

The heart of the matter

As 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 Surgery (CTVS)

invasive cardiology lab, a state-of-the-art, naturally well-lit CCU with a high level of maintenance of aseptis, and 'one nurse for one-patient' 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 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. In addition, cardiovascular

surgeries, such as bypass surgeries, valve 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.

*Address: Sanar International Hospitals, Golf Course Road, DLF Phase 5, Sector-53, Gurugram
Call: 0124-3528444
Mail: info@sanarhospitals.com
Website: www.sanarhospitals.com*

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.



{ 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

PREMASTROLOGER

ASKPREMASTROLOGER

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

LEO JUL 23-AUG 23

A letter of appreciation for a job well done will give you due recognition. Someone may invite you on an exciting trip. Eating right and remaining active is your mantra for good health.
LOVE FOCUS: You longing for lover today will be fully rewarded.
LUCKY NUMBER: 3 **LUCKY COLOUR:** Magenta

SAGITTARIUS NOV 23-DEC 21

You are likely to adhere to a healthy lifestyle to remain in shape. A raise or an increment can be expected by some. You can get lucky with property. Positive thinking will boost optimism.
LOVE FOCUS: Some of you are set to improve your love life, so expect a great day on the love front.
LUCKY NUMBER: 18 **LUCKY COLOUR:** Pink

TAURUS APR 21-MAY 20

Your close associates may seek your advice, before 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 accommodation to a new one.
LOVE FOCUS: A marriage proposal may need to be weighed carefully.
LUCKY NUMBER: 5 **LUCKY COLOUR:** Purple

VIRGO AUG 24-SEP 23

An initiative taken at work is likely to bring in encouraging results. If you are in the mood for travel, opportunity will come sooner than expected. If you're looking to buy property, give it a second thought.
LOVE FOCUS: Chances of them making the first move look strong.
LUCKY NUMBER: 1 **LUCKY COLOUR:** Cream

CAPRICORN DEC 22-JAN 21

Some of you may take up 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

GEMINI MAY 21-JUN 21

You will find the going easy on the academic front. Homemakers will look to make domestic environment cheerful. You can start planning a vacation.
LOVE FOCUS: Developing feelings for a colleague is possible.
LUCKY NUMBER: 6 **LUCKY COLOUR:** Dark Green

LIBRA SEP 24-OCT 23

Meeting distant family relations is indicated. You may have to proceed on an official trip. You will be much in demand on the social front and your popularity is only set to rise.
LOVE FOCUS: Your attempts to impress lover will succeed.
LUCKY NUMBER: 15 **LUCKY COLOUR:** Red

AQUARIUS JAN 22-FEB 19

Certain financial options chosen by you are likely to give good returns. A ritual 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

CANCER JUN 22-JUL 22

A new position in the organisation may be given to you with additional responsibilities. Family life will be most satisfying as spouse makes you completely at ease. Those in the rat race at work may pip rivals.
LOVE FOCUS: Your extrovert nature can click with an opposite number.
LUCKY NUMBER: 9 **LUCKY COLOUR:** Coffee

SCORPIO OCT 24-NOV 22

Someone's advice is likely to work wonders for your health. You are likely to be appreciated for organising a party or a function at home. Chance meeting with someone exciting on a journey will make travelling fun.
LOVE FOCUS: A great time is foreseen for those in love.
LUCKY NUMBER: 2 **LUCKY COLOUR:** Sky Blue

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 your romantic mood today.
LUCKY NUMBER: 8 **LUCKY COLOUR:** Dark Red

{ CALVIN AND HOBBS | BILL WATTERSON }



'AI 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

PHOTO: INSTAGRAM/
ROHANSOLOMON

Sugandha Rawal

sugandha.rawal@hindustantimes.com

The 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, *Happy Place*, to initiate dialogue on the same.

"The anxiety level is high in the music industry. Now, with things like AI (artificial intelligence) coming into the picture and threatening the livelihood of musicians, it leads to more anxiety," he tells us, adding, "I

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 feel-good 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.

HT Hindustan Times India's Most Stylish | 2023



HT INDIA'S MOST STYLISH AWARDS 2023

Tune in to our social media handles to watch some of the country's biggest celebrities being honored at HT India's Most Stylish 2023.

An initiative by:



Scan the QR Code to watch now

Eyewear Partner: **CARRERA**

Style Partner: **FLYING MACHINE**

OTT Partner: **OTTplay**