

# World Heart Day 2020: There has been a 10-20% surge in heart diseases from pre-COVID times in India — Here's why

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- India has witnessed a significant rise in cardiovascular diseases between 1990 and 2016.
- So much that heart diseases and strokes were among the top reasons behind people's death in the country.
- There has been a notable increase in the patients reporting heart diseases after the pandemic.
- However, doctors and healthcare experts in India are concerned about the delay in treatments, which may have fatal consequences.

As India struggles to deal with COVID-19, another health problem might cripple the country's busy health infrastructure — heart diseases.

There has been a notable increase in the patients reporting heart diseases after the pandemic. Reduced accessibility and patient fears of contagion are the leading reasons behind this. However, doctors and healthcare experts in India are concerned about the delay in treatments, which may have fatal consequences.

“Heart disease has marginally increased by 10 to 20% compared to pre-COVID-19, but patients are not coming forward due to scare except in an emergency. So there is a 25% decline in the number of patients reporting on time in Hospitals, said Dr DK Jhamb, Director & HOD, Cardiology, Paras Hospitals, Gurugram.

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India has witnessed a significant rise in cardiovascular diseases between 1990 and 2016. So much that heart diseases and strokes were among the top reasons behind people's death in the country. About 28.1% of deaths that occurred in India in 2016 were due to heart diseases and stroke. Experts now fear that these patients may not get the attention they deserve for proper treatment.

"Due to the many constraints resulting from the COVID-19 pandemic, many heart patients have had to postpone their follow up visits to their doctor. Importantly, advised elective cardiac procedures such as stenting, angiographies etc are suffering major delays, a cause of grave concern. During this time, the fatality rate in patients with cardiovascular diseases including heart failure also has been abnormally high at 10.5%

as against 2.3% in the general population. This serious interruption in the continuum of care for heart patients can lead to severe criticalities and untimely deaths that could be prevented,” said Dr Gurpreet Sandhu, President, Council for Healthcare and Pharma.

According to doctors, the coronavirus restrictions laid down by the government have resulted in some unhealthy changes in people’s lifestyles, which might result in a cardiovascular problem. Stress, poor diet, and emotional turmoil are factors that could take a toll on the heart.

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“The psychological effects (loneliness, stress, anxiety, isolation, unemployment fear and economic burden) of the pandemic combined with other lifestyle factors like smoking and drinking, irregular eating habits, unhealthy diet and physical inactivity may increase cardiovascular problem cases during the pandemic,” Dr Partap Chauhan, Director, Jiva Ayurveda.

### **Prevention is better than cure**

Dr Chauhan advises people to practice yoga and pranayama to reduce stress levels. He also suggests a gentle head massage or full body massage to reduce the load on your heart.

“Eat well, regularly and healthily, drink plenty of water, exercise regularly at least for 15 to 20 minutes, use virtual methods of socialising,” suggest Dr. Mahesh Ghogare, Senior Cardiologist from Terna speciality Hospital & Research Centre.

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The need for a fit mind and healthy body is paramount, especially during this pandemic. And it is important that we adopt a healthy lifestyle and diet. People must ensure intake of a nutritious diet rich in vegetables, fruits, and lean meats. An additional workout regime — even a short duration of 30 minutes — will go a long way in boosting your immunity and physical regimen.

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## Covid-19 tests that give results in minutes to be rolled out across world

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A test that can diagnose Covid-19 in minutes will dramatically expand the capacity to detect cases in low- and middle-income countries, the World Health Organization (WHO) has said.

The \$5 test could transform tracking of Covid-19 in less wealthy countries, which have shortages of healthcare workers and laboratories, the BBC reported on Monday.

A deal with manufacturers will provide 120 million tests over six months.

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The WHO's head called it a major milestone.

Lengthy gaps between taking a test and receiving a result have hampered many countries' attempts to control the spread of coronavirus.

In some countries with high infection rates, including India and Mexico, experts have said that low testing rates are disguising the true spread of their outbreaks.

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The "new, highly portable and easy-to-use test" will provide results in 15-30 minutes instead of hours or days, WHO Director General Tedros Adhanom Ghebreyesus told a news conference on Monday.

Drugs manufacturers Abbott and SD Biosensor have agreed with the charitable Bill and Melinda Gates Foundation to produce 120 million of the tests, Tedros explained.

The deal covers 133 countries, including many in Latin America which is currently the region hardest-hit by the pandemic in terms of fatality and infection rates.

