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## Winter Wellness: Strategies To Safeguard Your Heart Health In Cold Temperatures

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01 /11 | Ten tips and tricks to maintain heart health in winter



As the winter continues to chill us, our cardiovascular systems face unique challenges. There are multiple ways to safeguard our heart health during these colder months. Here are ten tips and tricks to ensure your heart remains resilient in the face of winter's grip.

02 /11 | Hydration matters: Combat the winter dry spell

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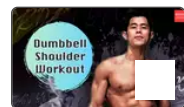
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In winter, the air tends to be drier, which can contribute to dehydration particularly in the elderly. Also, we tend to drink less compared to the summer months. Adequate hydration is crucial for maintaining optimal blood viscosity and preventing unnecessary strain on your heart. Aim to consume at least 1.5 to 2 litres of fluid daily. Warm fluids like tea, green tea, herbal tea and soups will be appetising as well as hydrating.

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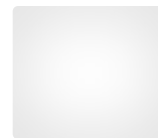


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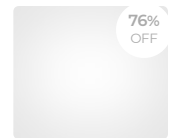
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It is well known that we tend to eat more and that too unhealthy junk in winter as the weather is depressing outside. Avoid this common behaviour and be strict with yourself. Incorporate omega-3 fatty acids found in fish, flaxseeds, and walnuts into your diet. These essential fatty acids play a key role in reducing inflammation and promoting heart health. Additionally, load up on antioxidant-rich foods like berries and dark leafy greens to combat oxidative stress.

05 /11 | Dress warmly: Protect your cardiovascular command centre

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Extreme cold can constrict blood vessels, increasing the risk of heart-related complications. Dressing warm appropriately helps regulate body temperature, preventing sudden temperature drops that could stress your heart. Don't forget to cover extremities to prevent frostbite.

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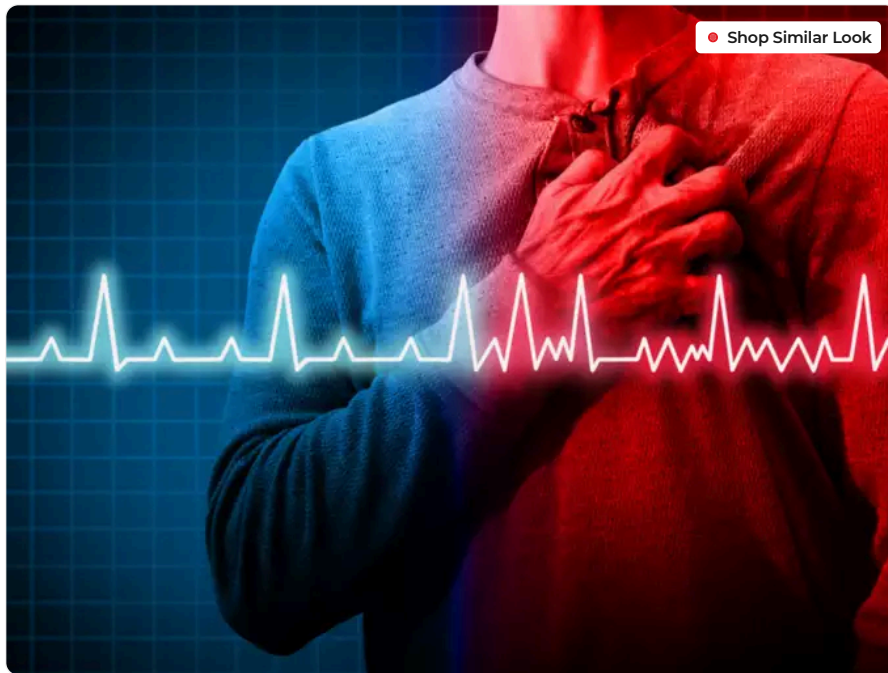
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emergencies, and certain travel scenarios.

## 07 /11 | Seasonal superfoods: Reinforce your heart's defence



Include seasonal local superfoods in your winter diet. Garlic, citrus fruits, and root vegetables like sweet potatoes offer a nutritional boost, providing essential vitamins and minerals that support heart health.

