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Are women at equal risk of sudden cardiac death?

Sudden cardiac arrest (SCA) is an abnormal disturbance of the heart rhythm that causes the heart to beat very rapidly, which may subsequently result in death. It gets worse because the blood flow to the lungs or blood circuit of the heart. These fatal signs may result in cases more in the pumping chamber of the heart (left ventricular ejection fraction). As a result of the above, or in some cases cases with preserved pumping of the heart, it can cause sudden death, chronic rapid exertion, which is the heart begins to fibrillate. Two studies in sudden cardiac arrest.

Quick and appropriate medical attention can increase chances of survival, but many people only experience racing heartbeat or feel dizzy, warning flares that a potentially dangerous heart rhythm problem may have occurred. In most cases, however, such the sudden arrest occurs with no any prior symptoms.

While sometimes risk factors for an SCA include coronary heart disease, smoking, cocaine, alcohol, high blood pressure, high cholesterol, obesity etc., SCA and SCD affect increased women differently. According to the American Heart Journal, the incidence of SCD in women is significant, but lower than in men, particularly in the premenopausal and early postmenopausal years. SCD in women is associated more with decreased heart function and non-cardiac fibrotic conditions in the later stages of cardiac disease which can be a factor for SCD as compared to their male counterparts. There is also a recent study by Heart Rhythm Journal, USA, highlighting that women are at higher risk of death by sudden cardiac arrest than men, especially in those suffering from long disease, COPD, hemodialysis or medication or antihypertensive.

HOW HEART DISEASE AFFECT MEN AND WOMEN DIFFERENTLY

The biology and physiology of men and women are different, which determines the effect of heart disease on both genders.

- **Cardiovascular blockage:** Symptoms of cardiovascular in men mainly in the large arteries and for women in the smaller vessels. Some these vessels are small, symptoms may not be as significant as compared to deposits in the large arteries. Hence, SCA can be a silent killer in women.
- **Lifestyle:** Lifestyle changes have increased the incidence of heart diseases in women, due to factors such as stress, unhealthy diet, smoking, consumption of alcohol, obesity and consumption of oral contraceptives. These are used in younger women developing heart conditions.
- **Stress coping mechanisms:** Men and women have different stress coping mechanisms. The presence of higher levels of estrogen in women enables them to cope with stress (increase blood pressure and sugar levels). Also, women cope with stress by emotional irrigation, as compared to men who often display fight or flight responses.
- **Experiencing symptoms differently:** While men have only get the classic pattern of angina (chest pain by reduced blood flow to the heart), with pain on the left side of the chest, women are more likely to have atypical angina, where they experience discomfort in the chest, back and neck.

PREVENTION

- Lead a healthy lifestyle with a well-balanced diet and adequate physical exercise
- Don't smoking
- Limit alcohol intake
- Undergo regular medical checkups to monitor heart
- Keep BP and blood sugar within control
- Keep a check on your blood cholesterol levels
- Avoid stress
- Those with a strong family history of heart disease must exercise regular before age
- If you have heart disease with a lower pumping of your heart, then see with your doc.

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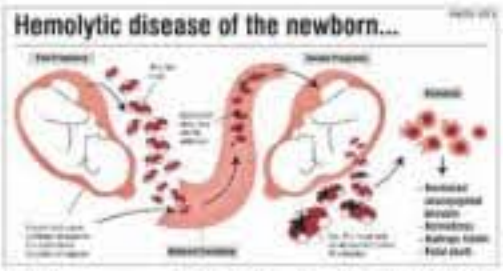
Disclaimer: The contents of this health concern are the views and not to the organisation of this insert but about concerned

Rh incompatibility and its impact on the newborn

When an Rh negative woman is pregnant with an Rh positive child, the map be exposed to the Rh antigen through an her body during the delivery or miscarriage. As a response to this, the woman develops antibodies to Rh antigen.

So, what is the problem?

If the woman is pregnant the next time with an Rh positive baby, the antibodies she had developed may cross the barrier and attack the Rh antigen on the fetal RBCs and kill cells. When mature, RBCs break down and when it starts are mature RBCs. They have some capacity to carry oxygen to all the body parts and the barrier



HEMOLYTIC DISEASE OF THE NEWBORN IS A DEVASTATING DISEASE FOR BABIES AND THEIR FAMILIES AND IS A HUGE CHALLENGE TO HANDLE

Colon cancer: Ways to reduce the risk

Much is observed as a colorectal cancer awareness month. Although the incidence of colon cancer is lower in India compared to the West, rising numbers is a matter of concern. Colon cancer is an important cause of cancer-related deaths in India, since most of our patients present to us in advanced stages of the disease.

The identifiable risk factors for colon cancer include obesity, sedentary lifestyle, excessive intake of red meat and processed meat, smoking and heavy drinking, while the non-modifiable risk factors include increasing age, history of colonic polyps, ulcerative colitis, and Crohn's disease, family history of colon cancer or adenomatous polyps, or inherited syndrome such as Lynch syndrome, etc.

Symptoms of colon cancer include fatigue, change in bowel habits, diarrhea or constipation, blood in stool, weight loss and abdominal pain. Diagnosis is dependent on clinical evaluation, colonoscopy, biopsy as well as a CT scan.

Colon cancer screening allows an early detection and improves patient outcomes. Men and women above the age of 50 should continue with regular screening for colon cancer. Screening is also recommended for younger people with a personal or family history of cancer, history of polyps, personal or family history of colon cancer or polyps, post exposure to radiation or ulcerative colitis with poor evidence regarding the right age to start screening and the screening test.

