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Dispur Hospitals to observe World Heart Day



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The city (/taxonomy/term/1957) based Dispur Hospitals plan to observe the World Heart Day on 29 September with various programs. The popular private hospital of northeast India (/taxonomy/term/2367) decides to take out a walkathon on Thursday morning in the city (/taxonomy/term/1957) streets for enhancing awareness about various heart (/taxonomy/term/2457) ailments.

Mentionable is that the heart (/taxonomy/term/2457) day is observed every year across the globe with an aim to raise awareness about cardiovascular diseases, which emerge as (/taxonomy/term/2291) the number one killer of human beings worldwide. The statistics reveal that various heart (/taxonomy/term/2457) disease & strokes claim (/taxonomy/term/1755) 17.3 million lives every year around the world. However, 80% of those premature deaths can be avoided with necessary precautions. Geneva based World Heart (/taxonomy/term/2457) Federation, which promotes the heart (/taxonomy/term/2457) day celebrations worldwide, preaches for improving global heart (/taxonomy/term/2457) health by encouraging people for lifestyle changes with acquiring knowledge about being good to the heart (/taxonomy/term/2457).

“We are supporting the mission of World Health (/taxonomy/term/51) Organization to reduce the non-communicable disease mortality rate by 2025 with the reduction of premature deaths because of cardiovascular diseases. The heart (/taxonomy/term/2457) day celebration is one of our initiatives,” said Dr Jayanta Bardoloi, the chief (/taxonomy/term/2020) of Dispur Hospitals.

He also added that few dangerous risk factors leading to the heart (/taxonomy/term/2457) ailments and strokes include high blood (/taxonomy/term/2461) pressure, high level (/taxonomy/term/2232) of bad cholesterol, increased glucose level (/taxonomy/term/2232), increased weight and obesity, which are normally triggered by the smoking habit, unhealthy diet and physical inactivity.

The proposed walk in the city (/taxonomy/term/1957) is open to all for participation, which is scheduled to start (/taxonomy/term/1707) from the hospital premises at (/taxonomy/term/2015)6 (/taxonomy/term/2015) am on Thursday, informed Ujjal Saikia of Dispur Hospitals adding that senior Assamese (/taxonomy/term/2159) journalist Nava Thakuria will flag off the march.



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