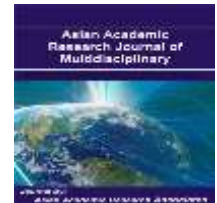




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LIFESTYLE ASSESSMENT CORRELATION WITH CARDIO VASCULAR DISEASES (CVD) AMONG CHANDIGARH AND NEARBY POPULATION

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Abstract

Lifestyle inspired questionnaire survey was conducted through E mail and manual distribution system in Chandigarh region. Responses collected were replicated into cardio vascular risk strategies. Two hundred and four people were targeted in which male and female population includes 44.6% male and 55.4% female respectively. The authors studied and compared self reported Cardio Vascular Disease (CVD) risk factors related to their daily habits.

Sensitive issues were found and lack of awareness regarding blood pressure. Only 32.4% people were aware of their blood pressure. Less than 20.6% people have got examined of heart attack, pulse irregularity. Other sensitive matters are eating of junk food and unhealthy diet. Only 41.7% people are taking vegetable serving regularly. Next is physical workout ignorance only 21.6% people are doing regular exercise. Last but not the least factor like smoking and consumption of alcohol is also having impact. So on higher side it is the peak time to get up and have a health status update just like your social media updates. Present study concludes that people with a bad or irregular lifestyle are more prone to CVD.

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