

Thank you – Heart  
Health

Dr Ameet Bakhai  
Oct 2016

Cardiologist  
Research Director  
Jain, Navnatee,  
Healthy Human

The National Council of Vanik Associations (UK)

&

Navnat Vanik Association (UK)

presents



*Protecting Heart Function*

&

*Heart Health*

A Health Seminar by

**Dr Ameet Bakhai**

Consultant Cardiologist

Sunday 23<sup>rd</sup> October 2016

9:30 am to 1:00 - Lunch 1:30

Navnat Centre, Printing House Lane, UB3 1AR

Register at <https://ncva-nva-health-seminar.eventbrite.co.uk>

For further details please visit

[ncva.co.uk](http://ncva.co.uk) or [navnat.com](http://navnat.com)

# Seminar Details

- Presentation on Heart function
- Demonstrating heart function with an echo-cardiogram (live echo and then several videos of abnormal hearts)
- Open Floor - Questions and Answers
- Audience sharing their experience of
  - Bypass for heart attacks
  - Atrial fibrillation
  - Valve disease
  - Pacemaker
- Inspiring patient videos
- Spiritual Healthcare talk by NCVA
- Thanks & Lunch

world class expertise  local care

Royal Free London



NHS Foundation Trust

Royal National Orthopaedic Hospital



NHS Trust



Spire Bushey Hospital



Barnet

*Clinical Commissioning Group*

- Royal Free London NHS Trust
- Barnet CCG
- Royal National Orthopedic Hospital (Stanmore)
- Spire Bushey Hospital

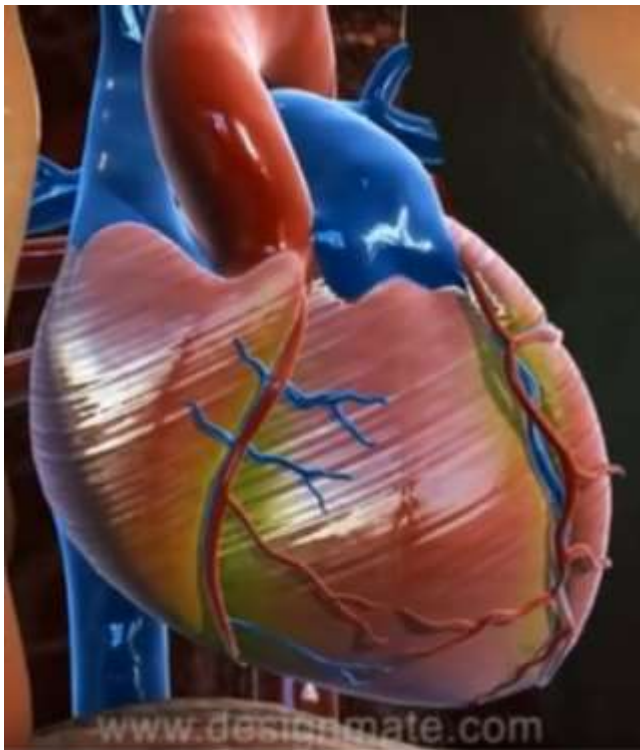
Dr Ameet  
Bakhai

# Heart is a Special Engine

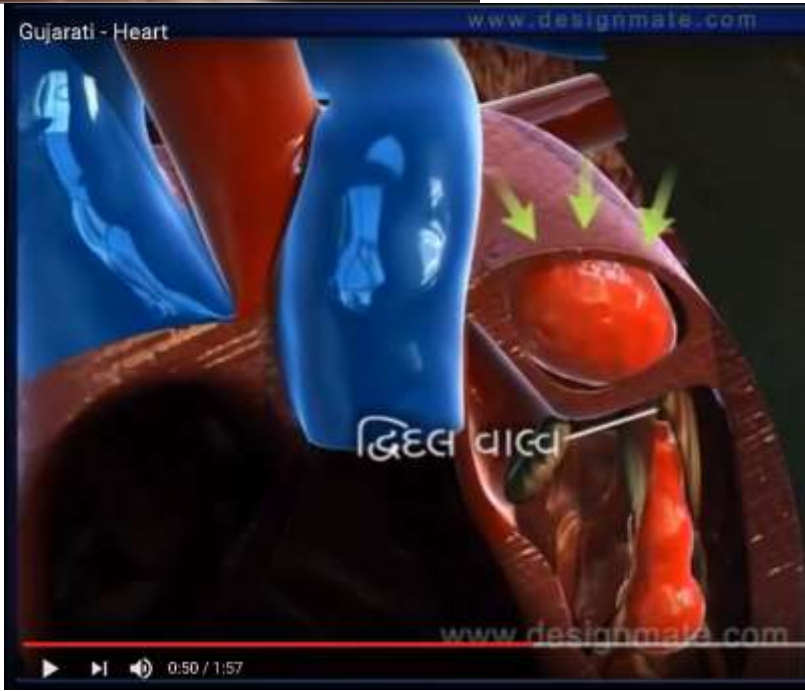
## © Ameet Bakhai Oct 2016

Engine Parts	Gujarati terms	Heart Items	Problems
Petrol pipes	Naddi / Dhamani <a href="#">નાડી</a>	Coronary arteries	Heart Attack
Pump	Hridaya <a href="#">હૃદય</a>	Ventricles	Heart Failure / Cardiomyopathy
Petrol	Rudhir / Lohi <a href="#">લોહી</a>	Blood / Cholesterol / Sugar / Iron / Oxygen	Anemia / Clots / Cholesterol / Diabetes Mellitus
Valves	'Daravajo' <a href="#">દરવાજો</a>	Valves – Aortic / Mitral...	Valve blocked / Valve leaking
Spark Plugs / Electricity	Vijali <a href="#">વીજળી</a>	Sinus Node	Heart Block / Pacemakers
Gear Box	Gativardhaka <a href="#">ગતિવર્ધક</a>	Sinus & AV Nodes & Electrical pathways	Atrial Fibrillation (AF) / Ventricular Tachycardia (VT)
Pressure	Daban <a href="#">દબાણ</a>	Blood Pressure	Hypertension / Strokes
Filter & Air	Fefsa <a href="#">ફેફસું</a>	Lungs	Emphysema / Apnoea
Car chasis	Ghadi <a href="#">ગાડી</a>	Pericardium	Pericarditis

