



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the disease: Abdominal Aortic Aneurysm

Common name: AAA

Definition:

An increase in size of the abdominal aorta by 50% of its original diameter or greater than the normal diameter.

Symptoms:

- If the aneurysm expands rapidly, tears open or leaks blood within the wall of the vessel (aortic dissection)
- Pain in the abdomen or back, further spreading to the groin, buttocks, or legs under unconditioned fashion
- Passing out
- Clammy skin
- Dizziness
- Nausea and vomiting
- Rapid heart Rate
- Shock

Causes:

- Weakness in the wall of artery
- Smoking
- High blood pressure
- Male gender
- Genetic factors

Treatment route:

- Visit your doctor, at the first site of the symptoms and he will examine your abdomen and feel the pulses in your legs
- If the doctor observes signs of abdominal aortic aneurysm he will consult you to go through a quick series of test including Ultrasound, CT and CTA of abdomen
- In case of internal bleeding a surgery is a first and immediate response to fix, though the case of surgery is a rarity
- In a series of consulting session, the doctor and the patient then decides what decision are most suitable – as it varies from case to case

Angina Symptoms

Common name: Chest Pain

Definition:

A situation in which the heart muscle does not receive enough oxygen rich blood which in return causes chest pain or a discomfort



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Opp. Suryanarayan Baug,
Vadodara - 390022 Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Symptoms:

- Chest pain or discomfort
- Pain in your arms, neck, jaw, shoulder or back accompanying chest pain
- Nausea
- Fatigue
- Shortness of breath
- Sweating
- Dizziness

Causes:

- Reduction of blood flow into your heart
- Lack of enough oxygen rich blood being pumped into your heart
- Existence of coronary artery disease (CAD) is the most common reason for reduction in blood flow to the heart
- Physical exertion
- Tobacco consumption
- Diabetes
- High blood pressure and cholesterol levels
- In case of Variant angina – a type of angina – spasm in a coronary artery in which the artery temporarily narrows

Treatment Route:

- Do not hesitate or ignore the pain at any certain time and rush to your doctor immediately as and when the signs occur
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, prescribed medications and past reports, providing a case history to your doctor

Aortic Dissection

Common name:

Definition:

A serious condition in which there is a tear in the wall of the major artery carrying blood out of the heart (aorta). As the tear extends along the wall of the aorta, blood can flow in between the layers of the blood vessel wall (dissection).

Symptoms:

- Sudden severe chest or upper back pain, often described as a tearing, ripping or shearing sensation, that radiates to the neck or down the back
- Loss of consciousness
- Shortness of breath



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Sudden difficulty speaking, loss of vision, weakness or paralysis of one side of your body, similar to those of a stroke
- Weak pulse in one arm compared with the other

Causes:

- Chronic high blood pressure may stress the aortic tissue, making it susceptible to tearing
- Having born with marfan syndrome, bicuspid aortic valve etc., which causes weakening of the walls of the blood vessels
- On rare occasion or circumstances, accidents which cause traumatic injury to the chest area

Treatment route:

- Make an appointment with your doctor as he will diagnose you and see if there are signs which can cause aortic dissection through x-rays or aorta perhaps
- A series of tests can follow which would give a clear picture of the patient's condition; tests can include: Transesophageal echocardiogram (TEE), CT and MRA scans

Aortic Stenosis

Common name: AS or AOS

Definition:

Aortic stenosis is a narrowing of the aortic valve in the heart. This restricts blood flow through the valve. The heart then needs to squeeze (contract) harder to pump blood into the aorta.

Symptoms:

- Chest discomfort
- Cough, possibly bloody.
- Breathing problems when exercising.
- Becoming easily tired.
- Feeling the heartbeat
- Fainting, weakness, or dizziness with activity.

In infants and children, symptoms include:

- Becoming easily tired with exertion (in mild cases)
- Failure to gain weight
- Poor feeding
- Serious breathing problems that develop within days or weeks of birth

Causes:

- An extra effort from the left ventricle to pump the blood out can cause thickening of the wall and as a result can be a cause for chest pain
- Due to the build-up of calcium deposits that narrow the valve, mostly occurring in older



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School,
Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- age groups
- Rheumatic fever

Treatment route:

- A family doctor can be your best guide if the symptoms are not alarming as regular check-ups and updates will stabilize the condition
- An echocardiogram (heart ultrasound) is advisable to have a clear idea about the condition and as to which treatment route is the best for the patient
- Even if no symptoms are detected, it is advisable for the patient to continue treatment or course his treatment on the basis of the test results
- Possible treatments may include valve repair or valve replacement.

Arrhythmia (Irregular Heartbeat)

Common name: PSVT

Definition:

A condition in which the heart beats at an irregular or in an inappropriate manner: too slow, too fast, irregular

Symptoms:

- Fatigue
- Dizziness
- Light-headedness
- Fainting (syncope) or near-fainting spells
- Rapid heartbeat or pounding
- Shortness of breath
- Chest pain
- In extreme cases, collapse and sudden cardiac arrest

Causes:

- Electrolyte imbalances in your blood (such as sodium or potassium).
- Changes in your heart muscle.
- Injury from a heart attack.
- Healing process after heart surgery.
- Irregular heart rhythms can also occur in "normal, healthy" hearts.

