



EASWARI ENGINEERING COLLEGE

(Autonomous)

Bharathi salai, Ramapuram, Chennai



DEPARTMENT OF BIOMEDICAL ENGINEERING

CARDIAC HEALTH

On the occasion of **World Heart Day**, The Department of Biomedical Engineering organized a webinar on “**Cardiac Health**” on 29.09.2021 through Google Meet platform. II Year Students of Biomedical have participated in this webinar. The Resource Person of this program was **Dr. C. S. Parameshwari, Ph.D**, Principal (Retired), Govt. Arts and Science College for Women, Ramanathapuram. The session made participants to understand the importance of Cardiovascular system, Cardiovascular diseases and also about the Biochemical Diagnosis test for the heart. The participants learnt how to take care of our heart from cardiovascular disease, prevention of cardiovascular disease and food diet to maintain a healthy heart to live a healthy happy life. The entire session was interactive participants had asked their questions and gave their valuable feedback during the session.

GLIMPS

The screenshots show a Google Meet interface with a presentation on Cardiac Health. The presentation content is as follows:

INTRODUCTION

- CVD Remains No:1killer Non-communicable Disease
- 18.6 Million People Die/Year
- 520 Million people Are Living With CVD
- By 2030, 23.6 Million People Die By CVD

CARDIOVASCULAR DISEASE (CVD)

- Hypertensive heart disease
- Rheumatic heart disease
- Valvular heart disease
- Cardiomyopathy
- Aortic aneurysms
- Heart arrhythmias
- Hirimbosis
- Aortic aneurysms
- Carditis
- Congenital heart disease
- Myocardial infarction
- Heart failure

COMMON SIGNS AND SYMPTOMS

| Heart disease | Signs and symptoms |
|--|--|
| Heart attack /MI Symptoms: chest /thumb /back pains that is not relieved by rest or medications (nitrates) light headedness Anxiety/nervousness Paleness Increased, irregular heart rate | Chest pain is relieved by medications and rest. |
| Angina /ischemic heart disease | Fatigue, Difficulty breathing, dependent edema, unexplained, steady weight gain,nausea,chest tightness slowed mental response, anorexia |
| Heart failure -When the heart can't pump effectively enough to meet the body's metabolic needs, heart failure occurs | |