

# Experts stress on prevention for heart health

*'We need to make prevention a habit, not just an afterthought'*

**MPOST BUREAU**

*New Delhi, September 22*

Cardiologists and health experts called for stronger preventive healthcare programmes, wider CPR training and healthier lifestyles to curb cardiovascular risks linked to pollution, stress and changing lifestyles at an Illness to Wellness Foundation conference ahead of World Heart Day 2026.

(Padma Bhushan) Dr T.S. Kler, Chairman & HOD, BLK-Max Heart & Vascular Institute and Chairman, Pan Max - Electrophysiol-



ogy, called for structured preventive programmes, saying awareness must translate into sustained community action.

(Padma Bhushan) Dr (Prof.) K.K. Talwar, Chairman, PSRI Heart Insti-

tute, said, "Every minute is important. It is only the person who is by the side that matters," and sought wider CPR training.

(Padma Shri) Dr Ganesh Kumar Mani, Chairman, Cardiac Sciences, CTVS,

Max Smart Super Speciality Hospital, stressed prevention and healthier choices.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said healthy living depends on everyday choices.

Dr Gautam Singal, Member, FICCI Health Services Committee and Senior Consultant and Professor of Cardiology, Amrita Institute of Medical Sciences & Research Centre, said, "We need to make prevention a habit, not just an afterthought or a reaction."