Treatment course:

- The availability of appropriate drugs and therapy treatment helps the curing of the disease accessible
- It is important to understand, as each patient is different and so is his or her condition, how each drug will react and what is best suited for the treatment
- If you are smoker, quitting it helps a lot. Also, alcohol and caffeine



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Opp. Suryanarayan Baug,
Vadodara - 390022 Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Electrical Cardioversion

Atrial Fibrillation

Common name: AF or A-Fib

Definition:

During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly – out of coordination with the two lower chambers (the ventricles) of the heart

Symptoms:

- Palpitations, which are sensations of a racing, uncomfortable, irregular heartbeat or a flip-flopping in your chest
- Weakness
- Reduced ability to exercise
- Fatigue
- Lightheadedness
- Dizziness
- Confusion
- Shortness of breath
- Chest pain

Causes:

- High blood pressure
- Heart attacks
- Coronary artery disease
- Abnormal heart valves
- Heart defects you're born with (congenital)
- An overactive thyroid gland or other metabolic imbalance
- Exposure to stimulants, such as medications, caffeine, tobacco or alcohol
- Lung diseases
- Previous heart surgery
- Viral infections
- Stress due to pneumonia, surgery or other illnesses
- Sleep apnea

Treatment route:

- It is advisable that the patient is a victim of any symptom or is suffering chest pain should visit the doctor immediately
- The doctor may advice for an electrocardiogram which will clear the view for a better outlook towards the problems in the patient and as to what treatment is best suited
- Electrical cardioversion
- Cardioversion with drugs
- Surgical maze procedure



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Pranayam Lung & Heart Institute Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the disease: Atrial Fibrillation (AFib) Warning Symptoms

Common name: AFib

Definition:

It is the most common type of irregular heartbeat

Symptoms:

- General fatigue
- Rapid and irregular heartbeat
- Fluttering or "thumping" in the chest
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure

Cause:

- High blood pressure
- Lung disease, such as chronic obstructive pulmonary disease (COPD) or emphysema, or a blood clot in your lung (pulmonary embolism)
- An overactive thyroid gland (hyperthyroidism)
- Obesity, diabetes, and metabolic syndrome
- Sleep apnea
- Infections caused by a virus

Treatment route:

- It is advisable that the patient is a victim of any symptom or is suffering chest pain should visit the doctor immediately
- The doctor may advice for an electrocardiogram which will clear the view for a better outlook towards the problems in the patient and as to what treatment is best suited



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Atrial Fibrillation (A-Fib) FAQs (source: heart.org)

Q What is A-Fib and why is it a problem?

Atrial fibrillation, or A-Fib, is an irregular heartbeat, or a condition in which the atria fail to contract in a strong, rhythmic way. When a heart is in A-Fib, it may not be pumping enough oxygen-rich blood out to the body

Q When the heart is in A-Fib, blood can become static and may be left pooling inside the upper chamber (called the left atrium.)?

- When blood pools, a clot can form.
- When a clot is pumped out of the heart, it can travel to the brain, block an artery in the brain, and cause a stroke.
- Blocked arteries prevent the tissue "downstream" from getting oxygen-rich blood, and without oxygen the tissue dies.

Q What are the greatest risks of having A-Fib?

The greatest risk of A-Fib is stroke. You are 5 times more likely to have a stroke than someone who doesn't have atrial fibrillation. You also have a risk of eventual heart failure due to the weakening of the heart muscle.

Q How did I get A-Fib?

- High blood pressure
- Lung disease, such as chronic obstructive pulmonary disease (COPD) or emphysema, or a blood clot in your lung (pulmonary embolism)
- An overactive thyroid gland (hyperthyroidism)
- Obesity, diabetes, and metabolic syndrome
- Sleep apnea
- Infections caused by a virus

Q If I have no A-Fib symptoms, am I still at risk for stroke?

Yes! Do not stop taking medication simply because you are not experiencing noticeable symptoms. Many people with A-Fib should be on anticoagulant medications which will lower stroke risks when taken correctly

Q What treatments should I expect?

In certain cases, medical intervention may be needed to restore the heart's normal rate and rhythm, and many A-Fib patients need medication to lower stroke risks.

A-Fib interventions may involve cardioversion, "blood thinners," medications for rate and/or rhythm control, and possibly catheter ablation or surgery if other treatments fail to reduce risks and symptoms.



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Pranayam Lung & Heart Institute Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Let your doctor know if you are having symptoms, and continue following your doctor's orders until otherwise directed.

Q When do I see my doctor?

As soon as you notice the symptoms of A-Fib, contact your physician. Even if your symptoms go away, it's still important to have a physical exam and monitor your heart's activity. Symptoms may include:

- A racing, fluttering, pounding or irregular- feeling heartbeat
- Fatigue, dizziness or light-headedness
- Shortness of breath or fainting
- Anxiety

Q Does having A-Fib mean I need to wear a medical alert bracelet or carry a card in my wallet?

