

ICC NHFR NEWS

From the National Coordinator & Principal Investigator's desk:

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On the eve of World Heart Day, let us all renew our commitment to improve cardiovascular health outcomes in our country. Though our economic growth is good, there is an increase in lifestyle disorders. Indeed the epidemiological transition from 1990 – 2016 in our country is worth noting. Whereas communicable disease was the major cause for mortality in the 1990's, it has

been replaced by non-communicable disease at present.

As the prevalence of cardiovascular risk factors and cardiovascular disease increase, there is an increasing number of heart failure admissions in our country. A considerable percentage of these patients particularly the elderly succumb to this disease at the end of one year. It is in this background, that the Indian College of Cardiology has initiated a National Heart Failure Registry to document demographic pattern, mortality and incidence of heart failure readmissions. A preventive strategy would be helpful in this area. I would request all our members to take active part in the same and make it more meaningful.

The World Heart day 2018 Theme is "My Heart, Your Heart". On this occasion let us all pledge to take care of our heart for a better tomorrow.

Dr. Jayagopal P.B.
National Coordinator & Principal Investigator

**SATURDAY SEPT 29
IS WORLD HEART DAY**

**ITS FOCUS IS REDUCING
CARDIOVASCULAR
DISEASE, INCLUDING
HEART DISEASE AND
STROKE, WHICH CLAIMS
17.5 MILLION LIVES
EACH YEAR.**

**TO REDUCE YOUR
RISK, YOU CAN CUT
DOWN ON SUGARY
DRINKS, EAT MORE
FRUITS AND
VEGETABLES, NOT
SMOKE AND DO AT
LEAST 30 MINUTES OF
MODERATE-INTENSITY
PHYSICAL ACTIVITY FIVE
DAYS EACH WEEK.**

WHF 2025 GOAL

PREMATURE
MORTALITY FROM
CARDIOVASCULAR

DISEASE

25%
REDUCTION



NHFR Study Update: Eight centers from four South Indian States are participating in the pilot phase of this study, kicked-off on August 1, 2018. High quality data from over 450 patients has been collected to date against the target of 10,000 patients to be drawn from centers located in diverse regions of India. The next Phase, being launched on November 1 will expand the study to 20 additional centers in 12 other states located in other regions of India.

You're invited to contribute local CVD data to the registry by enrolling your center and joining the NHFR study team as a co-investigator.

Please email iccheartfailure@gmail.com latest by October 3 for details.

The 26th Annual Conference of the Indian College of Cardiology will be held in Kochi on 20th, 21st & 22nd September 2019.