



Online Newspaper Clipping Service
Dated, Thursday 12th January - 2017

Pg.No.06

High BP rising globally, says study

WASHINGTON, PTI: The rate of elevated systolic blood pressure (SBP) has increased substantially globally between 1990 and 2015, putting more people at an increased heart disease and stroke risk including in India, a new study has warned.

In 2015, an estimated 3.5 billion adults had systolic blood pressure of at least 110 to 115 millimetre of mercury (mm Hg) and 874 million adults had SBP of 140 mm Hg or higher, according to researchers from the University of Washington in the US.

Systolic blood pressure of at least 110 mm Hg has been related to multiple cardiovascular and kidney outcomes, including ischemic heart disease,

cerebrovascular disease and chronic kidney disease, said researchers.

The global obesity epidemic may further increase SBP in some populations. Quantifying the levels of SBP is important to guide prevention policies and interventions.

Researchers estimated the association between SBP of at least 110 to 115 mm Hg and SBP of 140 mm Hg or higher and the burden of different causes of death and disability by age and sex, based on 844 studies from 154 countries (published between 1980 and 2015) of 8.69 million participants.

They found that the rate of elevated SBP (110-115 or greater and 140 mm Hg or greater) increased substantially between 1990 and 2015, and disability-adjusted life-years

(DALYs) and deaths associated with elevated SBP also increased.

DALY is a measure of overall disease burden, expressed as the number of years lost due to ill-health, disability or early death.

Researchers also found that systolic blood pressure of at least 110 to 115 mm Hg was associated with more than 10 million deaths and more than 212 million DALYs in 2015, a 1.4-fold increase since 1990.

Compared with all other specific risks quantified in a 2015 study, SBP of at least 110 to 115 mm Hg was the leading global contributor to preventable death in 2015, they said.

"These estimates are concerning given that in 2015, an estimated 3.5 billion individuals had an SBP level of at least

110 to 115 mm Hg," researchers said.

The largest numbers of SBP-related deaths were caused by ischemic heart disease (4.9 million), hemorrhagic stroke (2 million) and ischemic stroke (1.5 million), they found.

Five countries accounted for more than half of global DALYs associated with SBP of at least 110 to 115 mm Hg: China, India, Russia, Indonesia, and the US.

"Both the projected number and prevalence rate of SBP of at least 110 to 115 mm Hg are likely to continue to increase globally. These findings support increased efforts to control the burden of SBP of at least 110 to 115 mm Hg to reduce disease burden," researchers added.

PTI



Karnataka lost 47,000 lives to pulmonary, heart diseases

Report On MCCD 2014 Reveals Stats

Sreemoyee Chatterjee
@timesgroup.com

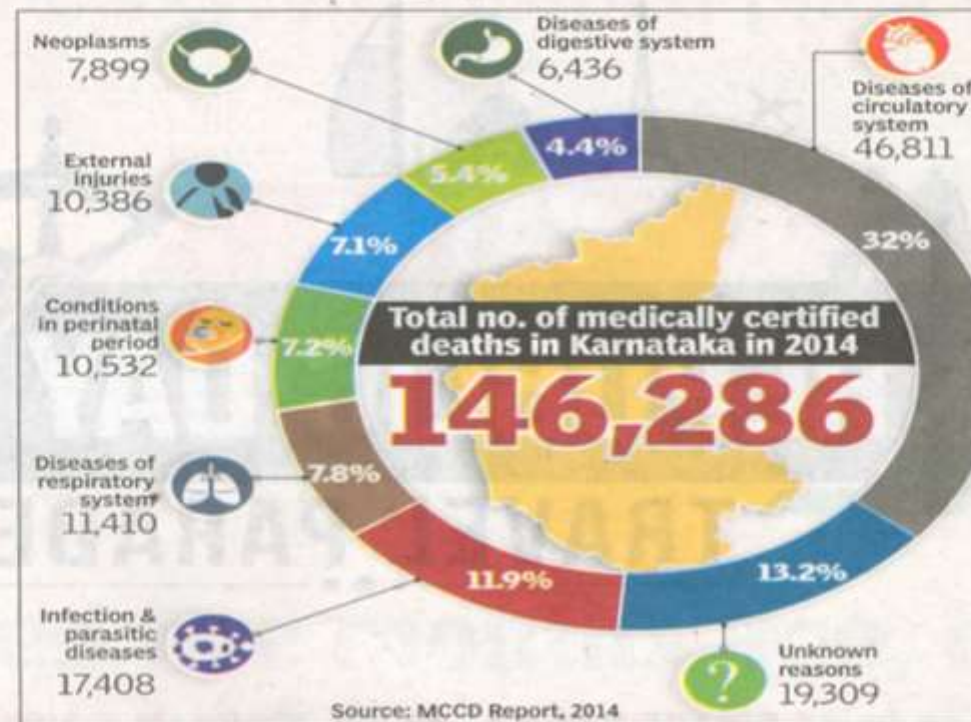
Bengaluru: Pulmonary and heart diseases claimed 46,811 lives in Karnataka in 2014, the latest year for which statistics on various causes of deaths in the country have been compiled by the Medical Certification of Cause of Death (MCCD), a registry under the Union home ministry.