In any emergency situation, having a patient's medical history is very helpful. Be sure and write down the medication that you are taking and the dose. If you are taking oral anticoagulant medications, ("blood thinners"), always wear a medical alert bracelet or carry a wallet card to be sure healthcare providers would know how to best care for you, should an emergency occur.

Q Can I tell when I'm going to have an episode of A-Fib?

Some people can feel when they are in A-Fib and some people do not know. Either way, you may be able to control "triggers." In some people, different things cause their A-Fib to flare up.

Common triggers may include:

Stress, poor sleep, and – for some people – exercise that increases the heart rate above a certain point. It is important to note that exercise is beneficial for many people with A-Fib.

What medications will I be on and how do they work?

Medications should be prescribed for people with stroke risk factors to help prevent blood clots that can cause a stroke. Rate or rhythm control medications may also be prescribed. You may also be on medications for other underlying conditions. Your doctor will need to know the current meds you are taking so your new meds will not interfere.

Q Is A-Fib curable or is it a permanent condition?

We don't usually say that A-Fib is curable, but some causes, like sleep apnea for example, can be treated in order to lessen the amount of A-Fib that you have. Medications and procedures that control the heart rate and rhythm can also help lower stroke risks. Afib, regardless of the duration, needs to be monitored by a physician.



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

There are different classifications of A-Fib: paroxysmal, persistent, longstanding persistent and permanent. The treatment plans and outcomes may depend on several factors, including the type of A-Fib. Again, all those who experience A-Fib will need regular check-ups to monitor the condition and keep risks low.

Q Can I die from an episode of A-Fib?

Generally, no. A-Fib, by itself, is usually not deadly, but a stroke caused by A-Fib can be. People who have A-Fib are at increased risk for stroke and other heart-related complications like heart failure. The most important thing you can do is work with your doctor or other healthcare provider to make sure that you are doing all you can to prevent any complications that could occur as a result of having A-Fib.

Name of the disease: Blood Clot

Common name:

Definition:

blood clotting is a compilation of blood cells combined together formed over a wound to plug out the injured blood vessels, stopping the bleeding process. Some blood clots are formed inside your veins for no good reason which needs removal.

Symptoms:

- Pain
- Redness and swelling
- Chest pain
- Shortness of breath
- Sudden changes in your vision
- Rapid pulse and breathing

Causes:

- Amongst others, Heart arrhythmias
- Heart attack
- Heart failure
- Obesity
- Deep vein thrombosis (DVT)
- Factor V Leiden
- Family history of blood clots

Treatment route:

- In case you find your suffering from emergency conditions as mentioned above, consult a doctor immediately
- A few self-care measures include, avoid sitting for longer durations
- Do not keep your body stagnant, keep it moving
- Intake of a lot of fluid while travelling



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School,
Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Change your lifestyle: weight, unhealthy habits etc.

Name of the disease: Cardiomyopathy (Dilated)
Common name: DCM

Definition:

Under a certain condition, where the size of the heart grows due to which the blood cannot be pumped efficiently. As a result, the decreased heart function can affect other life-support organs in the body such as the lungs, liver etc.

Symptoms:

- Heart failure or arrhythmias
- Fatigue
- Shortness of breath (dyspnea) when you're active or lying down
- Reduced ability to exercise
- Swelling (edema) in your legs, ankles and feet
- Swelling of your abdomen (ascites)

Causes:

- Genetics
- Congenital heart defects
- Infections, including those caused by bacteria, viruses, fungi and parasites
- Drug and alcohol abuse
- Certain cancer medications
- Exposure to toxins, such as lead, mercury and cobalt
- Coronary artery disease or heart attack
- High blood pressure (hypertension)
- Diabetes
- Complications of late-stage pregnancy

Treatment route:

- If you think or are sceptic about your condition, suffering from Cardiomyopathy (Dilated) can be addressed by making an early appointment at your family doctor, who would eventually recommend you to a heart specialist
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session
- Prepare a set of questions, expectations and queries, you will need to ask the doctor during your visit



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Cardiomyopathy (Hypertrophic)

Common name: HCM

Definition:

A primary disease in the myocardium muscle of the heart, which thickens or hypertrophies the muscle with any obvious cause, creating functional impairment of the cardiac muscle

Symptoms:

- Shortness of breath, especially during exercise
- Chest pain, especially during exercise
- Fainting, especially during or just after exercise or exertion
- Sensation of rapid, fluttering or pounding heartbeats (palpitations)
- Heart murmur, which a doctor might detect while listening to your heart

Causes:

- Abnormal genes (gene mutations), causing heart muscles to grow abnormally thick
- Abnormal arrangement of heart muscle cells, a condition known as myofiber disarray

Treatment route:

- Medications
- Septal Myectomy (open heart surgery)
- Septal Ablation
- Implantable cardioverter-defibrillator (ICD)

Name of the disease: Cardiomyopathy (Restrictive)

Common name: RCM

Definition:

A set of changes in the patterns of how the heart muscles function, causing contraction and expansion of the heart, at times at the same time.

