



People who smoke regularly are most likely to have heart problems as compared to non-smokers. Smoking is getting really popular these days, even among the younger generation



Rudraksha seeds has also been proved to benefit the heart.”

According to a report, there are a lot of people who are diagnosed with heart problems which they have had since years. The disease which could have been cured remains undiagnosed and increases over the years. This puts the patients at a heavy risk of heart attacks and strokes. One must get a complete body checkup every 6-12 months to avoid the possibility of any serious disease. Regular checkups also tell you if you are deficient in any nutrition. You can have supplements, or add things to your diet to maintain the nutritional balance. Nutritional deficiencies often put your heart at a risk of stroke.

Dr. Rakesh Kumar Tandon,
Medical Director at Pushpawati
Singhania Research Institute
(PSRI), Delhi, said. “If your family history puts you at a risk of heart disease, you must be careful from

the very beginning. Doing small lifestyle changes and stopping unhealthy eating habits can help you in avoiding heart problems. Apart from this, being physically active is very important. “I have seen so many patients, who have developed heart problems just because of lack of physical activity. People prefer easy life, avoid exercise and continue taking high fat and high carbohydrate diet. That results in excess fat deposition all over the body including arteries supplying the heart muscles. Mental stress and hectic lifestyle with little relaxation further add on to heart problems.”

You must contribute to protecting your heart’s health at all times. Your heart plays a very important role in keeping you up and running, any problem with the heart can endanger your life. 