# Part

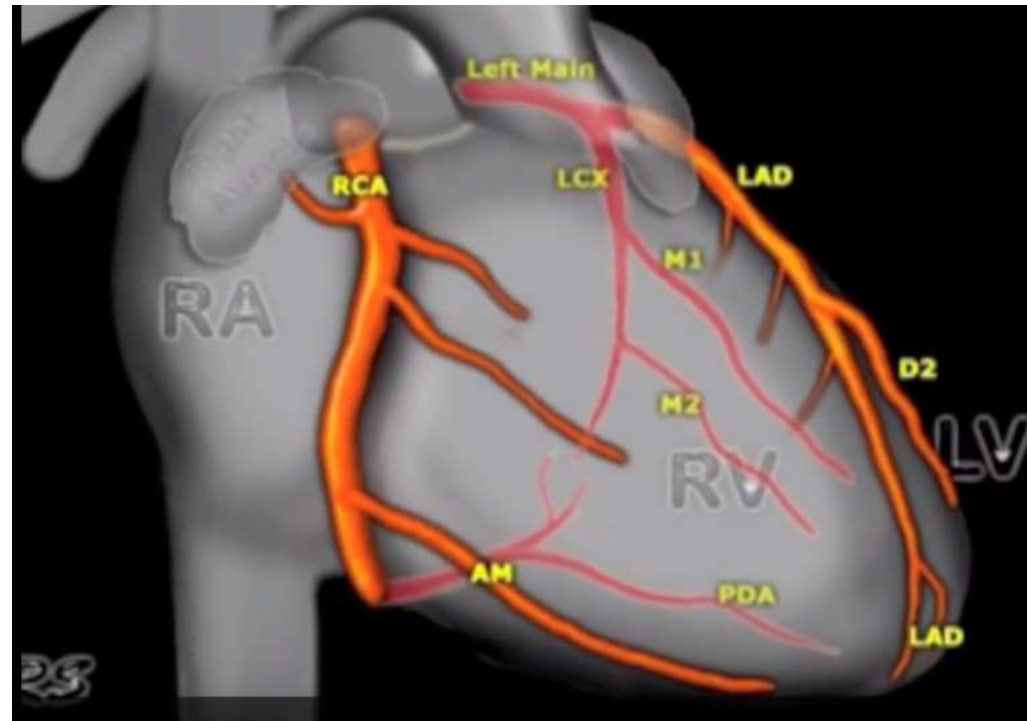


<https://www.youtube.com/watch?v=-Bv0BOfuuC8>



# Heart Graphics

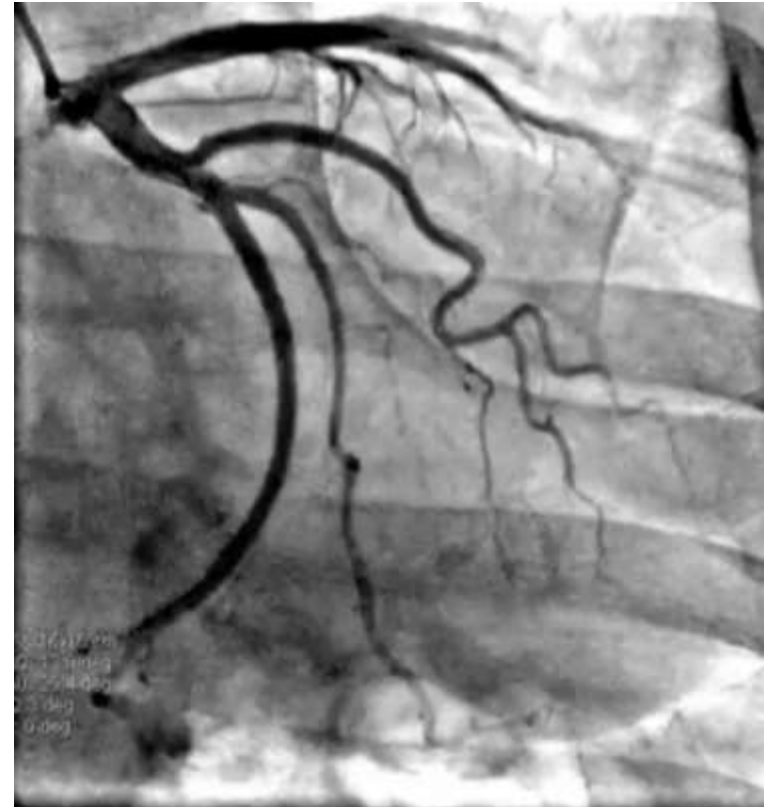
- <https://www.youtube.com/watch?v=r0tKxu4hPFo>
- <https://www.youtube.com/watch?v=WkgXQyDcM3o>



# CORONARY ANGIOGRAPHY

<https://www.youtube.com/v/pv0fOlhKImE>

[https://www.youtube.com/v/O7oI7Nm2TIU&list=PLXNeB\\_tpQ7fT\\_cPVweRRB-7aVAt7ROj1C&index=11](https://www.youtube.com/v/O7oI7Nm2TIU&list=PLXNeB_tpQ7fT_cPVweRRB-7aVAt7ROj1C&index=11)



# CT Coronary Angiogram

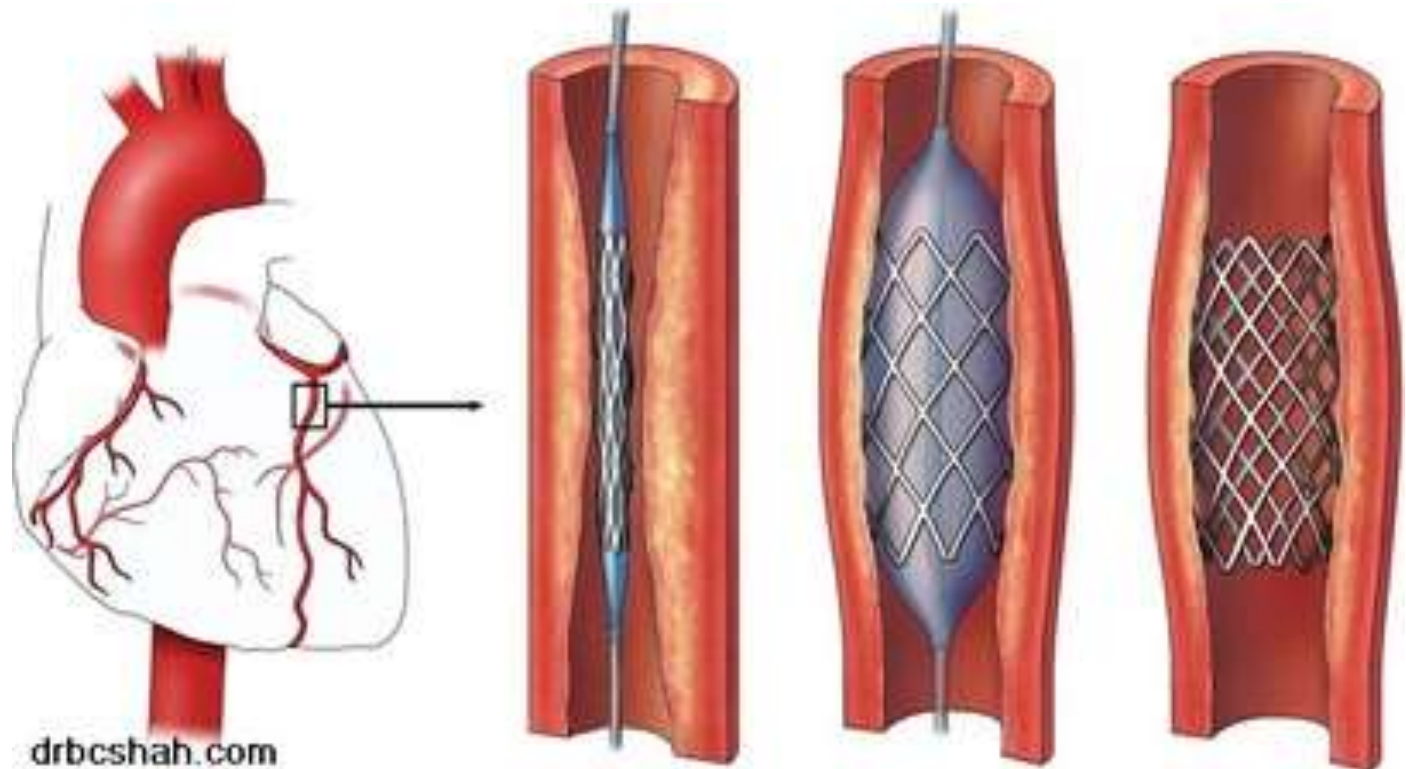
- <https://www.youtube.com/watch?v=aKDHRNY1LKw>