The total number of medically certified deaths recorded in Karnataka in 2014 were 1,46,286, of which diseases of the circulatory system — pulmonary and heart diseases — accounted for 32% of the deaths.

According to the registry report, unknown symptoms accounted for second most number of fatalities with 13.2% (19,309) of the deaths.

Infections and parasitic diseases claimed 17,408 lives (11.9%) while accident-related injuries took 10,386 (7.1%) lives.

Cardiologists in Bengaluru say 80% of patients suffering with diseases of the circulatory system die of heart attacks caused by coronary artery disease — a condition where a waxy substance gets deposited in the coronary arteries and blocks smooth supply of oxygenated blood to heart muscles. "The factors leading to various circulatory system disorders depend on the age of the pa-



WHAT IS MCCD?

The scheme of Medical Certification of Cause of Death (MCCD) was introduced in the country under the provisions of Registration of Births and Deaths (RBD) Act, 1969. Since then, it has been operational in the country, but with varying levels of efficiency across the states and UTs. Under the scheme, the Office of the Registrar General, India (ORGI) obtains data on medically certified deaths as collected, compiled and tabulated by the Offices of the Chief Registrars of Births and Deaths of the states and UTs.

The factors leading to various circulatory system disorders depend on the age of the patient. Coronary artery disease remains to be the leading cause of heart attacks and deaths among the middle and old-aged people

— **Dr Devananda NS** | CHAIRMAN AND HEAD OF CARDIAC SURGERY DEPARTMENT, MANIPAL HOSPITALS

tient. Coronary artery disease remains to be the leading cause of heart attacks and deaths among the middle and old-aged people. Circulatory arrest due to unstable blood pressure is the second leading cause of death. Although rare, acute tear of aorta, also known as aortic dissection at times also leads to death," said Dr Devananda NS, chairman and head of cardiac surgery department at Manipal Hospitals.

"In addition to coronary

artery diseases, untreated and advanced heart failures also contribute a significant proportion of deaths. Cerebrovascular accidents such as strokes are the third major cause of death due to circulatory diseases," said Dr Krishnan PR, consultant neurologist at Fortis Hospital, Bannerghatta Road.

According to internal medicine experts, bacterial, viral, fungal and parasitic infections contribute to a very high number of deaths in

Karnataka. "Community and hospital acquired pneumonia, typhoid, tuberculosis (both lung and generalized disseminated TB), diarrhoea and mosquito-borne diseases like malaria, dengue and chikungunya are infections that take most lives," says Dr Pan-kaj Singhal, senior consultant, internal medicine, Manipal Hospitals.

Head and chest injuries leading to pneumothorax, internal bleeding and spinal injuries are some of the com-

mon external fatal injuries that people suffer from mostly due to accidents, say city doctors. "The external injuries occur mainly due to accidents. Drunk driving and driving after drug intake, broken roads, fall from construction sites, fire accidents all contribute to this. Immediate closure of wounds is a must, otherwise they cause internal complications leading to death," said Dr Kiran Joshy, consultant dermatologist, St. Martha's Hospital.