

# NO.1 LADY KILLER

Greetings from Frontier Lifeline Hospital  
( Dr. K M Cherian Heart Foundation )



This photograph is for awareness purposes only

It's the number one killer of women in the world—more than all cancers combined. One woman will die from it every minute.

Are you shocked to learn that this “lady killer” is...*heart disease*?

*“All women face the threat of heart disease. But becoming aware of symptoms and risks unique to women, as well as eating a heart-healthy diet and exercising, can help protect you.” - Mayo Clinic staff*

Therefore, it is only appropriate that we focus on some facts about women’s health on March 8th, this being designated as the International’s Women’s Day.

Statistics show that after 45 years of age, the incidence of heart disease is the same among men and women. However, popular belief is that women are less prone to heart attacks which heightens the need for awareness and knowledge spread.

The precipitating factors for high incidence of heart disease among women are :

- Lack of awareness
- Lack of activities
- Atypical symptoms

Data collected from Frontier Lifeline Hospital, Chennai (in red) St. Gregorios Cardio-vascular Centre, a super-speciality hospital in rural Parumala (in blue) between Jan 2010 to Dec 2014 reveals.

- CABG ( Coronary Artery Bypass surgery ) : 395 , 218 cases
- TMT ( Tread Mill Test ) : 1500 , 6818 cases
- Coronary Angio : 1200 , 3251 cases
- PCI ( Angioplasty ) : 300 , 769 cases

We would like to analyse, interpret and draw conclusions from this data especially for the sake of Career Women who neglect heart health in a one day conference, exclusively for Women.

*“ So save the date - save your heart “*

Date : 8th March 2015

Venue : Frontier Mediville

*“A centre for Today and Tomorrow ...  
for the sustainability of Life and Planet .“*

Elavoor, Edur Village  
Thiruvallur District, Gummudipoondi  
Tamil Nadu 601 201

Tel. No : +91 44-27940017 / 27940001 / 27991352

Time : 04:30 - 05:30 pm

Open house of Noah's Ark  
Asia's largest pathology Museum

5:30 - 6:30 pm  
Conference followed by High Tea

Thanking you,

With best wishes for a very happy and healthy New Year.

From the 'heart'

Dr. K.M Cherian