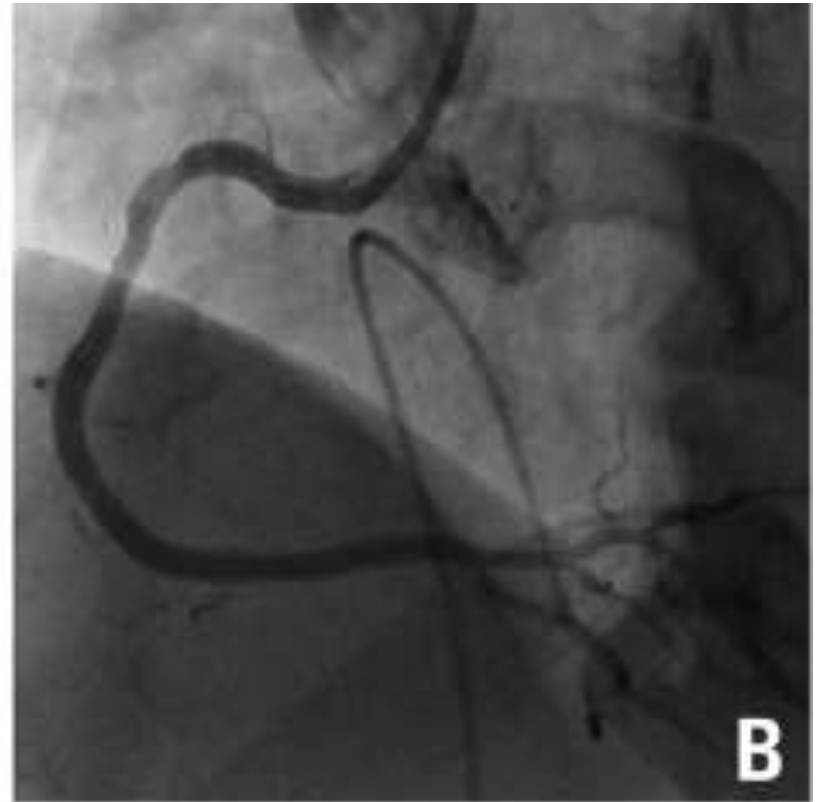
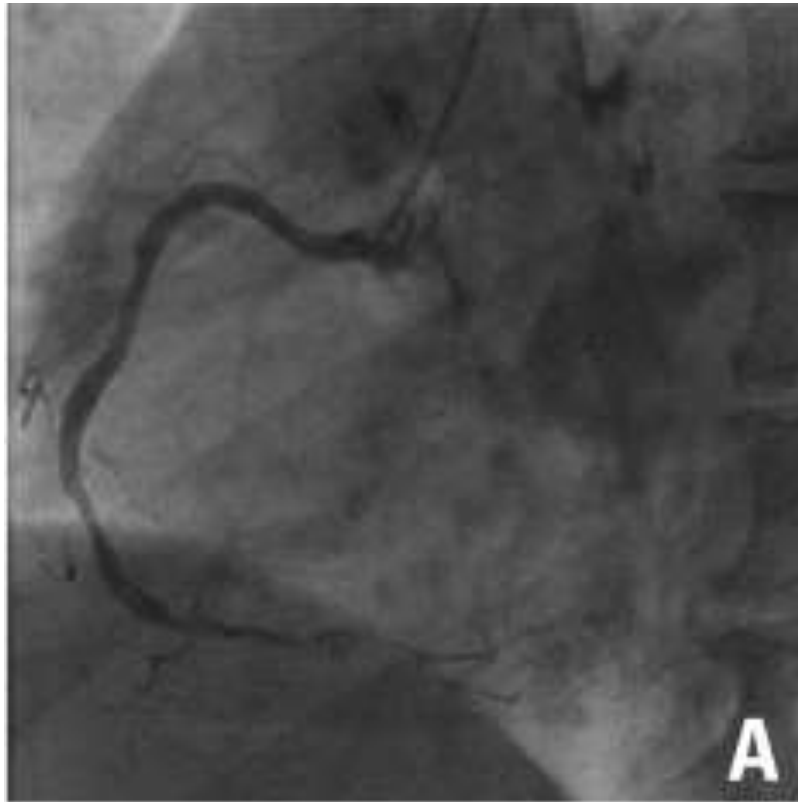
# LAD PCI and Stent