## 08 /11 | Extreme weathers: Avoid overexertion in cold temperatures

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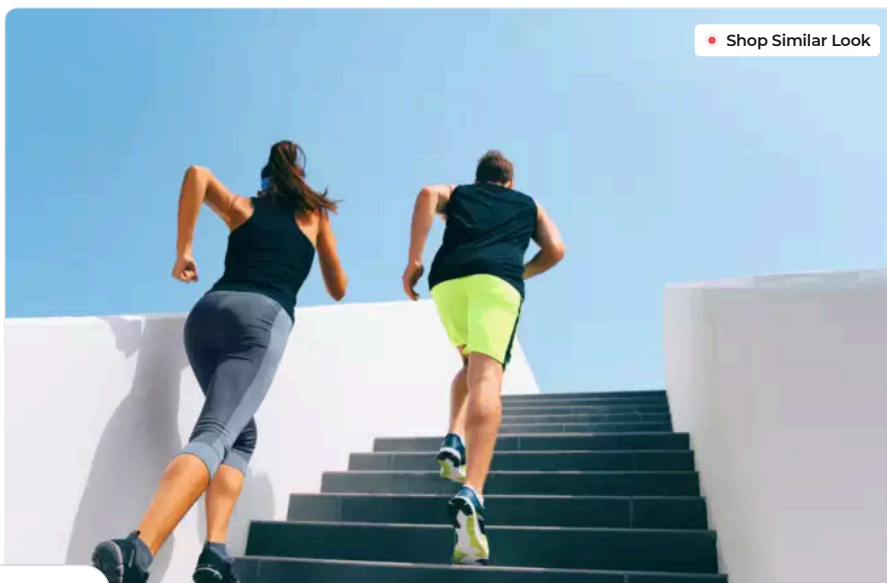
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## 09 /11 | Manage stress: A key to cardiovascular harmony



Winters and in particular holiday season can be stressful for many. People tend to go into depression as travel reduces and loneliness increases. This can bring increased stress impacting your heart health. Practice stress-management techniques such as meditation, deep breathing exercises and yoga to keep stress levels in check.

## 10 /11 | Regular health check-ups: A winter ritual for heart health



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11 /11 | Immunization is heart protection



Flu and pneumonia can pose serious threats to heart health. Stay up-to-date with vaccinations, as they not only protect against respiratory infections but also safeguard your cardiovascular well-being.

As winter wraps its icy fingers around us, these tips will serve as a shield, strengthening your heart health against the challenges of the season. Embrace these practices, and your cardiovascular system will thank you even in winter with resilience and vitality.

**(Author: Dr Praveen Sadarmin, Consultant - Cardiologist, Narayana Health City - Bangalore)**

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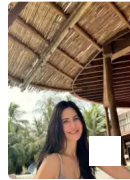
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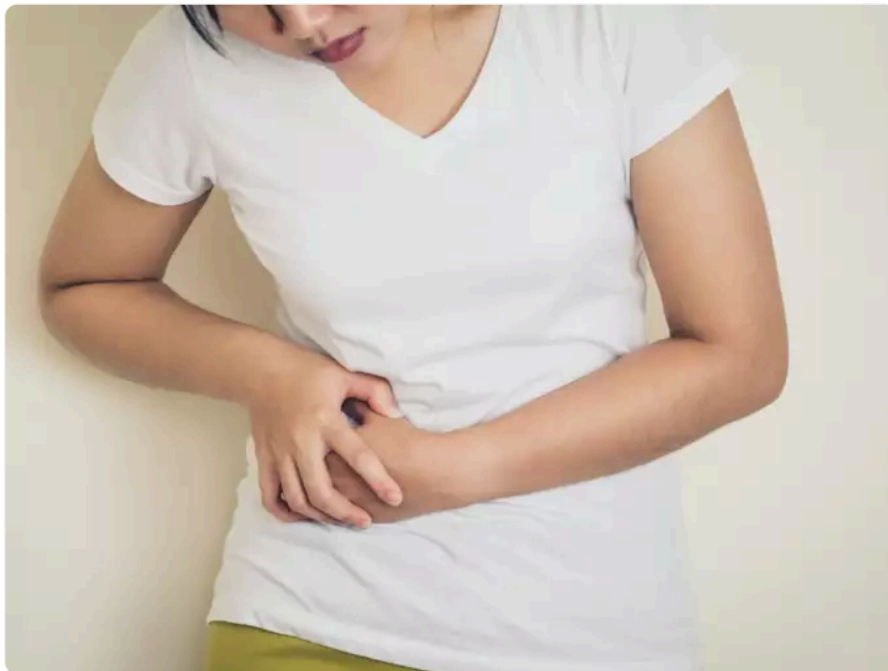
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01 /6 | Understanding the link between salt and kidney disease



