



“Know your arterial age” Newer inclusion in cardiac health screening inaugurated in Govt. General Hospital by Health Secretary.

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(**Vaso-Meditech Pvt Ltd** is an Exclusive distributor and clinical support for **SphygmoCor** arterial stiffness assessment device in India).

Mr.V.K.Subburaj Health secretary, Inaugurated the Cardiac health screening for Govt. General Hospital & Madras medical college staff. The meeting was attended by **Dr.S.Vinayagam** DME, **Dr.M.Dhanapal** Dean Madras medical college with other faculty members.

Health secretary pointed out the health screening was the first in the public sector, which has included measuring arterial stiffness and central blood pressure in cardiac health screening.

Heart Disease affects more people each year than any other disease or illness. It is important to understand what makes heart disease so common and how we can reduce our chances of having heart disease, which can start without any symptom. Some individuals may not be aware of heart disease until they have a heart attack, stroke or other events which leads to hospitalization.

Speaking on the health screening **Dr.Dhanapal** Dean of Madras medical college commented measuring arterial ageing in cardiac screening can able to identify individuals whose arteries are ageing faster than their chronological age. They can be identified as high risk group and preventive aspects can be started at earlier stage before they develop full blown cardiac problems.

Dr.S.Vinayagam DME said that routine cardiac health screening comprises of measuring blood sugar, cholesterol and blood pressure in the arm but today for the first time we have moved beyond the tradition and have included arterial stiffness and central blood pressure in the cardiac health screening.

The new system **SphygmoCor** which is included in the cardiac health screening can screen the patients with diabetes, hypertension and other cardiac risk factors to predict future cardiac events. This will give the option for the cardiologist to Start treatment at an earlier stage and recommend necessary preventive steps like life style modification, diet and exercise.



Traditionally blood pressure is measured in the arms but that pressure is not the true reflection of the pressure the heart feels. This new system can able to measure blood pressure close to the heart which can help to identify hypertension and risk associated with it in mass cardiac health screening.

The meeting was attended by Madras medical college faculty members, Post graduates and Medical students. **Dr.S.Ramasamy Director of Vaso-Meditech Pvt Ltd** has launched the product in India said "measuring arterial stiffness and Central blood pressure is a newer advance in health screening and the company will hold many such Continuous Medical Education program in Indian to increase the awareness".

A medical health screening camp was organized in Madras Medical College and free cardiac screening using **SphygmoCor** was done for the staffs of Madras medical college and Secretariat.

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