- <https://www.youtube.com/watch?v=3Z2DaU0GBAE>



# RCA stent and PCI

- <https://www.youtube.com/watch?v=JeH4zPzQgRc#t=105.257726>

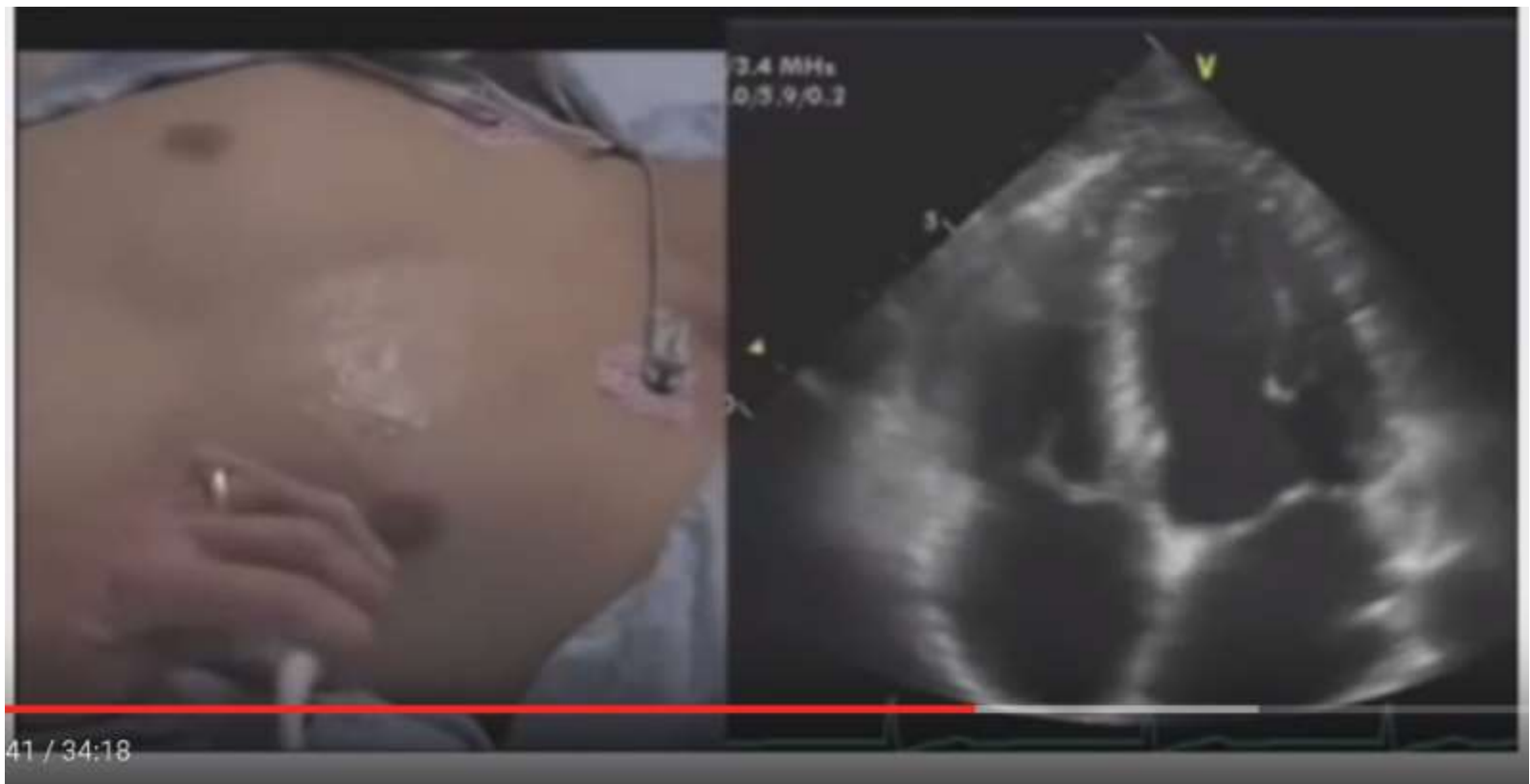


# HEART ULTRASOUND- ECHOCARDIOGRAM (ECHO)

## Normal ECHO

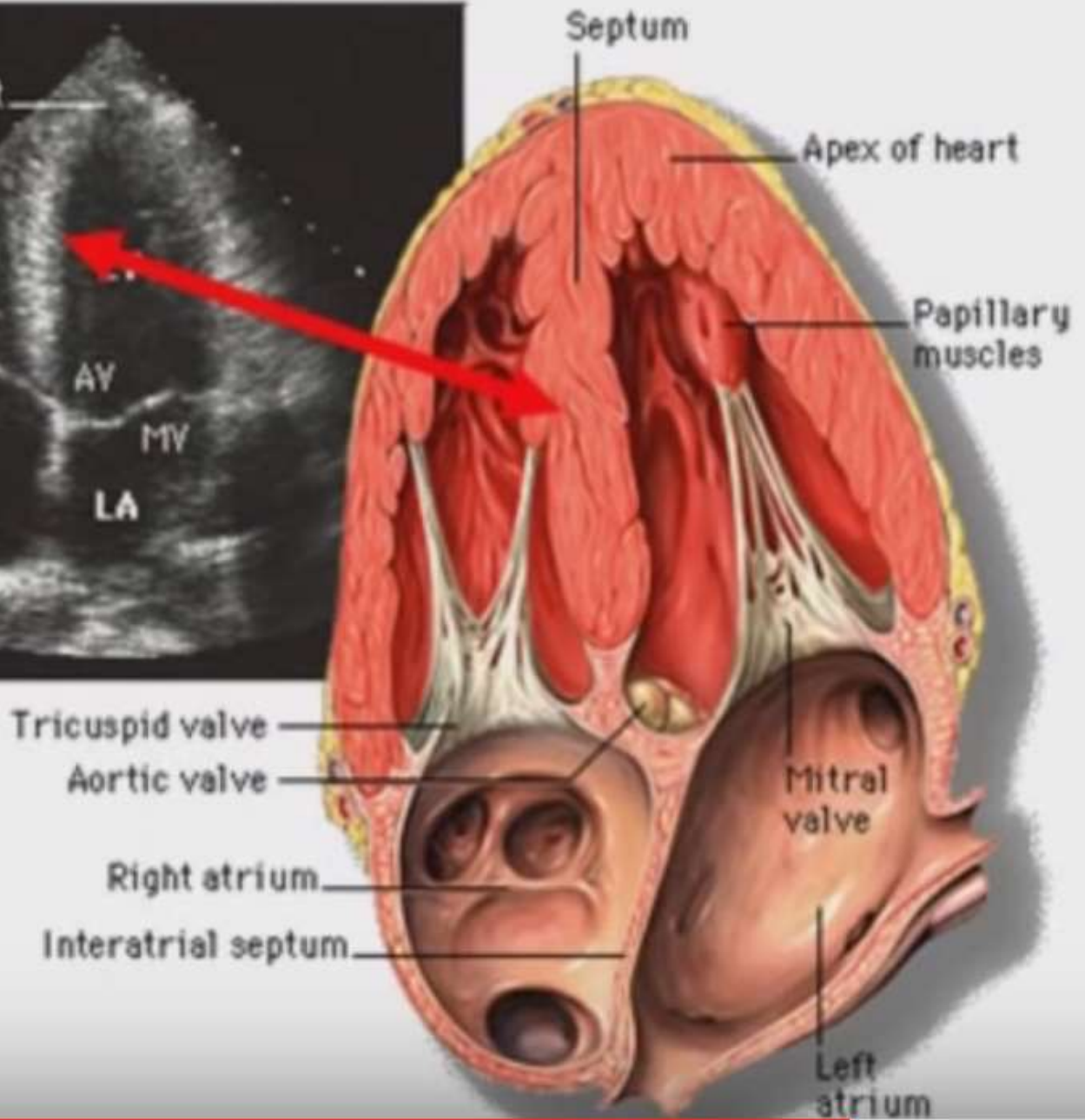
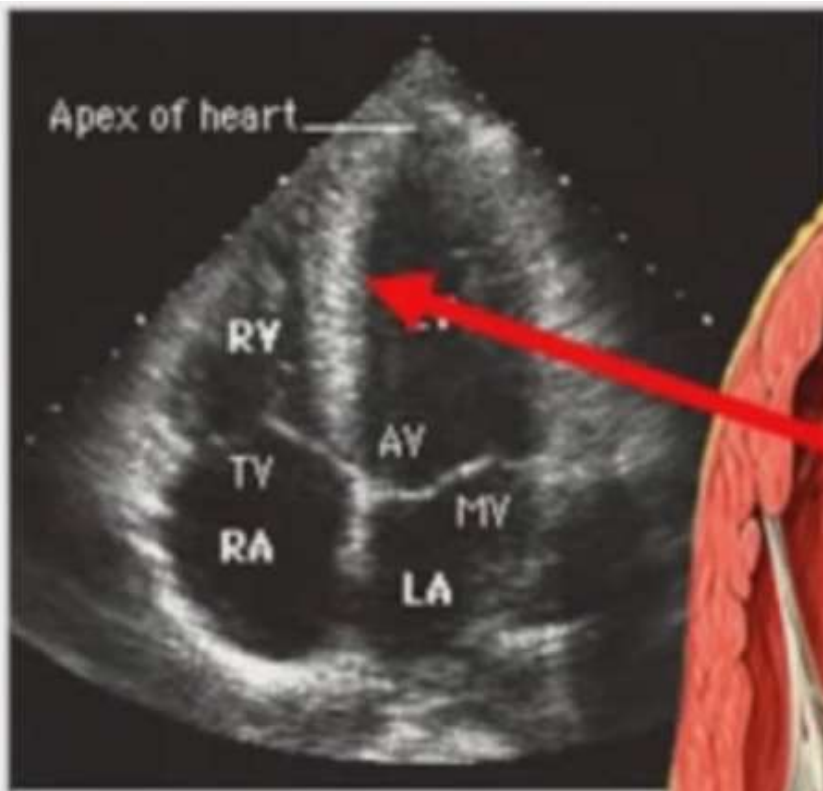
[https://www.youtube.com/v/7TWu0\\_Gklzo](https://www.youtube.com/v/7TWu0_Gklzo)