High salt intake has long been associated with various health issues, such as high blood pressure, heart failure, and kidney disease. However, a recent study published in the Journal of the American Medical Association (JAMA) has uncovered a more specific concern – the self-reported frequency of adding salt to meals and its significant association with the risk of chronic kidney disease (CKD).

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Led by Dr Lu Qi, a Professor of Epidemiology at Tulane University, and his team, the study utilised data from the UK Biobank, a comprehensive biomedical database with information from over 465,000 participants. The research, conducted between 2006 and 2010, focused on individuals with an average age of 56 who did not have chronic

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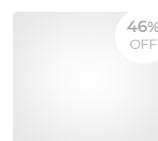
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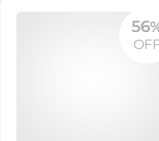
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04 /6 | Salt intake and kidney disease risk

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To put it into perspective, participants who reported using salt "always" had a 29% higher risk of developing chronic kidney disease compared to those who reported using salt "never or rarely." This percentage decreased to 12% for the "usually" group and 7% for the "sometimes" group. Even after controlling for various confounding factors, including high blood pressure, infectious disease, age, and sex, the "always" group still demonstrated an increased risk of 6%, followed by the "usually" group at 5%, and the "sometimes" group at 2%. Excess salt intake might still be indicative of other unhealthy lifestyle factors contributing to chronic kidney disease risk.

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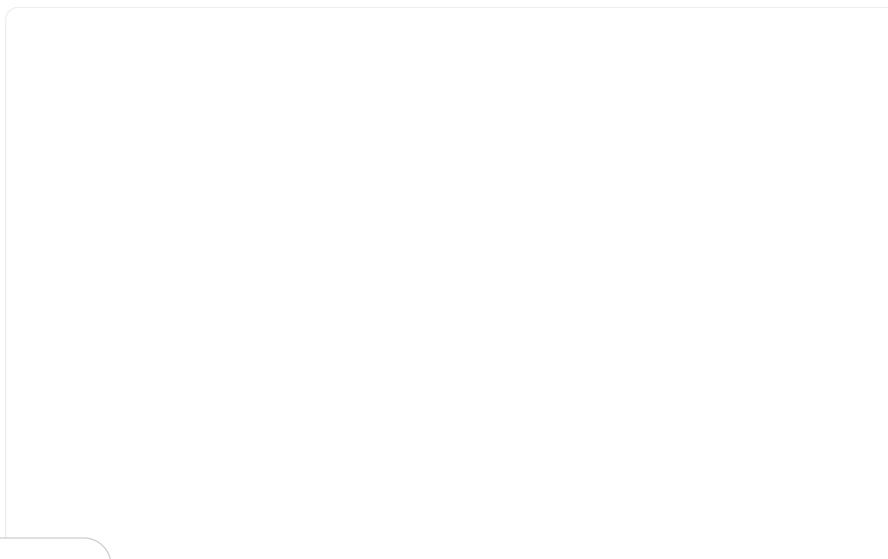


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Sodium, one of the predominant minerals in salt, plays a crucial role in muscle contraction, fluid retention, and nerve impulses. However, the study highlights the potential risks associated with excessive salt intake. The US Food and Drug Administration (FDA) recommends consuming less than 2,300 milligrams of sodium per day for adults.

06 /6 | How to cut down on salt in your diet



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plant-based diet and opting for fresh food choices. Checking food labels for sodium content is another practical step individuals can take to gain perspective on their salt intake. The research underscores the importance of lowering daily salt consumption, as supported by clinical trials showing that reduced salt intake may decrease the risks of hypertension and cardiovascular diseases.

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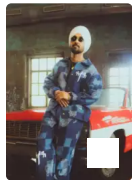


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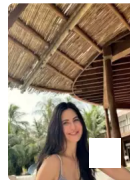
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