02

Marcity The heart of the matter

s the world is developing at an extraordinary pace and accelerating into the future, an invisible threat stands to undermine its progress and stability.

Today, cardiovascular disease is a global health concern. The causes that underlie heart disease are many. As economies boom. widespread urbanisation and the advanced use of technology in the workplace lead many to live more sedentary lifestyles. At the same time, convenience culture benchmarks like fast food and tobacco use can be linked to increased rates of hypertension, diabetes and ischemic heart disease. These diseases put populations at higher risk of fatal heart attacks and strokes

To address these alarming numbers, comprehensive cardiac care provided by a team of highly experienced medical experts is the need of the hour.

CARDIAC CARE AT SANAR

The Department of Cardiac Sciences at Sanar International Hospitals, Gurugram, is well equipped with the latest cardiac equipment. The department is led by proficient medical professionals with extensive experience in managing heart disease with an advanced interventional cardiac approach.

The department offers a range of services, including diagnostic testing, interventional procedures. and surgical interventions. Our state-of-the-art facilities and advanced technology enable us to provide accurate and timely diagnosis, as well as minimally invasive treatment options for our patients.

We understand that a cardiac condition can be a life-changing experience for both the patient and their family, and hence, we plan the management of patients in a way to deliver the best care. The 'Heart Team comprising cardiac



Dr D K Jhamb, director and HOD, Interventional Cardiology

surgeons, cardiologists. intensivists, physicians, cardiac anaesthesiologists and intensive care experts, works in synergy, offering the best possible outcomes.

The Department of Cardiac Sciences follows a multi-pronged treatment approach in line with international medical protocols, resulting in outcomes on par with the best in the world. The hospital constantly invests in state-of-the-art technologies and techniques proven to improve cardiac-related diagnosis and treatment,

- which include: Complete Cardiology Assessment
- Detailed investigation and evaluation
- Cardiology intervention • Thorough cardiac surgery
- evaluation Cardiac surgical
- management Our team always strives to

improve patient outcomes through evidence-based practices, innovative treatment modalities and comprehensive

rehabilitation programmes. The department is equipped with advanced 3D echocardiography, TMT, Holter, and ELR in the non-

Dr Akhil Govil, director and HOD, Cardiac PHOTOS: HTCS Surgery (CTVS)

invasive cardiology lab, a state-of-the-art, naturally well-lit CCU with a high level of maintenance of asepsis, and 'one nurse for onepatient' nursing care. The Cath Lab at the Department of Cardiac Sciences is equipped with the latest machines with

advanced technology and accessory equipment for rotablation, RF ablation, laser ablation, intravascular lithotripsy, intravascular ultrasound, and fractional flow ratio.

The team of internationally trained medical experts, highly proficient and experienced OT and ICU nursing care, and competent support staff are equipped to handle complex cases and perform life-saving

procedures, such as Percutaneous Transluminal **Coronary Angioplasty** (PTCA). Rotablation Structural Heart Disease Procedures, Valvular Replacement (TAVR, TMVR), Device Closure, Pacemaker

and Heart Failure (CRT) Device Implants, AAA and Endograft Aortic Stenting, Peripheral Angioplasties, Venoplasties, and Atherectomy

Ho Hindustan Times India's Most Stylish 2023

In addition, cardiovascular



replacements, repair of holes in the heart, vascular operations, repeat surgeries, and minimally invasive surgeries, are also being performed by the experienced team of cardiac surgeons. The department provides a comprehensive range of

diagnostic and therapeutic services all under one roof, supported by a dedicated team of heart specialists internationally recognised for their pioneering work in a wide range of cardiac procedures with a distinct success rate

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> This article has been co-authored by Dr Akhil Govil and Dr DK Jhamb

Disclaimer: The veracity of any health claim made in the above article is the responsibility of the concerned doctor/hospital.

NEW DELHI/GURUGRAM MONDAY MAY 29, 2023

Entertainment & Promotional Features



{ DAILY HOROSCOPE } Monday, May 29, 2023

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month) **© PREMASTROLOGER VEREMASTROLOGER** ASKPREMASTROLOGER

SUSHMA

HOLIDAY HOMES IN KASAULI

ARIES MAR 21-APR 20

Regular workout with friends is likely to make exercising fun. You can be praised by the family for

something you have achieved. Don't repose too much faith on a workplace colleague or you may be let down. LOVE FOCUS: It's an excellent day to pop the question. LUCKY NUMBER: 11 Lucky Colour:

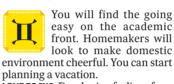
Peach

TAURUS APR 21-MAY 20

Your close associates may seek your advice, before accommodation to a new one.

