

**Guv inaugurates national conference on Cardio Vascular Disease  
Urges to maintain a healthy life style**

**Guwahati, October 18:** Assam Governor Prof. Jagdish Mukhi said that that habits like smoking, sedentary lifestyles, alcohol abuse, consumption of fats, saturated fats, trans fats and processed foods increase one's risk of being exposed to cardio vascular diseases.

Inaugurating the national conference on cardiovascular disease entitled 4th CSI Cardiac Prevent 2019 at a city hotel here today, Prof. Mukhi said, "Though we lack the power to change some perennial risk factors — such as family history, sex or age as reasons contributing to cadio-vascular diseases, we need to abstain from the habits like drinking, smoking, sedentary life style for a healthy heart".

The Governor also stated that dietary habits have undergone a sea change with greater consumption of fats, saturated fats, trans fats and processed foods. Calorie-dense fast foods which are easily available and both Indian-style and western-style fast foods are being consumed widely, need to be checked urgently to reduce the risk cardio vascular diseases. The Governor also advocated for a concerted effort from all stake holders to generate widespread awareness among the people on the possible causes of cardiac ailment and the preventive steps to decrease the risk of the disease.

The Governor further pointed out that the cost involved in the treatment of cardiac diseases is an area of concern which keeps many underprivileged people away from the treatment protocol which many a time requires surgery. He urged upon the cardiologists to look for the ways and means to take care of the expenditure part without actually compromising with the quality of treatment.

He also asked the doctors to look for an integrative approach incorporating all branches of medical science like the viability of adding knowledge of other areas of treatment to allopathy to develop a holistic procedure of treatment.

The conference was attended by the President Elect CSI Dr. M.K.Das, President NE-CSI Dr. A.K.Sharma, Chairperson, Scientific Committee Dr. Neil Bordoloi along with a host of other cardiologists and cardiac surgeons across the country.

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