Symptoms:

- Cough, Chest Pain
- Breathing problems that occur at night, with activity or when lying flat
- Fatigue and inability to exercise
- Loss of appetite
- Swelling of the abdomen
- Swelling of the feet and ankles
- Uneven or rapid pulse
- Inability to concentrate
- Low urine output
- Need to urinate at night (in adults)



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Causes:

- Amyloidosis and scarring of the heart from an unknown cause
- Carcinoid heart disease
- Diseases of the heart lining (endocardium), such as endomyocardial fibrosis and Loeffler's syndrome (rare)
- Iron overload (hemochromatosis)
- Sarcoidosis
- Scarring after radiation or chemotherapy
- Scleroderma
- Tumors of the heart

Treatment route:

- Blood thinning medicines
- Chemotherapy (in some situations)
- Diuretics to remove fluid and help improve breathing
- Medicines to prevent or control abnormal heart rhythms
- Steroids for some causes

Name of the disease: Congenital Heart Disease

Common name: CHD

Definition:

A child is born with a Congenital Heart Disease in which case he or she is born with an abnormal structure in the heart

Symptoms:

- Abnormal heart rhythms (arrhythmias)
- A bluish tint to the skin (cyanosis)
- Shortness of breath
- Tiring quickly upon exertion
- Dizziness or fainting
- Swelling of body tissue or organs (edema)

Causes:

- Some medical conditions, medications and genetics may play a role
- Cyanotic causes:
 - Ebstein's anomaly
 - Hypoplastic left heart
 - Pulmonary atresia
 - Tetralogy of Fallot
 - Total anomalous pulmonary venous return
 - Transposition of the great vessels
 - Tricuspid atresia



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Opp. Suryanarayan Baug,
Vadodara - 390022 Near G.P.O. Raopura,
Ph. : 091 265 2460725 / 2460726 Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Truncus arteriosus

Non-cyanotic causes:

- Aortic stenosis
- Atrial septal defect (ASD)
- Atrioventricular canal (endocardial cushion defect)
- Coarctation of the aorta
- Patent ductus arteriosus (PDA)
- Pulmonic stenosis
- Ventricular septal defect (VSD)

Treatment route:

- As no one particular outlay of medicinal or surgical operations can help cure all, each case needs a study and which will decide as to what is the best option for the patient
- In some cases alone the medicine alone can work through and provide cure and stability, where in some cases a surgery is or surgeries are needed

Congestive Heart Failure (CHF) Overview

Common name: CHF/Heart failure

Definition:

A disease in which the pumping power of your heart is affected, where fluid builds up around the heart and causes it to pump inefficiently

Symptoms:

- Cough
- Fatigue, weakness, faintness
- Loss of appetite
- Need to urinate at night
- Pulse that feels fast or irregular, or a sensation of feeling the heart beat (palpitations)
- Shortness of breath when you are active or after you lie down
- Swollen (enlarged) liver or abdomen
- Swollen feet and ankles
- Waking up from sleep after a couple of hours due to shortness of breath
- Weight gain

Causes:

- Congenital heart disease
- Heart attack
- Heart valves that are leaky or narrowed
- Infection that weakens the heart muscle



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Some types of abnormal heart rhythms (arrhythmias):

- Amyloidosis
- Emphysema
- Overactive thyroid
- Sarcoidosis
- Severe anemia
- Too much iron in the body
- Underactive thyroid

Treatment route:

- Monitoring of daily habits and reduce or no practicing or consumption of unhealthy practices
- Medicinal help, surgery and devices

Name of the disease: Deep Vein Thrombosis

Common name: DVT

Definition:

When a blood clotting appears to be formed in a vein deep inside a body, affecting the large veins in the lower leg and thighs but can also occur in arms and pelvis

Symptoms:

- Swelling in the affected leg. Rarely, there may be swelling in both legs.
- Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.

Causes:

- A pacemaker catheter that has been passed through the vein in the groin
- Bed rest or sitting in 1 position for too long, such as plane travel
- Family history of blood clots
- Fractures in the pelvis or legs
- Giving birth within the last 6 months
- Pregnancy
- Obesity
- Recent surgery (most commonly hip, knee, or female pelvic surgery)
- Too many blood cells being made by the bone marrow, causing the blood to be thicker than normal (polycythemia vera)
- Having an indwelling (long-term) catheter in a blood vessel

Treatment route:

- Heparin is the first drug you receive as part of the treatment process
- If heparin is given through a vein (IV), you must stay in the hospital. However, most



NEW VIP ROAD, KARELIBAUG, VADODARA
Lakulesh Park Society,
Near Sadhu Vasvani School,
Vadodara - 390022
Ph. : 091 265 2460725 / 2460726

RAOPURA, VADODARA
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

people can be treated without staying in the hospital.

- Newer forms of heparin can be given by injection under your skin once or twice a day. You may not need to stay in the hospital as long, or at all, if you are prescribed this newer form of heparin.

Deep Vein Thrombosis and Pulmonary Embolism FAQs (via stoptheclot.org)

Common name: DVT

Q What is the likelihood of developing another deep vein thrombosis (DVT or blood clot in the leg)?

