

Real reasons behind fatal heart diseases affecting youngsters



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Social media has, of late, been putting forward the viewpoint that post-corona the young age deaths have increased. On the one hand, it is said that those who have been affected by the Covid-19 are more prone to heart diseases and on the other, it is opined that the vaccinated people have more chances of being affected by heart ailments.

According to the National Crime Records Bureau data, the number of cardiac arrest deaths reported in 2021 was 28,449 and in 2020, it was 28,680. The years covered by the NCRB were the period of corona. We witnessed the first wave of the pandemic in 2020 and the second wave in 2021 when vaccination started on Jan. 16.

Compared to 2020, the year 2021 had a marginal decrease in cardiac arrest deaths and yet recorded 1.6 per cent increase over the 2019 figure of 28,005. Compared to 2017, there was 22 per cent rise in cardiac arrest deaths in 2021. Over the number of cardiac arrest deaths in 2012, the year 2021 recorded 54 per cent increase in the deaths.

So, it is manifest that the syndrome of cardiac arrest deaths has been increasing for the past 10 years and the corona factor has nothing much to do with it.

Real reason

From the studies done hitherto, it is crystal clear that the people, who had been treated for corona affliction, are prone to long-term issues pertaining to lungs, heart and blood veins as a fall-out of the pandemic. As a result of the immune system battling the corona virus, the heart tissues are likely to get wounded. Blood clots are more likely to be formed in the blood vessels and consequently, there are blocks in the heart's blood veins, cerebrovascular occlusion and lumpy vein occlusion in the legs. Coronary artery diseases are likely to last for eight months after the corona infection.

The Covid-hit people will probably face issues such as palpitations, irregular and uneven heartbeats, variations in the way the heart beats etc. If these are not addressed and clinically treated in the initial stage itself, heart attack and failure are likely down the line.

Nothing to do with vaccination

Above 100 crore people have taken, at least, a single dose of Covid vaccine in India. The vaccination helped avert 42 lakh deaths in 2021, according to the Lancet research. Only in the rarest of rare cases, the vaccination caused side-effects which were just 0.009 per cent of the total of 102.7 crore doses. So, there are no scientific statistics and data to prove that corona vaccination had a role in causing cardiac arrests and deaths among the youth.

What we have missed

Obesity is one of several factors behind cardiac arrest deaths among the young (in the 20-45 age group). The National Family

Health Survey-5 says that 39.8 per cent of Indians aged from 20 to 39 are obese.

The lockdowns clamped in the corona times, the corollary of work-from-home culture, insecurity of job, danger of losing jobs and the resultant health issues of insomnia and depression triggered by fear and anxiety, the escapist habits of drinking, smoking and eating large quantities of starch-rich snacks which have escalated into addictions are the major factors that have played a major role in causing heart ailments to the youth.

It is notable that the visceral adiposity syndrome is higher among Indians than Europeans. The Indians, particularly the South Indians, are more prone to diabetes.

Besides, if arrhythmia, congenital hole in heart and coronary artery diseases arise at a young age, they must be taken notice of and treated very early. Otherwise the heart may fail earlier in life.

We are living in an age which has put behind it the third wave of the pandemic. Now there are certain dos and don'ts for the young generation to know and follow:

Maintain your right body mass index, reduce the intake of starch-rich foods, snacks, sweets and dishes fried in oil, switch over to the good practice of taking in sufficient protein and good cholesterol-rich food items and go for regular exercises such as walking, jogging, cycling, work-out in gyms etc. Give up instantly liquor and smoking.

Go for an annual medical check-up to find if your blood pressure and glucose level are at the proper rates. It is unfortunate that even if diagnosed with diabetes and higher BP, several young people don't take it seriously and undergo a seamless treatment. What they don't understand is that these lifestyle diseases have the harmful potential of affecting the visceral organs such as heart, kidneys etc. A tight regimen of good sleep, proper food, activities conducive to peace of mind and physical exercises that

help relieve anxiety and bust stress holds the key to an excellent health. Those taking to rigorous work-outs must go for a heart check-up periodically. In case of gasping, wheezing, palpitation, chest pain and ache in the calf muscle, better consult doctor immediately. If those cured of Covid have all these troubles, they must all the more be careful and go for proper treatment.

We must cultivate an awareness of heart ailments and the ways and means to cure them. That will go a long way in stalling deaths of cardiac arrest. Instead, merely passing the buck to the corona virus and the vaccination will not pay dividends.

Translated by V. Mariappan.