HEART ATTACK WARNING 40 IS THE NEW 60

By Dinesh C. Sharma

W

omen have been short of

had a heart bypass surgery in

years ago and now the men are

suffering heart attacks at the

same age. Some researchers

have been looking at the

phenomenon for years. But

as this report shows, the

women are doing it too. And

it is happening at a younger

age than before.

The problem is not confined

just to India. A recent study

from the World Health

Organization (WHO) showed

that heart disease is now the

leading cause of death in

women around the world.

The study found that

women are now dying of heart

attacks at an average age of

64 years, compared to 71

years for men. This is a

significant decrease in the

average age of heart disease

in women.

The reason for this

surprising trend is not

fully understood. But it is

likely that changes in lifestyle

and increased awareness of

the risk factors for heart

disease are contributing to

this trend.

In India, heart disease is

now the leading cause of
death in both men and

women. And it is striking at

younger ages than before.

In fact, a recent report from

the Indian Heart Foundation

showed that heart disease is

now the leading cause of death

in women under the age of 60.

This is a significant

development and it

implies that heart disease is

becoming more common and

dangerous among women.

What can be done to

prevent this trend? One

important step is to

increase awareness of the

risk factors for heart disease

and encourage healthy

lifestyles. This includes

eating a healthy diet, getting

regular exercise, and not

smoking.

Another important

step is to increase access to

healthcare. This includes

making sure that women

have access to basic

medical care and that they

are screened for heart disease

on a regular basis.

It is also important to

increase funding for

research into heart disease.

This will help us to

understand the causes of

heart disease and to develop

new treatments.

In conclusion, heart disease

is a major threat to women

around the world. We need

to take action now to

prevent this trend from

getting worse.

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Review