like a scavenger, has got a unique property of removing the bad cholesterol that had already been deposited in the blood vessels and thus effectively reverses the coronary atherosclerotic blocks.

Factors stimulating Hepatic HDL C synthesis are:



- Keeping mindset in Type B personality.(Type B: Be positive, Be Happy, B calm and Blissful)
- Regular aerobic exercises.
- Maintaining ideal Body weight.
- Avoiding smoking (active and passive) and alcohol.
- Yogasanas and pranayamas.
- Meditation.

The above factors also suppresses the Hepatic LDL C.

The following negative brain signals and negative lifestyle trigger liver to produce bad cholesterol. (LDL C) and by see-saw mechanism, reduces good Cholesterol (HDL C)

- Personalities of Type A, C, D.(**Type A:**Anxious&.Agitated,**Type:C** Compressed& not communicative,**Type D:** Depressed.&Dissatisfied)
- Lack of exercise and sedentary life.
- Obesity.
- Smoking.
- Alcoholism.

Triglycerides (TGL)

It is an independent risk factor of IHD. Even though TGL's main source is from dietary intake, liver synthesizes the same from any fat, including starch.

When the blood level crosses more than 150 mgm%, it proportionately increases the risk of heart attack as well as acute pancreatitis—a dreadful disease.

Hypertriglyceridemia is commonly associated with:

- Diabetes mellitus.
- Hypertension.
- Obesity/sedentary life.
- Alcoholics.

Rice Bran oil is nature's excellent gift with balanced mix of all fractions of fatty acids. In addition, it counteracts oxidative stress by its antioxidants like **Tocopherol, Tocotrienol, and Oryzanol.**

Three Es determine our Existence-“life” “Healthy Heart for Hearty Health”

E³

1. Emotion உணர்வு
2. Eating உணவு
3. Exercise உடற்பயற்சி

To Live for 100Yrs

3.Mantras...E³

Be positive in thinking --



Be healthy in eating --



Be adequate in exercising-





Keys

to be Happy and Healthy
In our Fingertips

Ctrl..alt..delete



வாழ்க்கை / Life



The Keys to be Happy and Healthy-in your finger tips only, as you in the computer,

Control (Control the Mind),

Alternate (take alternate path if necessary)

delete (delete the unwanted things)

Life is a calculation..

+ add positive things

— minus the negative things

X multiply the knowledge

% divide the time

= live in balance.

“Live life better”

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