A. A person who had a DVT is at higher risk to develop another one than someone who never had one. The degree of increased risk depends upon individual medical history, and includes factors such as family history of a blood clot, location of the clot, whether there was a previous clot or a clotting disorder, and certain "triggers." Notable "triggers" are hospitalization for more than 3 days, surgery, knee or hip replacement, and trauma.

Q. What are the signs and symptoms of a DVT?

- Swelling, usually in one leg
- Leg pain or tenderness
- Reddish or bluish skin discoloration
- Leg warm to touch

Make an appointment to see your doctor if you think you might have a DVT, and let him or her know your symptoms.

Q. Will my swelling and go away?

A. It is common for swelling to remain in the leg for a while. Your compression stockings help increase blood flow in your legs to reduce swelling and to prevent any complications from the DVT.

Q. What are the warning signs of a pulmonary embolism (PE or blood clot in the lung)?

- Sudden shortness of breath
- Chest pain that is sharp or stabbing and may get worse with each breath
- Rapid heart rate
- Unexplained cough, sometimes with bloody mucus
- A PE is a medical emergency and you should seek medical attention right away!

Q. What should I expect after a pulmonary embolism (PE)?

A. Shortness of breath and mild pain or pressure in the lungs are common. You are likely to notice pain when you exert yourself or during physical activity or whenever you take a deep breath. Shortness of breath gets better in time, and exercise helps you use your breath more efficiently.



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Q. Whom should I tell that I am taking blood thinners?

A. Tell all of your doctors, nurses, dentist, or healthcare providers.

Q. Taking Coumadin (warfarin) helped me feel safe from having another clot. Now that I don't have to continue blood thinners, I feel uneasy.

A. This is a common feeling, and you should discuss your feeling of uneasiness with your doctor. The most worrisome side effect is bleeding, but if you take your blood thinner and follow your INR level as directed, you and your doctor can make taking an oral blood thinner as safe as possible.

Q. If I'm ever hospitalized, should I tell the doctors that I had a DVT or PE?

A. Absolutely. Tell this to any doctor or healthcare professional who takes care of you, in or out of the hospital.

Q. Is it OK to exercise?

A. The amount and type of exercise that is safe is a decision to make with your doctor, and depends on your physical condition. Walking or swimming are usually considered good choices as exercise.

Q. How helpful is exercise after a DVT or PE?

A. Exercise increases circulation, reduces swelling, and helps you feel invigorated. Aerobic exercise may increase lung function after a PE.

Q. Is crossing my legs a problem after a DVT?

A. Crossing your legs limits free flow of blood through your legs. Good circulation is important to prevent clots.

Q. How long should I sit at one time?

A. You should do heel toe exercises and circle your feet whenever you are sitting. Try to get up and walk around at least every 2 hours.

Q. Is it OK to travel after having a blood clot?

A. Yes. Stop every hour, get out of your car, and walk for several minutes. If you are on a plane, train, or bus, try to sit where you can stretch your legs (aisle seat, exit aisle). Get up and walk the aisle(s) whenever it is safe. If you cannot get out into the aisle, do heel toe exercises and foot circles while seated to keep your blood flowing. It is also a good idea to wear compression stockings consistently if you have had a DVT, and this includes while travelling. Wear loose fitted clothing, and drink a lot of water. Sometimes your doctor will suggest a dose of a low molecular weight heparin prior to lengthy travel.



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the disease: Edema

Common name: swelling

Definition:

A swelling caused by the fluid in the body's tissues, usually occurring in the feet ankles and legs

Symptoms:

- Swelling or puffiness of the tissue directly under your skin
- Stretched or shiny skin
- Skin that retains a dimple after being pressed for several seconds
- Increased abdominal size

Causes:

- Eating too much salt
- Sunburn
- Heart failure
- Kidney disease
- Liver problems from cirrhosis
- Pregnancy
- Problems with lymph nodes, especially after mastectomy
- Some medicines
- Standing or walking a lot when the weather is warm

Treatment route:

- Start to visit family doctor as you come under the site of being convicted
- After a few sessions he will further to a specialist under whose care the advance stages of the treatment process will begin
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, questions to be asked, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session

Name of the disease: Endocarditis

Common name:

Definition:

an infection in the inner lining of our heart, spreading through your bloodstream with germs and into your heart



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Pranayam Lung & Heart Institute Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Symptoms:

- Fever and chills
- A new or changed heart murmur — heart sounds made by blood rushing through your heart
- Fatigue
- Aching joints and muscles
- Night sweats
- Shortness of breath
- Paleness
- Persistent cough
- Swelling in your feet, legs or abdomen
- Unexplained weight loss
- Blood in your urine (either visible or found in a doctor's viewing of your urine under a microscope)
- Tenderness in your spleen — an infection-fighting abdominal organ on your left side, just below your rib cage
- Osler's nodes — red, tender spots under the skin of your fingers
- Petechiae (puh-TEE-key-ee) — tiny purple or red spots on the skin, whites of your eyes or inside your mouth

Causes:

- Birth defect of the heart
- Damaged or abnormal heart valve
- History of endocarditis
- New heart valve after surgery
- Bacterial infection is the most common cause of endocarditis.
- Endocarditis can also be caused by fungi, such as Candida.
- In some cases, no cause can be found.

