

'Oestrogen drain raises heart attack risk'

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Mumbai: A fast-depleting level of oestrogen hormone in young women due to lifestyle change is making them more vulnerable to heart diseases.

Around 54% cardiologists and physicians believe that there has been around 20% growth in cardiovascular diseases among women in the last

five years, revealed a recent study. The perception survey to look into the extent of cardiovascular diseases in women was carried out by interviewing around 600 healthcare professionals in metros and non-metro cities. Around 41% of the doctors claimed that an alarming 10-15% growth rate in cardiovascular diseases was among women who were in the age group of

20 to 40 years. This category of women was always considered immune to heart ailments due to healthy production of oestrogen.

"The current trend has changed the age-old medical belief that menstruating women are safe from heart diseases. The rise in number of female cardiovascular patients is colossal. A fast-changing lifestyle, may be

bringing about drastic hormonal changes, which are nullifying the effect of estrogen hormone," said Dr Jagdish Parikh, cardiologist, Nanavati Hospital. He added that factors like stress, smoking and drinking are also contributing to the rising trend. "Co-morbid conditions like obesity, hypertension and diabetes among women are also on the rise," he said.