

3rd International conference on WOMEN ONCOLOGY AND WOMEN'S HEALTH

January 24-25, 2022 | Webinar

Risk of Cardiovascular Disease among Younger Women

Gaurav Kapoor^{1*}, Aksh Chahal^{2*}, Priya Chauhan³

¹PhD scholar Department of Physiotherapy, Jayoti Vidyapeeth Women's University, India.

²Principal and Professor, Maharishi Markandeshwar (Deemed to be University), India.

³Assistant Professor, University Institute of Applied Health Sciences, Chandigarh University, India

Abstract

Background: Cardiovascular disease (CVD) is the most common cause of death in women around the world. Women's heart attacks, which account for one-third of all female deaths worldwide, have worse results and mortality rates than men's. Younger women are more likely than older women to believe that cancer is the major cause of mortality, particularly breast cancer. In comparison to hypertension and diabetes, abdominal obesity has been identified as a risk factor for young females. Furthermore, Broken heart syndrome are more common in females. Heart disease in women is linked to contemporary lifestyles, such as independent living leading to difficulty balancing personal and professional life. This further aggravates psychological depression due to delayed marriage and pregnancy, increased divorce rate with poor eating habits and health ignorance just to have a higher standard of living.

Prophylactic measures: On the plus side, epidemiological studies show that when activity levels rise, the risk of Ischemic Heart Diseases (IHD) decreases. Walking 30 minutes a day, regardless of age, BMI, or ethnicity, resulted in a 30% reduction in vascular events in a study of women of all ages. Exercise also lowers the risk of sudden cardiac death. Low levels of activity were linked to improvements in unfavourable inflammatory and lipid indicators, such as C-reactive protein, in a cohort of the Women's Health research. Furthermore, exercise combined with a varied diet helps to improve mood, thereby controlling the psychological aspect to a large extent. This process aids in the regulation of cardiovascular irregularities in women to a large extent.

Conclusion: Women's Ischemic Heart Disease can be drastically reduced via aggressive lifestyle changes and treatment of risk factors. Most importantly work-life balance along with following the active lifestyle plays a crucial role in the healthy life for women.

Biography: (Gaurav Kapoor)

Gaurav Kapoor is pursuing Ph.D. from Jayoti vidyapeeth Women's University, Jaipur, India since July 2019. He has completed Physiotherapy Graduation in 2006, Post-graduation in Cardiopulmonary Physiotherapy in 2015. Over the span of years, Mr. Kapoor is working with excelling in research covering different domains of cardiovascular, pulmonary rehabilitation, human behavior, and human communication in relation to Physiotherapy and associated fields of healthcare. He has a total experience of 12 years spanning in both, academic as well as clinical domain. While working towards his goal, he has published 12 research articles with indexed journals and 16 copyrights registered with the government of India.

3rd International conference on **WOMEN ONCOLOGY AND WOMEN'S HEALTH**

January 24-25, 2022 | Webinar

Biography: (Aksh Chahal)

Currently, Dr. Aksh Chahal is working as Full Professor and at Maharishi Markandeshwar Institute of Physiotherapy (MMIPR), Maharishi Markandeshwar (Deemed to be University), Mullana, Haryana, India. Prof. (Dr.) Aksh Chahal is the Chairman for Research Advisory Committee (RAC) for Ph.D. in MMIPR. He has a total experience of nearly 16 years spanning in both, academic as well as administrative domain. Over the span of years, Dr. Chahal is working with excelling in research covering different domains of research methodology, orthopedics, sports rehabilitation, human behavior and human communication etc in relation to Physiotherapy and associated fields of healthcare. Dr. Chahal puts great emphasis on intervention strategies towards drawing evidence based inference with the best treatment and cost effective protocols in treating diseases/impairments/disorders which favor for all sections of the society. Dr. Chahal completed his Ph.D. in the year 2014 as Project Fellow, Full Time Scholar in a project funded under the Major Research Project (MRP) category 2008, by University Grants Commission (UGC), New Delhi, India. While working towards his goal, he has registered a total of 52 Copyrights with Extracts of Register of Copyrights by the Government of India, Ministry of Commerce & Industry 27 approved from the University and 45 research articles in renowned journals indexed with Scopus/Web of Science/PubMed.

gauravkapoor00711@gmail.com
prof.aksh_chahal@mmumullana.org