



# ICC NHFR NEWS

*From the National Coordinator & Principal Investigator's desk:*

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An insightful study published by Researcher [Hannah Ritchie](#) of [Oxford Martin School](#) on March 6th in the health section of BBC News titled "[What do the people of the world die from?](#)", confirms that cardiovascular disease, affecting the heart and arteries was responsible for every third of the 56 million

deaths worldwide in 2017. What is shocking is that this total includes a number of people who die from preventable causes. Life expectancy has gone up from 46 (1950) to 71 (2015). Cardiovascular disease kills twice as many people as Cancer. The good news according to the study is that what people die from changes over time and as their country develops. For Example Child mortality rates have fallen significantly since then thanks to vaccines and improvements in hygiene, nutrition, healthcare and clean water access.

The NHFR Study is committed to improving cardiovascular health outcomes in India. The 22 centers (including 14 added since the pilot phase concluded) enrolled in the study have registered over 2800 patients. Of these over 2200 patients are eligible for the 30-day follow up, 90 % of which is complete.

I am grateful to every member of the participating centres for making this possible. While thanking participating members, I would also like to renew the appeal to each one of you to take on a more active role in supporting the patient registration. Together we can make this study meaningful.

The site [iccnhfr.org](http://iccnhfr.org) has been upgraded to include a website with the intent to increase awareness of the current situation, highlight the challenges, and gain an appreciation for the tremendous opportunity to make improvements.

A "[live dashboard](#)" indicates patient enrolment to the minute. Hospital names have been withheld to assure privacy.

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

**THE LEADING CAUSES OF DEATH ACCORDING TO THE BBC HEALTH STUDY INCLUDE:**

**CHRONIC DISEASES**

**(AGE RELATED GENERALLY CANNOT BE PREVENTED BY VACCINES OR CURED BY MEDICATION).**

- CARDIOVASCULAR 32.3%**
- CANCER 6.5%**
- DIABETES 5.8%**
- LOWER RESPIRATORY INFECTIONS 4.4 %**
- DEMENTIA 4.4%**

**PREVENTABLE DISEASES**

- NEONATAL DEATHS 3.2%**
- DIARRHOEAL DISEASES 3%**
- ROAD INJURIES 2.5%**
- LIVER DISEASE 2.3%**
- SUICIDE 1.4%**

**WEBSITE**

[iccnhfr.org](http://iccnhfr.org)

Several open areas in the website will continue to be addressed.

Please review the site and provide feedback on specific areas, if any.

**Invitation to Heart Care Centers to join the NHFR Study**

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

Please email [iccheartfailure@gmail.com](mailto:iccheartfailure@gmail.com) for details.

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