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EFFECT OF LIFESTYLE INTERVENTIONS IN CORONARY ARTERY DISEASE

ABSTRACT

Lifestyle diseases particularly coronary artery disease (CAD) has been noted to be the most important cause of the morbidity and mortality all over the world. India is currently passing through this epidemic so much so that it would be taking a heavy toll of Indian youth and economy to the tune of some 1.6 trillion \$ during 2015-2030 . The main causative factors for CAD identified as coronary risk factors are: smoking / tobacco, physical inactivity, faulty diet, hypertension, diabetes, high level of cholesterol and stress. As most of these risk factors are lifestyle related attempt to modify them by appropriate interventions form the cornerstone of prevention of current CAD epidemic. Studies done by Dean Ornish and several others prompted us to plan an interventional case control study in 640 patients of established CAD. These cases were given power point presentation regarding healthy lifestyle on one to one basis and followed up for six months. At the end of intervention it was possible to bring down the tobacco consumption, improve physical activity, switching over to appropriate food and raising HDL cholesterol in test group to a significant level. Taking cue from above study a five step innovative strategy was developed for effective implementation of healthy life style in coronary patients attending Cardiac Clinic at HAH Centenary Hospital, Jamia Hamdard. This strategy included sensitizing patients to locally developed visuals , posters and pamphlets at registration desk , concurrent counseling at the end of clinical examination , and showing patients and their family the features of atherosclerosis during carotid ultrasound assessment . These points were again reinforced at follow up visits. Initial results of current intervention model is very encouraging in the sense that > 60% of subjects have quit smoking and close to 50% have started regular walking and taking appropriate diet following our intensive counseling . It is thus possible to modify the risk prone lifestyle persons making them shun smoking / tobacco consumption, resume regular physical activity and eat appropriate diet. Such an interventional model merits further evaluation and extensive application.