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"This is a vital addition to their testing capacity and especially important in areas of high transmission," Tedros added.

"This will enable the expansion of testing, particularly in hard-to-reach areas that do not have laboratory facilities or enough trained health workers to carry out tests," he said.

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- The number of children with COVID-19 has risen 'dramatically' over the last five months

**The number of children with COVID-19 has risen 'dramatically' over the last five months**

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- The cumulative rate of coronavirus infections among kids has risen from 2.2% in April to 10% by mid-September, a new report finds.
- Increased testing is an unlikely cause, since testing rates among children has remained stable since the pandemic's outbreak.
- Kids still are less likely to become seriously ill from COVID-19 than adults, and younger kids in particular seem less likely to spread it.
- But the dramatic increase in pediatric cases underscores the importance of schools and communities implementing multiple strategies to keep students, staffers, and community members safe.

In April, children represented just 2.2% of coronavirus cases nationwide. By mid-September, that proportion had risen "dramatically" to reach 10%, according to data released today by the American Academy of Pediatrics and the Children's Hospital Association.

It's unlikely the rise is due to increased testing since CDC data shows children have consistently made up 5% to 7% of all tests administered since April, the organizations report.

While 10% is still lower than the percentage of children in the population (about 20%), and children with COVID-19 tend to fare better than adults, AAP President Dr. Sally Goza said in a press release "the rising numbers concern us greatly, as the children's cases reflect the increasing virus spread in our communities." Advertisement

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## **The study found both the cumulative rate and week-by-week of kids infected has risen**

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For the study, which will be published in the December issue of Pediatrics but was pre-published online today, researchers looked at five months of reported COVID-19 cases using data from U.S. public health department websites.

In addition to finding that the cumulative total pediatric COVID-19 cases has grown from 2.2% to 10% since the beginning of the pandemic, they found the percentage has been rising on a week-to-week basis.

For instance, less than 3% of cases reported the week ending April 23 were pediatric, but in the eight weeks prior to September 10, that percentage ranged from 12% to 15.9% per week.

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Where children were being diagnosed has shifted over time, too, with most cases in April being in the Northeast before cases spiked in the South and West, and most recently, in the Midwest.

Children are still unlikely to get seriously ill or die from COVID-19, representing up to 3.7% of all reported hospitalizations and up to 0.26% of total deaths as of September

24. But they can carry and spread the virus, though exactly how readily remains to be seen. The study had limitations because states differ in how they report the data, and doesn't account for the unknown number of children who've had the virus but were never tested. Advertisement

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"We must keep our children – and each other – healthy by following the recommended safety measures like washing hands, wearing cloth face coverings, and staying 6 feet apart from others," Goza said.

## Teens seem to be more susceptible than younger kids

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Another report, released Monday by the Centers for Disease Control and Prevention, found the incidence of coronavirus among 12- to 17-year-olds was about double that of 5- to 11-year-old. It also found kids of any age with underlying conditions were most at risk for serious outcomes.

Kids under 10 also don't seem to spread the virus as easily as older kids and adults, but the CDC says anyone under 18 likely plays a role in transmission, even if they don't have symptoms. Advertisement

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"It is important for schools and communities to monitor multiple indicators of COVID-19 among school-aged children and layer prevention strategies to reduce COVID-19 disease risk for students, teachers, school staff, and families," the report says.

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## What is calisthenics? The health benefits of bodyweight exercises and example workouts for beginners

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- **Calisthenics are functional bodyweight exercises that require minimal equipment.**
- **The benefits of calisthenics include better long-term health, improved mobility and ease of movement, reduced injury risk, and more calories burned.**

- **Some of the best example calisthenics workouts for beginners are push-ups, squats, planks, and jumping exercises.**
- **This article was medically reviewed by Joey Thurman, CSCS, CPT, FNS, a Chicago-based fitness expert and MYX Fitness coach.**

Calisthenics is a great way to reach your fitness goals without needing to go to the gym or invest in much equipment.

"It's one of the easiest exercises for anyone to do at home without expensive equipment," says Adam Rivadeneyra, MD, a sports medicine physician with Hoag Orthopedic Institute in Irvine, California. "Most exercises rely on body weight for resistance and can be performed in short intervals in any small space."

Here's what you need to know about the benefits of calisthenics, with some example workouts for beginners. Advertisement

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## What is calisthenics?

Although you might not be familiar with the name, you're probably already doing some calisthenics exercises.

