

# ‘Unhealthy lifestyle leads to heart diseases’

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**CHANDIGARH:** Elderly people are more likely to suffer from heart diseases, which are on the rise in the country, said Dr HK Bali, director, cardiology, Fortis Hospital, SAS Nagar.

He was delivering a talk on cardiac problems among elderly.

He said the elderly are more prone to heart attacks, but early diagnosis can prevent progression of heart diseases in them and carotid artery stenting can prevent paralytic strokes. The seminar was organised by Railway Retired Pensioner's Association.

He said elderly people more commonly suffer from diseases, which ultimately lead to heart attacks and heart failure. These diseases include high blood pres-

**CARDIAC PROBLEMS ARE CAUSED BECAUSE OF AN UNHEALTHY LIFESTYLE, LIKE POOR DIET, LACK OF EXERCISE AND HIGH STRESS**

sure, diabetes and high cholesterol level. Most of these diseases are lifestyle diseases and occur due to a poor diet, lack of exercise and high levels of stress.

Contrary to younger people, he said heart attacks in the elderly may not present with typical symptoms of angina chest pain.

Heart attack may be silent or present with unknown symptoms like sudden breathlessness, palpitation or loss of consciousness.