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LUCKNOW
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{ **WORLD HEART DAY** }

'People below 40 yrs prone to heart risks'

LUCKNOW: People below 40 years of age are more prone to heart risks today as compared to the adults in this age group 20 years ago, according to doctors. Speaking on the increased threat of heart diseases on World Heart Day, Dr RK Saran, director of the department of cardiology, Med-anta Hospital, said, "Till about 20 years ago, only 2-3% of people below the age of 40 years suffered heart attacks. Today, this figure has shot up to 15-20%. At

present, every fifth heart patient who is admitted to hospitals is below 40 years of age."

To mark the World Heart Day on Thursday, several events were held in the city At Era's Lucknow Medical College (ELMC), an event was held to spread awareness about cardiovascular health. "Heart ailments can be reduced if we keep track of blood pressure and diabetes," said Prof Mohd Ahmad, chief guest of the event. **HTC**