<https://www.youtube.com/watch?v=ctJOLgBGNIQ>



# Parasternal Long Axis View of Heart





# HEART ULTRASOUND ECHOCARDIOGRAM (ECHO)

## Abnormal ECHO

<https://www.youtube.com/v/37KDMNiV3AU>



# Living with a Weakened Heart – ‘Heart Failure’



- [https://www.bhf.org.uk  
/\\_/media/...heart.../his80613\\_living-with-heart-failure\\_a6.pdf](https://www.bhf.org.uk/_/media/...heart.../his80613_living-with-heart-failure_a6.pdf)

# Cardiac MRI

- <https://www.youtube.com/watch?v=DZTXa4qerl4>

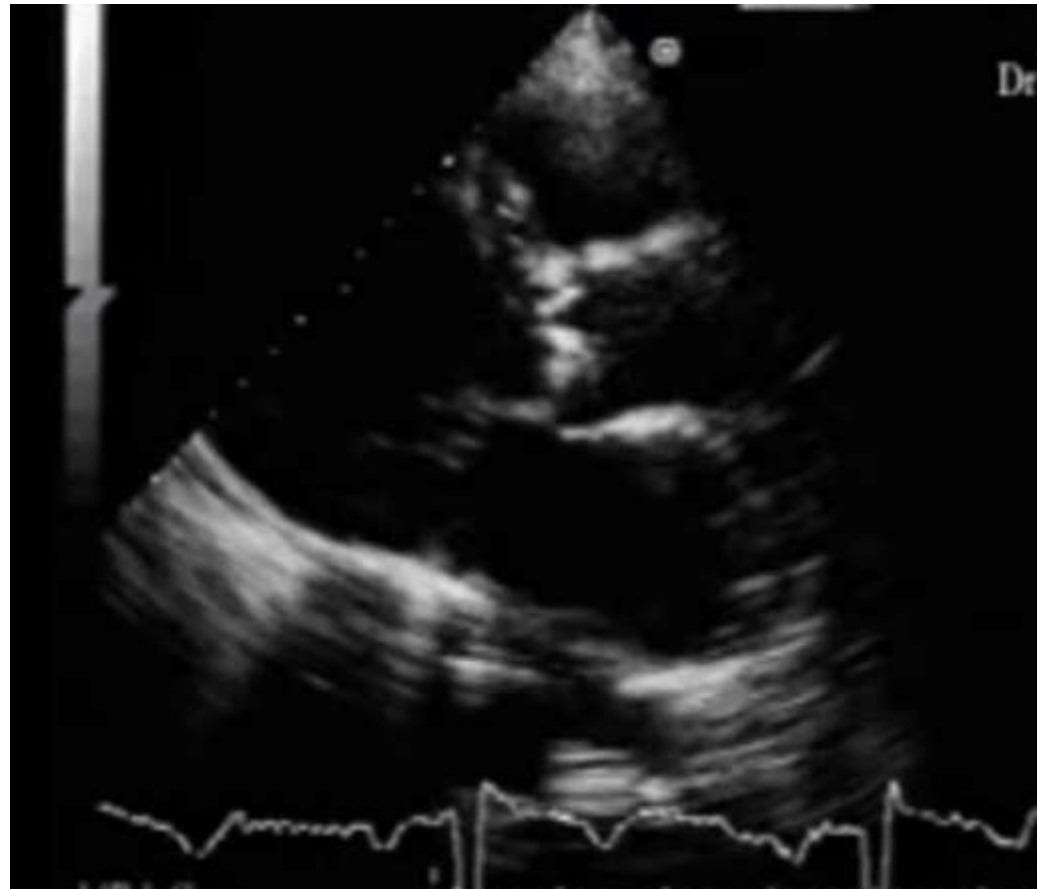
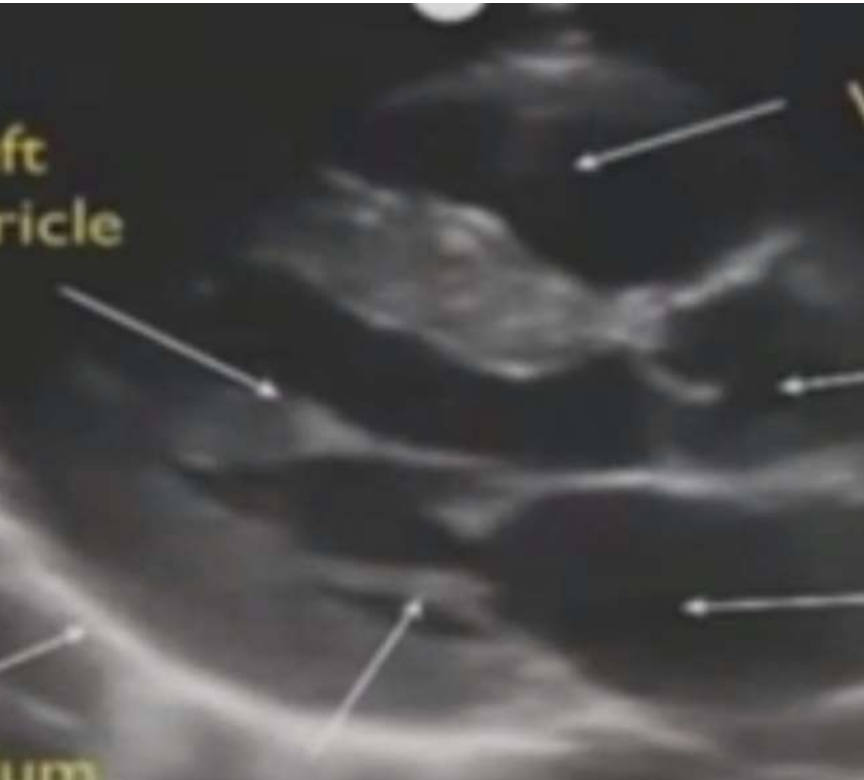




