

Heart^{to}.Heart

Official Newsletter

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BRAHMANADAM PARAMASUKHADAM KEVALAM JNANA MOORTHIM
DVANDVAATHEETHAM GAGANASADRUSAM TATHWAMASYAADI LAKSHYAM
EKAM NITHYAM VIMALAM ACHALAM SARVADHEE SAAKSHIBHUTHAM
BHAAVATHEETHAM THRIGUNARAHITHAM SADGURU THAM NAMAMI

I prostrate to that Sadguru, the Brahman, who is bliss, who is the giver of supreme happiness, who is absolute knowledge, who is beyond the pair of opposites, who is vast like ether, who is attained through assertions like "Tat Tvam Asi" (That Thou Art), who is one, eternal and changeless, the witness of the mind; who transcends all changes and modifications and who is devoid of the three modes (of Prakriti).

Universal Master



Sri Sathya Sai Baba

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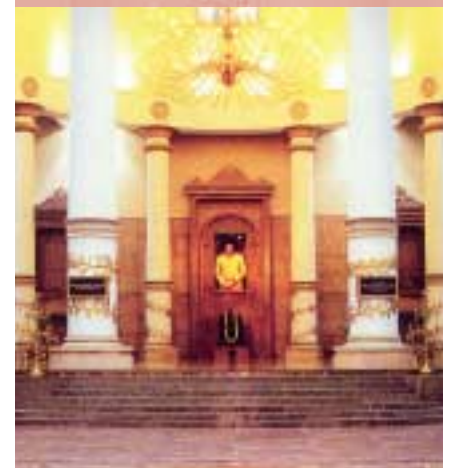
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Registered Charity No: 1098035

Heart Valve Bank Charter

- A. Devoted to the moral and social awareness of the Divine Teachings of Sri Sathya Sai Baba, with particular reference to Medicare.
- B. Bank will not invite any governmental support, nor would engage itself in any promotional or collection activities at any level.
- C. Bank will involve itself only in channelling the volunteer contribution or any participation forthcoming from the intense heartfelt desires of all members.
- D. Bank will not involve in any commercial activities as the word "bank" may suggest in the normal understanding of the word.

Temples of Healing



Coronary Heart Disease

Coronary Heart Disease (CHD) is the main cause of death in the Western world. In the United Kingdom, the highest recorded rates of CHD are in people born in the Indian Subcontinent - India, Pakistan, Bangladesh and Sri Lanka ("South Asians").

The heart is a hollow muscular organ that pumps blood filled with oxygen and nutrients through the blood vessels to the body's tissues. It works efficiently and without rest from the time we are born till the day we die.

The average heart beats around 70 beats per minute, which ends up being over 100,000 beats per day and close to 3 billion times over the course of an average lifetime.

Heart muscle needs a constant supply of oxygen and nutrients to function efficiently. Coronary arteries are blood vessels that carry blood and oxygen to the heart muscle.

What is Coronary heart disease (CHD)?

CHD occurs when the coronary arteries become narrowed by a gradual build-up of fatty deposits inside their walls. The process of fatty build-up is termed atherosclerosis and the fatty deposits are known as plaques.

What are the symptoms of CHD?

Chest pain and shortness of breath are the common symptoms of CHD.

One of the main conditions caused by a narrowing of the coronary arteries is myocardial ischaemia. This occurs when the heart muscle is starved of oxygen and does not get a sufficient amount of blood it needs to keep on functioning. Angina is the medical term used to describe the chest pain caused by myocardial ischaemia.

Angina may feel like pressure or a squeezing pain in the chest. Angina pain may spread to the shoulders, arms, neck, jaw or back. This can be differentiated from other types of chest pain by its strong relationship with physical activity or emotional stress.

A heart attack occurs when there is a severe blockage in one of the coronary arteries. The blockage is usually caused by a blood clot formed over the fatty deposits (plaque). Heart attack pain is similar to angina pain but more severe, lasts longer than a few minutes and is not relieved by rest. Cold sweats and feelings of nausea are more common in heart attack than angina. When heart attack is suspected, emergency medical services or paramedics should be contacted.

Delay in recognition of a heart attack or in obtaining treatment can result in severe damage to heart muscle and even death.

What tests are useful to diagnose CHD?

Electrocardiogram (ECG) - records electrical activity of the heart. ECG is the most important test to diagnose heart attack. In patients with angina ECG can be normal.

