



A get together for Cardiac patients – Wockhardt Hospital, Nagpur

Wockhardt Hospitals Group, had organized a unique get-together, "Health of your heart in your own hands", at Rastra Bhasha Hall, behind Wockhardt Hospital, Shankarnagar, Nagpur.

When one talks about heart diseases, it is important to keep in mind that many different factors are responsible for a heart disease. Although with the advancement in medicines and medical technologies, patients with heart diseases are now able to live a longer and more productive life than before, prevention is still the best weapon in fighting the onset of heart diseases.

Keeping these in mind along with the slogan, "YOU HAVE GOT A SECOND CHANCE", doctors from Wockhardt Hospitals Group spoke to the participants of the get-together on the various aspects of post-operative care in cardiac surgeries.

Dietician, Ms. Aditi Brahmapurikar discussed the possible diet to be followed after a cardiac surgery. She stressed on how a proper diet can make sure that the thickness of the blood does not increase, the blood cholesterol levels are maintained to a healthy level, thus ensuring that the heart functions optimally.

Mr. Sonal Baghat, the Physiotherapist, shared information on the best physical exercises that cardiac surgery patients can do to improve their general and cardiac health.

Dr. Sameet Pathak, Consultant Cardio thoracic & Vascular Surgery actively interacted with his patients, motivating them to live a healthy life and felt buoyant by the participation of the patients and their interest about taking care of not only their own health but also of their near and dear ones.

All the participants at the get-together highly appreciated this initiative from Wockhardt Hospitals, to bring together the patients of cardiac surgery and educate them specifically on post-surgery care.