# HEART ULTRASOUND ECHOCARDIOGRAM (ECHO)

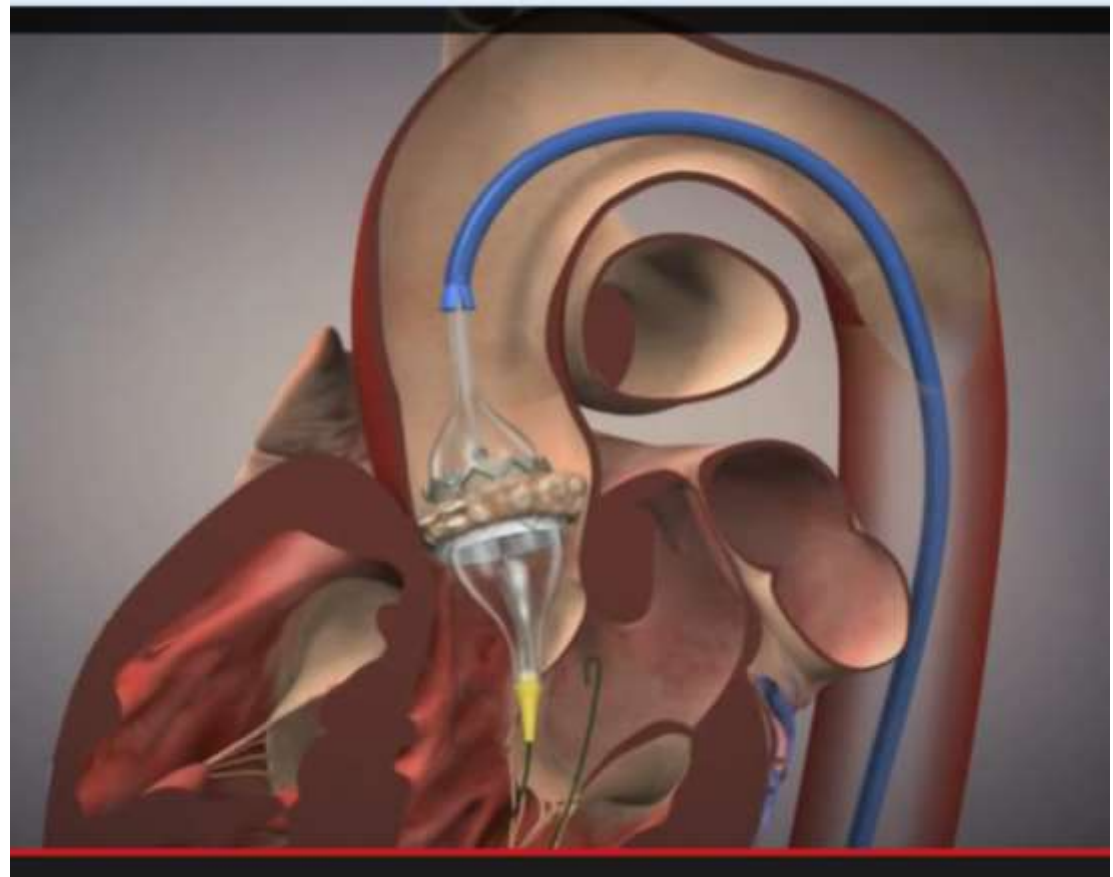
## Aortic stenosis

<https://www.youtube.com/v/jBhwpDZEtWY>



# Transcatheter Aortic Valve Implantation (TAVI)

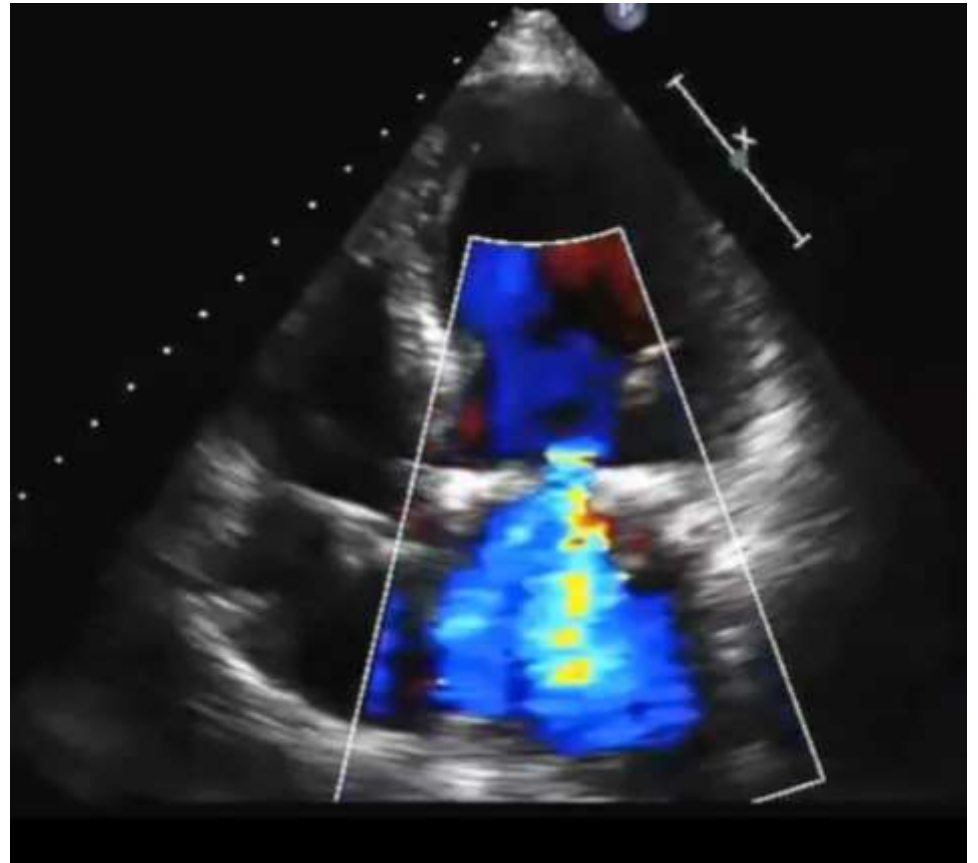
[https://www.youtube.com/v/fw5\\_9V95qUE](https://www.youtube.com/v/fw5_9V95qUE)