Stress test or exercise ECG - a useful initial test to confirm angina or CHD in patients with chest pain.

Coronary angiography - a catheter (a thin plastic tube) is inserted into an artery in the groin or arm and a fluid is injected into a coronary artery. This can precisely identify specific sites of narrowing or blockage of coronary arteries.

Blood tests for specific cardiac enzymes (CK) are useful to diagnose heart attacks.

CT scans, Nuclear scans and MRI scans can also be used to take images of coronary arteries.

What are the treatments for CHD?

Three main treatment options for CHD include medicine, angioplasty and coronary bypass surgery (CABG).

Medicine is often the first step in treating heart disease. Angina medicine can relax the arteries that carry blood to the heart, lower the heart rate and lower blood pressure. Aspirin is given to thin the blood and prevent blood clots. Medicines are also used to treat an elevated blood cholesterol level and to control diabetes, if needed. "Clot-busting" medicines are used to treat heart attacks. These drugs can quickly dissolve clots and restore blood flow to the heart muscle.

Coronary angioplasty (PTCA) is often used to open blocked or narrowed arteries. In this procedure, a catheter is inserted into a forearm or groin artery and threaded into the narrowed coronary artery. A balloon is inflated to open the artery and often a stent is put in to keep the artery open.

How can we prevent CHD?

The following risk factors are well-known to increase the chances of developing CHD:

- Age
- Male gender
- Family history of heart disease
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight or obesity
- Lack of exercise
- Stress

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The more risk factors you have, the greater your risk of heart disease. Controlling as many of these risk factors as possible is the best way to keep your heart healthy.

Female hormones help protect women from heart disease before menopause. After menopause, women have heart disease as often as men do.

Smoking- Smokers have more than twice the risk of developing CHD than non-smokers. Smoking damages the inner lining of all the arteries, promoting fatty deposits and increasing the risk of blood clot formation.

Exercise- Lack of physical activity is a risk factor for heart disease. Regular, moderate-to-vigorous exercise plays a significant role in preventing heart disease. Even moderate-intensity physical activities are beneficial if done regularly and over the long term. More vigorous activities are associated with further benefits. Exercise helps to reduce blood cholesterol, blood sugar, body weight and blood pressure.

Obesity- People who have excess body fat are more likely to develop heart disease even if they have no other risk factors. Obesity is unhealthy because excess weight increases the strain on the heart. Many obese people have high blood pressure and raised blood cholesterol, making diabetes more likely to develop. Controlling your diet and regular exercise will help to lose weight and will markedly improve the other risk factors.

Diabetes- Everyone over the age of 30 should be screened for diabetes. High incidence of diabetes is a major reason for early or premature development of heart disease among Asians. All diabetics should be screened for cholesterol, high blood pressure and other risk factors. Vigorous control of these risk factors with medication and lifestyle measures are important.

High blood pressure - Increases the risk of CHD. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk increases several times.

Stress - Individual response to stress may be a contributing factor in developing atheroma. Stress is an important trigger for angina and intense stress may cause heart attack and even sudden death.

The best way to prevent heart disease is to live a healthy lifestyle. Do not smoke, eat a healthy diet (avoiding foods high in saturated fat) and do not over-eat; get regular exercise and keep your weight under control. If you have high blood pressure, high blood cholesterol, or diabetes, follow your doctor's advice.



Sri Sathya Sai Institute of Higher Medical Sciences,
Prashanti Nilayam
Statistics - November 1991 to 31st May 2005

Heart Surgeries	14,743	Ophthalmology Surgeries	26,015
Cath Procedures	15,334	CT Scans	4,112
Urology Surgeries	26,399		



Sri Sathya Sai Institute of Higher
Medical Sciences,
Whitefield, Bangalore
Statistics - January 2001 - 31st May 2005

Cardiac Surgeries	5,415	CT Scans	15,572
Cardiac Catheterisations	10,324	MIR Exams	17,872
Neurology Surgeries	4,790		

Mission to serve the poor and the needy

*The heart is the most important part in the body.
If the heart goes on strike, the body becomes lifeless.
Heart diseases are widely prevalent around the world
and at the same time heart surgeries have become
very expensive. In such situations what would be the
fate of poor people?*

One has to work for the welfare of the poor, alleviate their suffering and set an ideal for mankind. Service becomes truly meaningful only when it is rendered to the poor and the needy.