Treatment route:

- People most often need therapy for 4 to 6 weeks to fully kill all the bacteria from the heart chambers and valves.
- Antibiotic treatments that are started in the hospital will need to be continued at home.
- The infection is breaking off in little pieces, resulting in strokes.
- The person develops heart failure as a result of damaged heart valves.
- There is evidence of more severe organ damage.



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Heart Attack

Common name:

Definition:

a blood clot in one of the arteries – the coronary artery which brings oxygen and blood to the heart, a blockage causes heart attack

Symptoms:

- Chest pain
- You may feel the pain in only one part of your body OR
- Pain may move from your chest to your arms, shoulder, neck, teeth, jaw, belly area, or back

Causes:

- When you are resting or asleep
- After a sudden increase in physical activity
- When you are active outside in cold weather
- After sudden, severe emotional or physical stress, including an illness

Treatment route:

- ECG tests are a part of the initial process, blood tests and along with a series of other test follow
- Coronary angiography may be done right away or when you are more stable
- Medications and a surgery is done as per the requirements
- Dangerous abnormal heartbeats (arrhythmias) may be treated with medicine or electric shocks.

Name of the disease: Heart failure

Common name: Congestive Heart Failure

Definition:

A situation, where your heart muscles do not pump-in adequate blood into the heart as well as it should, leaving the heart too weak to function.

Symptoms:

- Shortness of breath or trouble breathing
- Fatigue (tiredness)
- Swelling in the ankles, feet, legs, abdomen, and veins in the neck
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Causes:

- Stiffing of the main pumping chambers causing failure and not fill properly between two heartbeat
- Due to improper flow of fluid into and across various parts of the body
- Coronary artery disease

Treatment route:

- Make an appointment with your family doctor immediately if you feel you are having symptoms or sign of a heart failure, which will help you tackle the project much in advance
- As and when you make an appointment make yourself aware of all the necessary precaution you are required to take before the treatment begins
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, questions to be asked, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session

Name of the disease: Heart Murmur **Common name:**

Definition:

whooshing or swishing sound made by the hear during your heartbeat cycle

Symptoms:

- Skin that appears blue, especially on your fingertips and lips
- Swelling or sudden weight gain
- Shortness of breath
- Chronic cough
- Enlarged liver
- Enlarged neck veins
- Poor appetite and failure to grow normally (in infants)
- Heavy sweating with minimal or no exertion
- Chest pain
- Dizziness
- Fainting

Causes:

- Holes in the heart or cardiac shunts.
- Heart valve abnormalities.
- Valve Calcification
- Endocarditis
- Rheumatic fever



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Treatment Route:

- Visit your family doctor as he would examine the condition of the patient and determine if the heart murmur is innocent and what is needed to be done further for the underlying heart disease to be cured
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, questions to be asked, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session

Name of the disease: Heart Rhythm Disorders

Common name:

Definition:

Irregular heartbeat are not life threatening or harmless, but in some cases it can turn out to be a very serious case and even deadly

Symptoms:

- Palpitations, feeling "skipped beats"
- Thumping or fluttering in the chest
- Sensation of the heart racing
- Feeling faint or tired
- Light-headedness or passing out (syncope)
- Shortness of breath
- Chest pain or discomfort

Causes:

- Infection or fever
- Physical or emotional stress
- Diseases such as anemia or thyroid disease
- Drugs and other stimulants, such as caffeine, tobacco, alcohol, cocaine, amphetamines, and certain over-the-counter and prescription medications, including medicine used to treat arrhythmias
- Certain arrhythmias can be genetically determined such as Wolff-Parkinson-White (WPW) syndrome.

Treatment route:

- In a lot of cases the type of treatment necessary for the disease varies from each and every patient as the severity of the symptoms differ from person to person
- A large number of patients can be cured through adequate and appropriate medications
- For others, the treatment may range from vagal manoeuvres to medication to more advanced surgical procedures



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the disease: Heart Valve Disease

Common name:

Definition:

There are four valves in total which keep the heart pumping by regular inflow and outflow of blood at regular intervals. When one of these valves don't function properly it may lead to a situation where the pumped blood is not enough or there may occur a leakage

Symptoms:

- Rheumatic Fever
- Infections
- Autoimmune disorders
- Carcinoid syndrome.
- Diet medicines
- Marfan syndrome
- Metabolic disorders.
- Radiation therapy.

Causes:

- People who have a history of infective endocarditis
- Rheumatic fever, heart attack, or heart failure
- Intravenous drug use, increases the risk of heart valve disease
- High blood cholesterol, high blood pressure, smoking
- Insulin resistance, diabetes, overweight or obesity
- Lack of physical activity, and a family history of early heart disease.