# HEART ULTRASOUND ECHOCARDIOGRAM (ECHO)

## Mitral Regurgitation

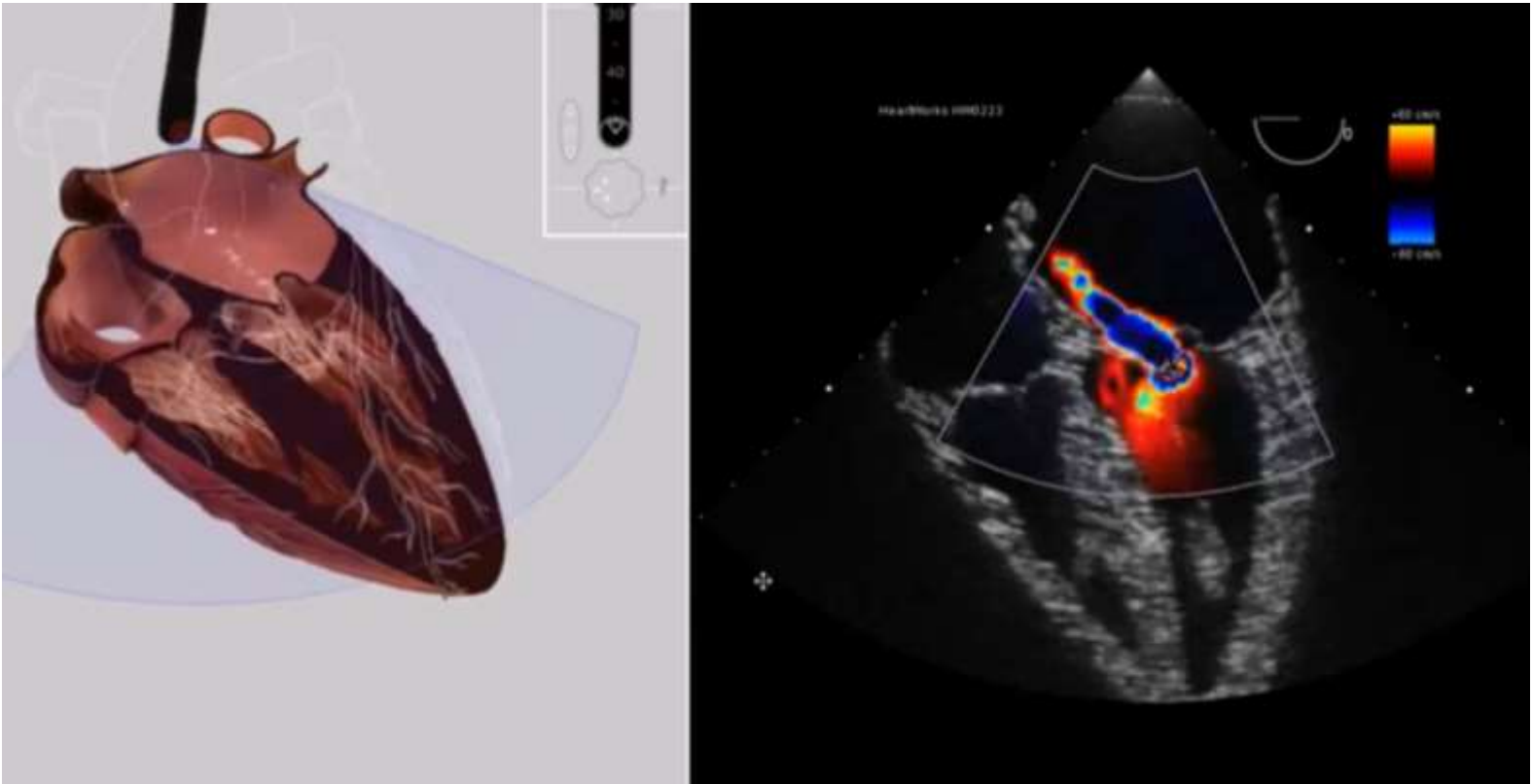
<https://www.youtube.com/v/ZzwdRUIJ9e8>



# HEART ULTRASOUND ECHOCARDIOGRAM (ECHO)

## Mitral Regurgitation

<https://www.youtube.com/v/6K7JcVJVzF4>



# Can meditation help people with heart disease?



**Meditation and mindfulness have become buzz words recently, but what do they involve, and could our six minute relaxation help you?**



A five-year study asked 201 patients with **coronary heart disease** to do transcendental meditation (a technique where you sit in a comfortable position with your eyes closed and silently repeat a sound called a mantra, in your head) for 15 minutes a day.

The researchers found that this reduced the risk of death, **heart attack**, and **stroke** by 48 per cent. These changes were associated with lower **blood pressure** and lower **stress** levels. The researchers concluded "this practice may be clinically useful in the secondary prevention of cardiovascular disease [the prevention of further heart or stroke events for people who already have the condition]."

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**" 15 minutes of meditation a day reduced the risk of death, heart attack, and stroke by 48 per cent "**

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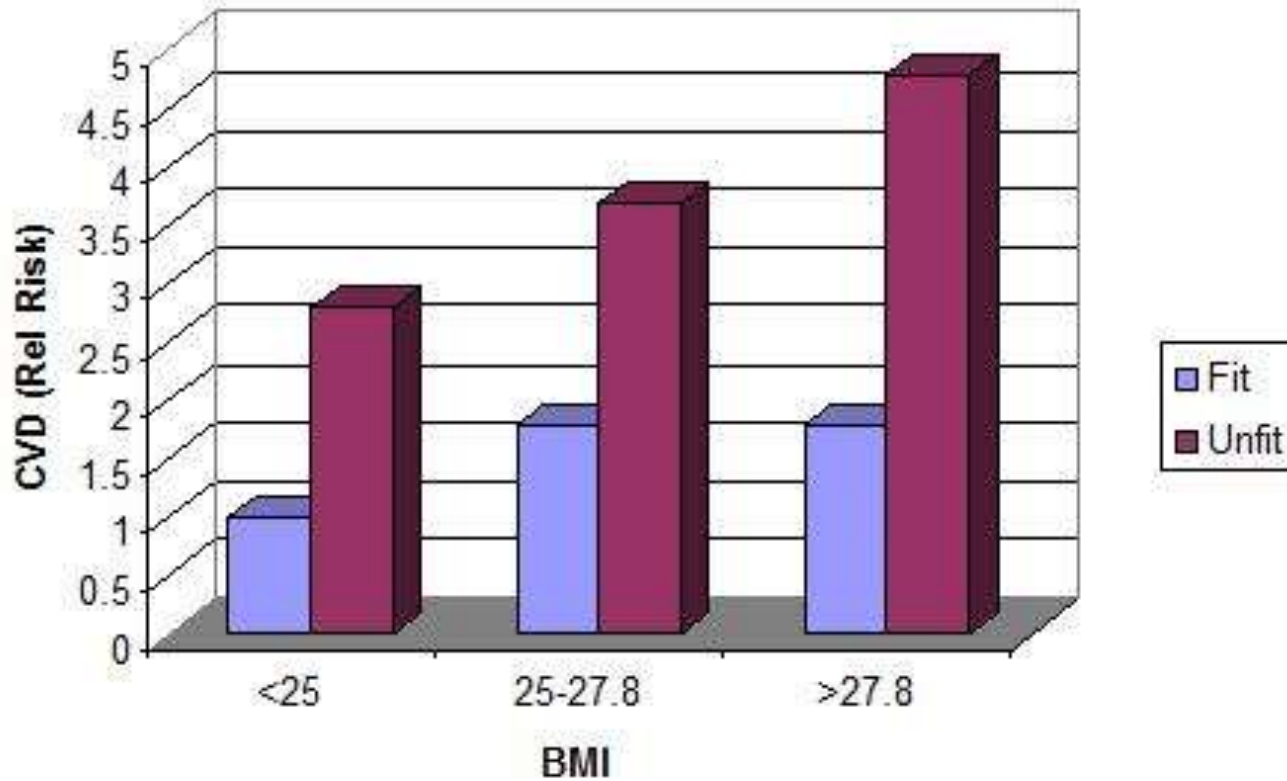
People who meditate regularly reported feeling more balanced and less stressed, and a Stanford University study found that an eight week mindfulness course increased activity in areas of the prefrontal cortex that help regulate emotions, subsequently reducing stress.

