



Impact of diet on patients suffering from coronary heart diseases

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ABSTRACT : A study on patients suffering from coronary heart diseases has been under taken from cardiology and Medicine department of M.K.C.G. Medical College and Hospital, Berhampur, Odisha belonging to various age groups, sex, income and socio-economic status. This study reveals that diet is one of the contributing factors for coronary heart disease. It was conducted to know the dietary awareness of cardiac patients and the role of hospitals in taking care of the heart patients. In-adequate diet, busy schedule of work and ignorance of nutrient aspects of diet are leading the human beings towards death. Most of the respondents are now becoming more concerned about low-fat diet, exercise, stress management, yoga and meditation. From the investigation it was found that heart disease is no doubt a fatal disease but it can be dealt effectively by taking a balanced and an effective diet, to enjoy the sweetness of life.

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According to Joshi (2006) cardio-vascular diseases are the most potent killers, particularly so in advanced countries of the world. It is also the leading cause of death worldwide (Nayak, 2013). The incidence of hypertension (increase in blood pressure), heart attacks (mild to severe) and atherosclerosis has increased multifold. There are many causes leading to these diseases. Now-a-day's life is a race in which each person tries to compete with the other in terms of wealth, status, success, reputation and several such ideals, through fair and unfair means. The accompanying tension and worries, the craving for the cigarette, the compelling peg, the hectic mode of travel and overweight, all

drag the person towards cardio-vascular disease.

Cardio-vascular disease (CVD) is no doubt a general term describing diseases of the heart and blood vessels. Coronary Heart Disease (CHD) is the most common form of CVD and is caused by atherosclerosis in the large and medium sized arteries that supply the heart muscle with oxygen and nutrients. Cardio-vascular disease remains the leading cause of death in so many countries. Today CHD is highly predictable, preventable and treatable. There is several fold increase in coronary heart disease since 1960 in urban part of India. In India the onset of CVD is at an early age; it is more severe and the progression is rapid and aggressive. The

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