Purple

GEMINI MAY 21-JUN 21



LOVE FOCUS: Developing feelings for a colleague is possible LUCKY NUMBER: 6 LUCKY COLOUR: Dark

Green

{ CALVIN AND HOBBES | BILL WATTERSON }



SAGITTARIUS NOV 23-DEC 21 LEO JUL 23-AUG 23 A letter of appreciation for a job well done will give you due recognition. Someone may invite you expected by some. You can get lucky with property. Positive thinking will

good health. LOVE FOCUS: You longing for lover today will be fully rewarded. LUCKY NUMBER: 3 LUCKY COLOUR:

on an exciting trip. Eating right and remaining active is your mantra for

Magenta

CAPRICORN DEC 22-JAN 21

boost optimism.

An initiative taken at work Some of you may take up is likely to bring in meditation and yoga. You will be able to give your best to a task at hand. You might appreciate efforts being made by a family member in improving the home environment. LOVE FOCUS: Falling in love seems a

distinct possibility. LUCKY NUMBER: 3 LUCKY COLOUR: Maroon

You are likely to adhere to

a healthy lifestyle to

remain in shape. A raise

or an increment can be

LOVE FOCUS: Some of you are set to

improve your love life, so expect a

LUCKY NUMBER: 18 LUCKY COLOUR: Pink

great day on the love front.

AQUARIUS JAN 22-FEB 19

Certain financial options chosen by you are likely to give good returns. A ritual **M** is likely to be performed at home. Focussing on your own self will be beneficial to your health. LOVE FOCUS: Happiness is foreseen on the romantic front

LUCKY NUMBER: 17 LUCKY COLOUR: Orange

PISCES FEB 20-MAR 20

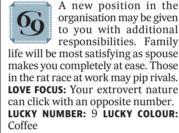
You are likely to enjoy good health. Family will support your ideas and extend all necessary help. Those selling property will find a good bargain. Expect to have a good time on the social front. LOVE FOCUS: Lover is likely to share

vour romantic mood today LUCKY NUMBER: 8 LUCKY COLOUR: Dark Red











starting on a new venture. Give a serious thought to getting back in shape. Some of you can plan to move out of the present

LOVE FOCUS: A marriage proposal may need to be weighed carefully. LUCKY NUMBER: 5 LUCKY COLOUR:

Cream LIBRA

SEP 24-OCT 23

lover will succeed.

Scorpio

VIRGO

AUG 24-SEP 23

expected. If you're looking to buy

encouraging results. If you are in the mood for travel, opportunity will come sooner than

Meeting distant family

relations is indicated. You

may have to proceed on an

official trip. You will be

Someone's advice is likely

to work wonders for your

health. You are likely to be

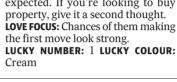
appreciated for organising

much in demand on the social front

and your popularity is only set to rise.

LOVE FOCUS: Your attempts to impress

LUCKY NUMBER: 15 LUCKY COLOUR: Red





'Al threatening the livelihood of musicians leads to anxiety'

> Rohan Solomon hopes to use his music to put spotlight on the stress that artistes endure in a volatile space like the music industry

Sugandha Rawal

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he music industry is not devoid of stress and anxiety Singer-songwriter and music producer Rohan Solomon wants to address this via music. He recently released a song,

"The anxiety level is

high in the music

industry. Now, with

intelligence) coming

into the picture and

he tells us, adding, "I

threatening the

things like AI (artificial

livelihood of musicians.

it leads to more anxiety,'

Happy Place, to initiate HT Classifieds dialogue on the same.

EDUCATION

ADMISSIONS

UG / PG NEET Qualified Students-Desirous to have Guidance in MBBS MD / MS, PG Diploma in NRI Quota Vidyarthi Institute (Delhi / Meerut) 9997222397, 7827185496

PHOTO: INSTAGRAM/ ROHANSOLOMON

hope the ones that need it find some outlet to vent and get the help that they require," he tells us, on account of Mental Health Awareness Month. In fact, the musician has tapped into his own experience to make the song and hence, calls it his "most personal" one till date. "This song narrates what I went through during one of my anxiety attacks. But, at the same time, it is a feelgood track that is meant to sound happy and hopefully put listeners in a happy, light mood," he explains. Talking about the process of

taking the track to the finish line, Solomon recalls it was after he got over the initial wave of the anxiety attack. "I felt like playing something to calm myself down. I just kept playing the intro piano riff over and over again and kept telling myself to breathe. All of a sudden, the lyrics came into my head. Then, I just went with the flow and kept writing till I finished the song," elaborates

So many musicians are living gig to gig and that often puts them under a lot of stress. It's important to address this and deal with it. **ROHAN SOLOMON,**

Singer-songwriter, music producer

the singer.

Besides music, Solomon also undertakes meditative practices to keep his mental health in check. "I do yoga thrice a week and meditate every morning. I keep myself active by playing squash and I also go for therapy once a week. It's a combination of these things that are certainly helping me," he shares.