



healthyheart

HEALTHY HEART SEMINAR

By Leonie Almeida

That's Something to get Pumped About

On Friday September 17, 2010 at 6.30 p.m. TEGSA hosted an evening of activities around the theme "Healthy Heart - Now, That's something to get pumped about." It was an informative Seminar.

Dr. Ajai Pasricha, a renowned doctor, **MD. CCFP. FRCP(C). Medical Director, SEVA Cardiac Centre. Assistant Professor of Medicine (Adjunct) McMaster University** was the guest speaker. He gave an excellent video presentation on 'Healthy Heart.' He explained the issues contributing to the alarming high rates of heart attacks particularly among the South Asians. Dr. Pasricha stressed, that it was primarily the South Asian's lifestyle. Data showed that South Asians suffered 4 times the number of heart attacks than any other groups of people. He talked about the four lifestyle factors that need to be addressed, to stop this alarming trend. The major contributing factors were **Smoking, High Blood Pressure, Poor Diet** (high in meat, alcohol consumption, fats, sugar and carbs) **lack of consistent Daily Exercise**. He also mentioned that Diabetes elevates the risk considerably because of its potential complications. He urged us to be aware of "our numbers" and to take appropriate action to avoid a heart attack.

After the presentation, Dr. Pasricha fielded many questions from the keen interested audience. Sheilah D'Souza, the Cultural Secretary thanked Dr. Pasricha for his highly informative and interesting presentation. On behalf of TEGSA members, she gave him a gift – a token of appreciation.

Following the presentation, Matty Dias led the group to Zumba to get the heart pumped further. She was all geared to keep our members healthy with the Zumba exercise. At the end of her session, Sheilah gave her a gift too.

Finally the Healthy Heart event wrapped up with a healthy heart snack—whole wheat chicken wraps of course! The evening ended with two rounds of Bingo.

I share a quote which is clear call for action

"If you don't make time for exercise, get ready for sickness." Edward Stanley

One life.... One heart.... One Choice....