"Calisthenics is a type of training that uses predominantly body weight training to improve our overall 'functionality' while getting us fit," says celebrity trainer Jillian Michaels, creator of The Jillian Michaels Fitness App.

Functional exercises are those that mimic the way we move everyday, Michaels says. For example, some of the basic human functions are pushing, pulling, and jumping, and those are the types of moves you'll do during calisthenics.

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"Exercises like push-ups, pull-ups, and squats improve everything from our strength and flexibility to our coordination, balance, and agility," Michaels says.

Calisthenics exercises also use your body's own weight, with no extra weight or dumbbells required. "Many newer workout programs like boot camps or HIIT workouts incorporate many of the classic calisthenic exercises," Rivadeneyra says.

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## Benefits of calisthenics

Calisthenics are appealing because they engage large muscle groups, which increases your calorie burn. In addition, they can be done anywhere, with minimal access to equipment. Advertisement

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Here's why you might want to add calisthenics to your workout routine:

## Calisthenics help you move easier throughout the day

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The functional movements you perform in calisthenics can improve your mobility, reduce aches and pains, and decrease your risk for injury.

"Calisthenics essentially train us in the way we function throughout our everyday life," Michaels says. "This type of training not only helps us get healthier and look better, it also makes us perform better in our everyday activities and lessen any chance of accidental injury like rolling your ankle or wrenching your back when you turn to grab something." Advertisement

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## Calisthenics burn calories

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Calisthenics engage major muscle groups like those in the chest, core, back, arms and legs. In addition, you'll use multiple muscle groups at once. All that muscle engagement means more calorie burn.

For example, a 155-pound person will burn about 167 calories in 30 minutes of moderate calisthenics. With vigorous calisthenics, you'll burn 298 calories in 30 minutes.

## Calisthenics can improve your long-term health

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According to Rivadeneyra, calisthenics exercises may reduce your risk for health complications in the following ways: Advertisement

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- Help you lose weight
- Allow you to sleep better
- Improve your heart health
- Reduce your risk for type 2 diabetes

## Calisthenics are convenient

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While you can buy some equipment like a jump rope or pull-up bar if you're doing calisthenics, you don't really need anything. In addition, calisthenics exercises like squats and planks can be done at home, even if you only have a small space.

"It can be done anywhere, requires no necessary equipment, and gets people in shape quickly," says Michaels.

## Beginner calisthenics workouts

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If you're just getting started with calisthenics, you'll want to master the following body-weight exercises and their modifications. To do so, follow these instructions and watch the video tutorials from Stephen Navaretta, a fitness trainer specializing in functional movements and calisthenics. Advertisement

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## Push-ups

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To do a basic push-up, start with your body flat on the floor face-down. Place your hands a little wider than shoulder width, about even with your chest. Push straight up until your arms are fully extended, while trying to keep your core tight and your back straight throughout the movement. There are many challenging push-up variations you can use to push yourself. You can also make the exercise easier by putting your knees on the ground, or doing them standing and using a wall to 'push-up' rather than the floor, Rivadeneyra says. Overall, try to perform 3 to 5 sets of 10 to 20 repetitions. Advertisement

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## Squats

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To do a basic squat, start with your feet about shoulder width apart. Lower your hips to about 90 degrees while trying to keep your body upright, then return to standing position.

Try to perform 3 to 5 sets of 10 to 20 repetitions. You can also try advanced squat exercises, like jumping squats, when you have the proper form down. Advertisement

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## Planks

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To do a basic plank, start in the raised position of a push-up and hold your body still, tight through the core for 30 seconds. Work your way up to plank holds of 60 to 90 seconds and repeat a few times, Rivadeneyra says, doing a plank between sets of your other exercises.

The main health benefits of planks include a stronger core and improved posture. You can also try modifications like side planks to target the obliques, or reverse planks to boost upper body strength. Advertisement

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## Jumping exercises

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Jumping exercises like jumping rope or doing jumping jacks will boost your heart rate during a calisthenics workout, Rivadeneyra says. Perform 3 to 5 sets of jumping for 30 seconds, with 30 seconds of rest in between. As your fitness improves, try to jump faster or longer.

## How often you should do calisthenics

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Michaels suggests incorporating calisthenics into your workouts four times per week for optimal training and recovery time. Advertisement

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"For example, Monday and Thursday I train by push function and work all the push

muscles, like chest, shoulders, triceps, quads," Michaels says. "Then Tuesday and Friday I train muscles with pull function and work all the pull muscles, like back, biceps, hamstrings."

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