Treatment route:

- Physical Exams
- Tests and Procedures
- EKG
- Echocardiography
- Chest X-Ray
- Cardiac Catheterization
- Stress Test
- Cardiac MRI



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the Disease: Mitral valve prolapse
Common name: click-murmur syndrome

Definition:

It occurs when two chambers on the same side upper and lower don't close properly. Mitral (MY-trul) valve prolapse sometimes leads to blood leaking backward into the left atrium, a condition called mitral valve regurgitation.

Symptoms:

- A racing or irregular heartbeat (arrhythmia)
- Dizziness or light-headedness
- Difficulty breathing or shortness of breath, often when lying flat or during physical activity
- Fatigue
- Chest pain that's not caused by a heart attack or coronary artery disease

Causes:

- Marfan syndrome
- Ehlers-Danlos syndrome
- Ebstein's anomaly
- Muscular dystrophy
- Graves' disease
- Scoliosis

Treatment route:

- Think you have symptoms or signs suggesting the presence of Mitral valve prolapse? Get an appointment at your doctor, firstly.
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, questions to be asked, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Name of the disease: Myocarditis

Common name: Diphtheria

Definition:

an inflammation of the myocardium, the middle layer of the heart wall

Symptoms:

- Chest pain
- Rapid or abnormal heart rhythms (arrhythmias)
- Shortness of breath, at rest or during physical activity
- Fluid retention with swelling of your legs, ankles and feet
- Fatigue
- Other signs and symptoms you'd have with a viral infection, such as a headache, body aches, joint pain, fever, a sore throat or diarrhea

Causes:

- Obesity
- Personal history of cardiac disorders such as myocarditis
- Use of certain medications
- Smoking
- Alcoholism
- Multiple pregnancies
- African-American descent
- Poor nourishment

Treatment routine:

- Chest x-ray
- Chest CT scan
- Coronary angiography
- Echocardiogram
- Nuclear heart scan
- Cardiac MRI

Also,

- Use of a balloon heart pump (aortic counterpulsation balloon)
- Immunosuppressive therapy (such as medicines used to treat cancer or prevent rejection of a transplanted organ)
- Heart transplant if severe congestive heart failure persists



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Opp. Suryanarayan Baug,
Vadodara - 390022 Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Medicines:

- Digitalis to strengthen the heart's pumping ability
- Diuretics ("water pills") to remove excess fluid
- Low-dose beta-blockers

Name of the disease: Orthostatic Hypotension

Common name:

Definition:

Orthostatic hypotension is a condition in which your blood pressure falls significantly when you stand up quickly

Symptoms:

- Feeling dizzy or lightheaded
- Blurred vision
- Nausea
- Disorientation or confusion
- Feeling weak
- Fatigue
- Falling
- Chest pain

Causes:

Amongst others:

- Aging (orthostatic hypotension is more common in older people)
- Dehydrationimmobility
- Pregnancy
- Heart conditions, including heart attack, heart failure, irregular heart rhythm, and valve disease
- Anemia
- Parkinson's disease

Treatment route:

- Blood test (to check for anemia or diabetes)
- Electrocardiogram, or EKG (to check your heart's rhythm)
- Holter monitor (a portable device that you wear to check your heart's rhythm over a period of time)
- Echocardiogram (ultrasound examination of the heart)
- Stress test, in which the doctor monitors your heart rate while you are exercising
- Valsalva maneuver, in which you take several deep breaths while your doctor checks your blood pressure and heart rate



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,
Near Sadhu Vasvani School, Near G.P.O. Raopura,
Vadodara - 390022 Vadodara - 390001
Ph. : 091 265 2460725 / 2460726 Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Tilt table test
- If you are dehydrated, drink more fluids.
- Limit or avoid alcohol (alcohol causes dehydration).
- Stand up slowly when getting out of a chair.
- Don't cross your legs when you are sitting.
- If you have to stay in bed for medical reasons, try sitting up for short periods of time.

Name of the disease: Pericarditis

Common name:

Definition:

welling and irritation of the pericardium, the thin sac-like membrane surrounding your heart

Symptoms:

- Shortness of breath (dyspnea) that develops slowly and worsens
- Fatigue
- Swelling (edema) long legs and ankles
- Distended abdomen
- Weakness

Causes:

- Heart surgery
- Radiation of the chest
- Tuberculosis
- Abnormal accumulation of fluid in the covering of the heart. This can occur due to infection or as a complication of surgery
- Mesothelioma

Treatment route:

- The final aim of the treatment process to better the condition of the heart
- Antibiotics are used for bacterial infections
- Antifungal medications are used for fungal pericarditis
- Corticosteroids, such as prednisone (in some patients)
- Diuretics to remove excess liquid etc.

Name of the disease: Peripheral Vascular Disease

Common name: PAD

Definition:

common circulatory problem in which narrowed arteries reduce blood flow to your limbs



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

Symptoms:

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

Causes:

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

Treatment Route:

- During a physical examination of your body, the doctor will determine the signs of PAD
- Followed will be an ankle-brachial index test used in the diagnosis of PAD
- Ultra Sound, Angiography, Blood test (measure your cholesterol and triglycerides and to check for diabetes)

Name of the disease: Premature Ventricular Contractions

Common Name: pvc's

Definition:

extra, abnormal heartbeats that begin in one of your heart's two lower pumping chambers (ventricles). These extra beats disrupt your regular heart rhythm, sometimes causing you to feel a flip-flop or skipped beat in your chest.

