

## Winter Heart Camp at Moolchand Heart Hospital™ from December 17, 2008-January 16, 2009

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Category: [Tourism, Cars, Traffic](#)

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Moolchand Medcity, New Delhi, December 16, 2008 - Most heart attacks occur in winter and that too near the New Year's period. Studies have shown that maximum chances of heart attack deaths occur early morning in the winter season, especially in women.

“Apart from heart attack, chest pain (angina) stable or unstable is also common in this season”, said Dr. K K Aggarwal, Cardiologist-Moolchand Heart Hospital, announcing a month-long winter heart camp starting Wednesday, December 17, 2008 at Moolchand.

The camp will also create awareness about winter cardio vascular diseases and will provide preventive, diagnostic and therapeutic cardiac facilities to the public at large.

Our team at Moolchand Heart Hospital comprising of Dr. A K Gaur, Dr. H K Chopra, Dr. Saket Bhardwaj and Dr. Rakesh Arora will be available for free cardiac consultations and ECG everyday. The camp will be operational from 8:00 am to 12:00 pm everyday at the Moolchand premises. Additionally, Moolchand will offer heavy discounts on Cardiac HealthCheck+, Treadmill Tests and Angiographies.

Addressing a press conference here today, the team of experts said that winter is also the time when peripheral leg vascular diseases become symptomatic and the patient complaints of calf pain on walking.

Padamshree Mahabali Satpalji, Kushti Champion, special guest for the press conference said that winter is the time for all heart patients to go to their cardiologists and get a dose of their drugs modified to prevent winter death and heart attacks.

The experts also issued the following winter precautions for the public:

- Smoking is not the solution for winter cold. It can rupture a blockage and precipitate a heart attack
- Early morning tea can increase the heart rate and precipitate high blood pressure
- Binge alcohol, consuming >5 pegs in 1 hour or 6 pegs in one day can precipitate a heart attack and sudden cardiac death
- Dancing near the New Year, after heavy meals can precipitate heart attacks in the susceptible individuals
- Winter early morning chest pain should not be ignored it can be a heart pain
- Winter morning is also the time for brain hemorrhage
- One should cover the nose and the ears to prevent winter chills
- Winter chills with no shivering is a bad sign
- Winter walks should continue but may be later in the day
- One should avoid eating sweet, sour and salt foods in winter

### ABOUT MOOLCHAND

As one of India's foremost names in healthcare, Moolchand has been setting standards for the past half century. Located in the heart of the capital, the plans are to develop Moolchand Medcity as Asia's largest single site multi specialty hospital complex (6 specialties, 1000+ beds). We aspire to be your lifelong healthcare partner by delivering your healthcare wishlist: superb physicians, cutting-edge technology, compassionate care, integrity and affordable excellence. Moolchand is the first multispecialty hospital in North India to receive to receive the National Accreditation Board for Hospital and Healthcare Providers (NABH) accreditation and ISO 9001:2000 certification.

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