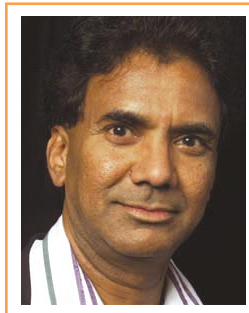
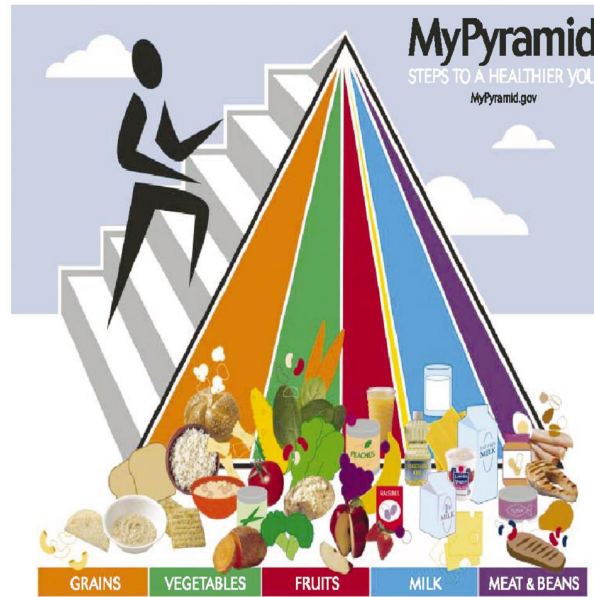


Myths about Heart Disease and Indians

- Indian vegetarians have lower rates of heart disease than Indian non-vegetarians.
- Indian non-smokers have lower rates of Heart Disease than Indian smokers.
- Indian women have lower rates of Heart Disease than Indian men.

Facts about Heart Disease and Indians

Unlike our Caucasian compatriots, Indian vegetarians and non-vegetarians suffer similar rates of Heart Disease. Surprisingly, Indian women suffer similar rates of Heart Disease as Indian men. Heart Disease manifests much earlier in Indians than in other ethnic groups.



www.heartsmart.info

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Asian Indians and Heart Disease



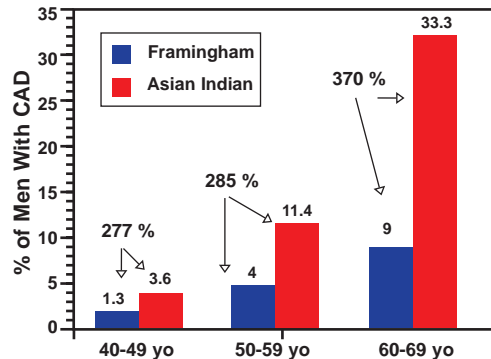
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Why Should I Be Concerned?

The NIH program “Healthy People 2010” has designated the Asian Indian immigrant population in the United States as a “high risk” group for Heart Disease.



Coronary Artery Disease (heart attack, angioplasty or bypass surgery) is 3 to 4 times more common among individuals of Asian Indian origin, than other ethnic groups. The interaction of certain types of cholesterol (blood fats), medical disorders inherited from parents, and environmental factors such as diet and exercise, play an important role. For example, the presence of specific inherited abnormalities and certain diets may be of higher risk to people of Asian Indian origin, than people of other ethnic origins. These disorders can be detected by simple blood tests.

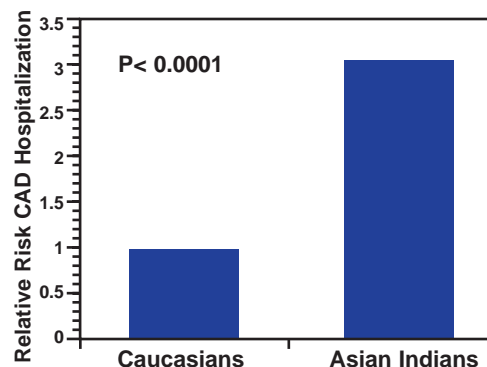
Who Should Be Tested?

Individuals who would benefit from these tests include those with:

- Known Heart Disease (heart attack, angioplasty, angina or bypass surgery)
- Family member(s) with Heart Disease
- High Cholesterol or elevated blood fat values
- Metabolic Syndrome (a constellation of 3 or more of the following: low HDL, high triglycerides, central obesity, high blood pressure, high blood sugar levels and/or insulin resistance)
- Sedentary lifestyle or low level of exercise tolerance
- Diabetes
- Cigarette smoking habit

Since Heart Disease is so prevalent in Asian Indians, it is prudent that everyone get their blood tested once at the age of 18 to detect these abnormalities as early as possible and as needed thereafter.

This knowledge helps prevent your children and your children’s children from suffering the ravages of Heart Disease.



What Does It Involve?

- ♥ A detailed history of your lifestyle (diet and exercise) and your family’s history of heart disease
- ♥ Using your height and weight to calculate your body mass index (BMI)
- ♥ Measuring your blood pressure
- ♥ A blood test to determine the presence or absence of inherited disorders that contribute to Heart Disease. These include LDL and its subtypes, HDL and its subtypes, triglycerides, Lp(a), CRPhs, homocysteine, and fasting blood sugar.
- ♥ EKG or exercise stress test

Your doctor will determine which tests will benefit you the most.