Similarly, an analysis of 23 controlled trials into heart disease determined that psychosocial interventions (such as meditation, breathing exercises, and physical relaxation techniques) improved the outcomes when they were added to cardiac rehabilitation programmes for patients with CHD.

# Exercise & BMI



**CVD mortality by physical activity & BMI**



# TV Sleep Exercise Diabetes Heart disease (CVD)

**Table 4** OR (95% CI) of reporting low physical activity, high sitting time, poor sleep and all behaviours combined across cardiometabolic disease

	Low physical activity	High TV viewing	Poor sleep	Low physical activity + high sitting + poor sleep
No disease	1.00	1.00	1.00	1.00
CVD	1.23 (1.20 to 1.25)	1.42 (1.39 to 1.45)	1.37 (1.34 to 1.39)	2.15 (2.03 to 2.28)
Type 2 diabetes without CVD	1.43 (1.34 to 1.53)	1.59 (1.49 to 1.69)	1.38 (1.30 to 1.47)	2.14 (1.85 to 2.48)
Type 2 diabetes + CVD	1.71 (1.64 to 1.78)	1.92 (1.85 to 1.99)	1.52 (1.46 to 1.58)	3.29 (3.02 to 3.58)

All models adjusted for age, gender, body mass index, sociodemographic (Townsend Deprivation Index and ethnicity), smoking, alcohol and diet.

CVD, cardiovascular disease.

Downloaded from <http://bmjopen.bmj.com/> on October 19, 2016 - Published by group.bmj.com

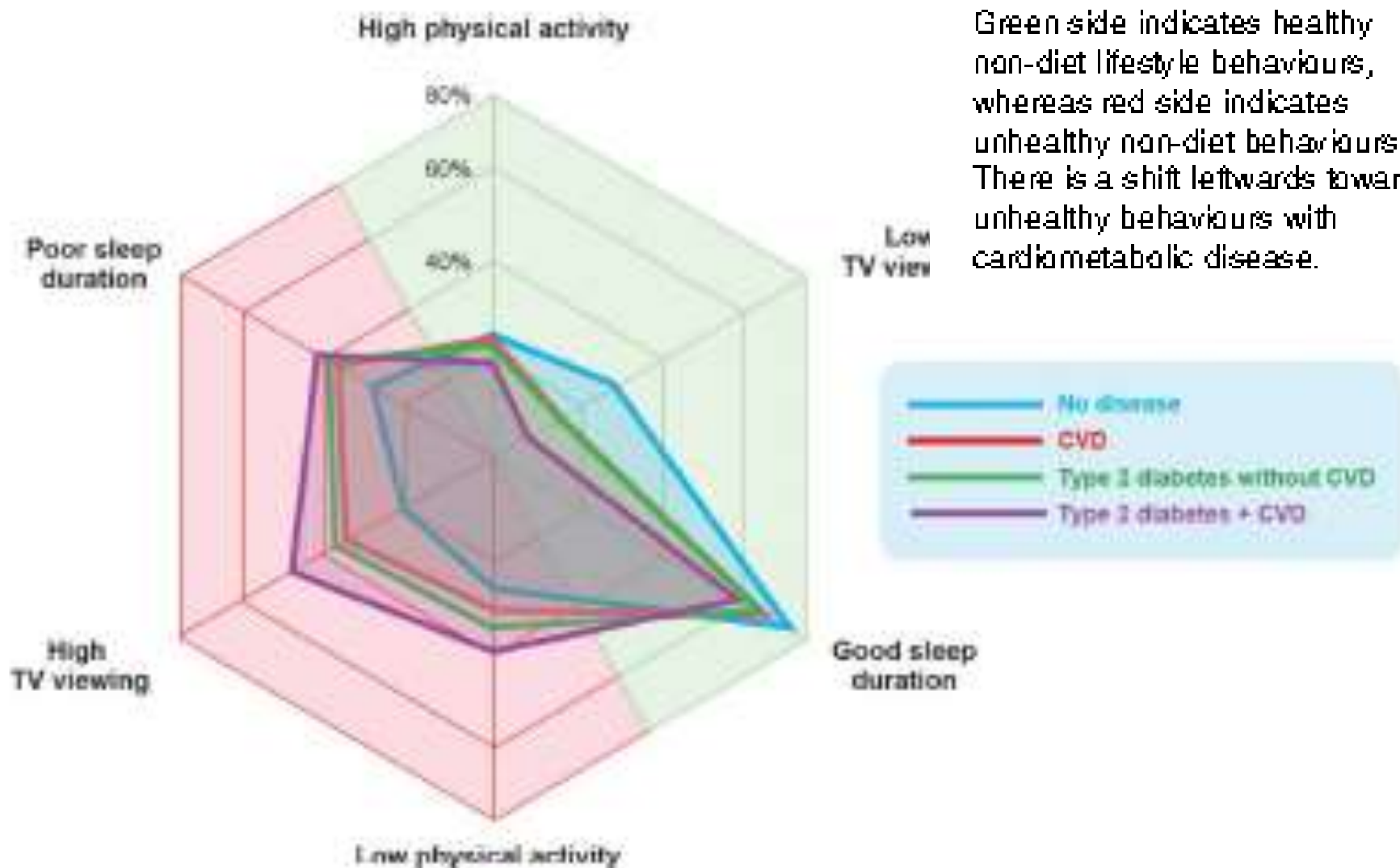
Open Access

Research

## BMJ Open Cross-sectional study of diet, physical activity, television viewing and sleep duration in 233 110 adults from the UK Biobank; the behavioural phenotype of cardiovascular disease and type 2 diabetes

Sophie Cassidy,<sup>1</sup> Josephine Y Chau,<sup>2</sup> Michael Catt,<sup>3</sup> Adrian Bauman,<sup>2</sup> Michael I Trenell<sup>1</sup>

# TV, Sleep, Exercise



**Figure 3** Radar chart showing the proportion of adults in each group who were categorised as either 'high' or 'low' for total physical activity or TV viewing, or 'good' or 'poor' for sleep duration. Green side indicates healthy non-diet lifestyle behaviours, whereas red side indicates unhealthy non-diet behaviours. There is a shift leftwards towards unhealthy behaviours with cardiometabolic disease.



# Fixing Dad – Whittington Brothers

- <http://www.fixingdad.com/>