Symptoms:

- Odd sensation in chest
- Flip-flops
- Fluttering



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug,
Near G.P.O. Raopura,
Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- Pounding or jumping
- Skipped beats or missed beats
- Increased awareness of your heartbeat

Causes:

- Caffeine, tobacco and alcohol
- Exercise
- High blood pressure (hypertension)
- Anxiety
- Underlying heart disease

Treatment route:

- Your treatment process will start with your family doctor likely and will eventually be treated by a specialist (cardiologist)
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, questions to be asked, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session

Name of the disease: Transient Ischemic Attack (TIA, Mini-Stroke)

Common name: Mini Stroke

Definition:

Happens when a clot stops blood from flowing to the brain for a short time

Symptoms:

- Weakness, numbness or paralysis in your face, arm or leg, typically on one side of your body
- Slurred or garbled speech or difficulty understanding others
- Blindness in one or both eyes or double vision
- Dizziness or loss of balance or coordination

Causes:

- Family history.
- Age.
- Sex. Men have a slightly higher likelihood of TIA and stroke, but more than half of deaths from stroke occur in women.
- Prior transient ischemic attack
- Sickle cell disease
- Race. Blacks are at greater risk of dying of a stroke
- High blood pressure, cholesterol



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Pranayam Lung & Heart Institute
Near Sadhu Vasvani School, Opp. Suryanarayan Baug,
Vadodara - 390022 Near G.P.O. Raopura,
Ph. : 091 265 2460725 / 2460726 Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

- High levels of homocysteine.
- Weight

Treatment Route:

- If you suspect you've had a transient ischemic attack you are need of an immediate medical attention, visit the doctor immediately
- In order to discuss about your attack with the doctor, you need to have your family history along with your medical background and key personal information
- Along will be a set of questions you might want to ask the doctor
- The doctor will guide you through your situation and recommend a series of test to diagnose your problem and tis severity
- Physical and carotid test, scanning and angiography, MRA/MRI
- Medication and Anti-platelet drugs/ Anticoagulants
- Surgery (If you have a moderately or severely narrowed neck (carotid) artery)

Name of the disease: Ventricular Septal Defect

Common name: VSD

Definition:

a hole in the heart, is a common heart defect that's present at birth (congenital), occurs in the wall that separates the heart's lower chambers (septum) and allows blood to pass from the left to the right side of the heart. The oxygen-rich blood then gets pumped back to the lungs instead of out to the body, causing the heart to work harder.

Symptoms:

- Shortness of breath,
- Fast or heavy breathing,
- Sweating,
- Tiredness while feeding, or
- Poor weight gain.

Causes:

- Changes in their genes or chromosomes - Down syndrome
- A combination of genes and other risk factors, such as the things the mother comes in contact with in the environment or what the mother eats or drinks or the medicines the mother uses.

Treatment route:

- If you already have a child with a heart defect, a genetic counselor can discuss the risk of your next child having one.
- Depending upon the size of the hole, the doctors take necessary steps for the treatment of the baby. Small holes close on their own and need regular check-ups for ensuring the baby



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA
Lakulesh Park Society, Near Sadhu Vasvani School, Vadodara - 390022
Ph. : 091 265 2460725 / 2460726
Opp. Suryanarayan Baug, Near G.P.O. Raopura, Vadodara - 390001
Ph. : 091 265 2413035

Website : www.pranayamlunginstitute.com

is safe

- In case the hole does not close on its own the doctor might recommend either cardiac catheterization or open-heart surgery to close the hole and restore normal blood flow.
- Some children will need medicines to help strengthen the heart muscle, lower their blood pressure, and help the body get rid of extra fluid.
- A special high-calorie formula might be prescribed, for healthy weightage.

Name of the disease: Wolff-Parkinson-White syndrome

Common name: WPW

Definition:

a condition in which there is an extra electrical pathway in the heart. The condition can lead to periods of rapid heart rate (tachycardia)

Symptoms:

- Chest pain or chest tightness
- Dizziness
- Lightheadedness
- Fainting
- Palpitations (a sensation of feeling your heart beating, usually quickly or irregularly)
- Shortness of breath

Causes:

- Fainting spells (syncope)
- Fast heart beats (tachycardia)
- Rarely, sudden death

Treatment Route:

- Whatever you state is as a patient: either you meet a cardiologist or a family doctor, you need to have a note and file of your key personal information, your medical history and question you need to ask the doctor
- Ask about what are symptoms, tests, risk factors, precautions you need to take, how your other medical ailments will suffer due to your treatment for tachycardia
- Talk about your experiences extensively to give doctor a clear insight into your case and make him aware about you as much as possible
- Followed will be tests, scans and medications
- Your doctor will treat you accordingly upon the condition of each of its patients as severity defers in each case. The doctor after the treatment will suggest the patient to come down for regular check-ups and follows which can help the doctor analyse and study the growth or development patterns in the patient's health