To assist the poor and needy in providing quality heart care, The Sri Sathya Sai Heart Hospital, Rajkot, Gujarat was inaugurated on 4th August 2000. This is the only hospital of its kind in Gujarat and the surrounding states, offering quality health care services absolutely free to the weaker sections of society. This hospital is dedicated to the welfare of the poor and the philosophy of the hospital is that:

- Medical services provided should be free irrespective of the patient's caste, creed, religion or nationality
- Quality of care given to poor patients should not be inferior to that given to a fee-paying patient
- Treat each Patient as worshipping Narayana in them

A well-coordinated international effort has made it possible for every department of the hospital to have the most modern equipment and to be staffed by highly-qualified and dedicated surgeons, physicians, nurses, other health-care practitioners and technicians.

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The contents of this newsletter should not be treated as a substitute for the medical advice of your own doctor or any other health professional. Always consult your own GP if you are in any way concerned about your health.

Service to Man is Service to God Baba

Bhagawan Sri Sathya Sai Baba, the divine force behind this miracle says that, "Sacrifice is the true hallmark of a doctor. So, doctors should have the spirit of sacrifice. They should be compassionate and considerate towards the poor".

This hospital does not merely stand for architectural beauty. Andam (beauty) has no value if there is no Anandam (bliss). You can experience bliss only when you give happiness to the poor.



Today, this hospital is a monument to faith, and demonstrates compassionate loving care and selfless service in an age where high-cost specialized medicine is beyond the reach of the great majority of the world's population. To date, more than one thousand open heart surgeries have been performed and 50,000 patients have been treated for heart problems.

Some of the patients treated at the hospital:



17 year-old Rambhai Abhabhai's annual family income is less than £150 (Rs.12,000/-). A labourer by occupation, his father is the only breadwinner among the family of four, consisting of his wife and two children. The Artificial Valve Replacement surgery was performed on 7th February 2005.



38 year-old Dahiben Nandania's family annual income is not more than £120 (Rs.9,500/-). A farmer by occupation, her husband is the only breadwinner among the family of six, which includes parents, wife and two children. The MVR surgery was performed on 16th April, 2005.



44 year-old Mavji Ratna Nariya's yearly income is not more than £125 (Rs.10,000/-). A labourer by occupation, he is the only breadwinner among the family of six, which includes his parents, wife and two children. The MVR surgery was performed on 17th April, 2005.

The guiding principles and philosophy of Sri Sathya Sai Baba have made the Hospital 'a beacon of hope' for the poor. Each and every patient who has received treatment at the Sri Sathya Sai Heart Hospital, Rajkot has his/her own story of struggle, hope, tears, happiness and gratitude.



If you meet her, you will realize that 16 year-old Shefali Bhoi is a bright girl. After school, she worked in the village to supplement her family's income, which was never easy for her. The slightest bit of exertion would lead to bouts of gasping and palpitations. Fatigue would wear her down, and even eating became arduous. The doctor in the nearby town diagnosed a serious heart condition for Shefali. How could a family that earned barely 75p (Rs.60) a day, afford heart surgery costing over £1,200 (Rs. 1 lakh). The very same doctor asked the family to rush to Sai Baba's Hospital in Rajkot. Today, after her surgery at the SSSHH, Shefali smiles and says that she is all set to help her family again. "We owe it all to Bhagawan. If not for his Hospital, our daughter would have had no future. I can think of her marriage now, and get her to start a family of her own!" says Shefali's mother, with a newfound hope in her eyes.

In recent months various dignitaries and officials have visited the Sri Sathya Sai Heart Hospital, Rajkot and blessed the patients and showed admiration for all those who rendered service to the patients.

New Clinic in Africa

Heart Valve Bank is pleased to announce that with Divine Grace, its activities have now been extended to Africa.

Carewell Medical Centre a Leprosy, Tuberculosis and Malaria Clinic has been recently inaugurated in Lagos, Nigeria.

Tell us what you think.

Any comments, suggestions or feedback? Please write to or email the Editor at:

Sai Kutir, 49 Zealand Avenue, West Drayton. UB7 0BW.

Email: editor@heartvalvebank.info



*We surrender
everything at your
divine lotus feet*

Heart Valve Bank is a Registered Charity No: 1098035

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