There is no certain way to prevent colon cancer. All of us need to be aware of the link between gut microbiota and colon cancer. Therefore, it is very important to eat right. Whatever being the 'kitchen garden' and in charge of the household, can play a very important role by adopting healthy dietary practices for the entire family. This fascinating Women's Day, let the women accept the challenge of taking care feeding the family nutritiously.

Easy steps to reduce colon cancer prevention are:

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- Eat at least five servings a year of seasonal fresh fruits and vegetables
- Do not eat refined or processed food, processed meat, or excess of red meat
- Avoid fried food and hydrogenated oils
- Drink your body using herbs (Triphala, ginger (turmeric), garlic, etc.) and cinnamon facing
- Exercise daily
- Maintain a healthy body weight
- Quit or stay away and alcohol
- Seek medical guidance immediately in case of any suspicious symptoms
- Undergo cancer screening as per the recommendations of your doctor

The author, Dr Jyoti Wadhwa, has written this article in view public awareness about colon cancer.

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Behind every strong woman there is a story that gave her months choice!

Juhi Chawla, Actor and entrepreneur

HINDUSTAN TIMES MEDIA MARKETING INITIATI

Finolex Industries Limited takes notable steps for women empowerment

FinOlex

Mukul Madhav Foundation

As we near International women's day, let us take a sneak peek into the projects Finolex Industries Limited (FIL) has invested in via its CSR partner, Mukul Madhav Foundation (MMF).

MMF has been working tirelessly over the last two decades, across the verticals of healthcare, education, water conservation & sanitation, to serve our society. Concerns around women's health, education, employability and empowerment have been at the helm. With like-minded partners and collaborations they have been able to succeed in creating impact.

90% of women farmers in Dehanegaad have been able to repay their debts & support their children's education. This was possible owing to an intervention by MMF & FIL in 2019 wherein the 210 widow farmers who were identified were educated about the best farming practices, soil testing & selling techniques post harvesting. For this initiative, MMF collaborated with Krishi Vigyan Kendra and at the hands of Sow Chandrakant Dada Patil, former State Agriculture Minister 30 kg of Soya Seeds and 15 Kg of Tuver Seeds were distributed to each widow for their first harvest.

In continuation with the agriculture vertical, 100 women farmers in rural Maharashtra were exposed to mechanised farming and crop productivity enhancement techniques in association with BISLEI. These 100 champions equipped with knowledge are set are now training 1000 fellow women farmers in turn. They have been able to complete the cycle - not only empower themselves but also share the knowledge amongst their community. Before this foundation stepped in, these women have been actively farming and selling their plots of land to special use.

FIL & MMF have been working closely in Pagdun Maharashtra since 2017 where they have successfully completed the construction of 500+ individual toilets for the total village inmates in collaboration with Yuva Parivartan. In 2019 MMF assessed its work with Yuva Parivartan to build safe, hygienic and equipped Menstruation Homes for women who were otherwise banished into unsafe huts when on their period, as per the village customs. Banishing menstruating women is an unhealthy practice amongst certain tribes in Gadchiroli - a tribal, naxal affected and underdeveloped village.

The hutts built by MMF is pad-friendly, well equipped with bedding, ventilation and electrification. 2 sewing machines have also been provided so that the women can be occupied during their stay and in turn upskill themselves.

Vulnerable HIV positive mothers and sex workers have been reached out to and are provided with dry groceries on a monthly basis and regularly counselled for their rehabilitation. The affected have been provided with sewing machines to create a livelihood opportunity for themselves. Internationally renowned garment house, Kashka, is providing them training and buying back the finished goods.

An unprecedented project saw MMF guide 30 self-driven young ladies to ITI, Pune girls college, where they were trained in Plumbing, a vocation which is generally not associated with females. This small batch has created a stir amongst peers and the foundation is likely to support more individuals in the years to come. In addition to providing scholarships to girls in BSc Agriculture and BSc Nursing, a unique initiative - Aaj Bai Chi Shala (grandmothers go to school) was launched where in 100 senior women in rural area of Junnar district, Pune were provided with basic literacy courses to enable them to be more self-sufficient. In the periphery of Mhada, Solapur 100 girls were provided with bicycles to ensure lack of transport and distance does not deter them from continuing their education.

The NGO has strived to make healthcare accessible to all age groups of women – the young with cervical cancer vaccination, middle aged women with Mammography camps and the senior citizens with geriatric screening camps.

Shubham cycle distribution

Sewing at Pimpal homes

Farmers at demonstration stations

Education senior citizens

Vegetable farming by women's

"Over the last five years the Foundations focus has been on women – to engage, enable & empower across age groups. Mrs. Ritu Prakash Chhabria, Managing Trustee believes "My motto is Live to Give. As I always say, there is a lot to be done and in collaborating with like-minded partners, MMF has been able to intervene in the remotest parts of the country and bring about ripples of positive change. It is admirable to see men stand up and support – as is known it takes two hands to clap."

"Finolex Industries is honoured to be able to serve the society with utmost transparency. We have a great employee engagement program with our CSR partner. Our teams pan India have been involved in various initiatives that are taken on by Mukul Madhav Foundation. It is heart warming to have Finolex participating and ensuring that each of our initiatives are well maintained and sustained.

said Mr. Prakash R. Chhabria, Executive Chairman Finolex Industries Limited.

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