



ADVERTISEMENT FEATURE

World Heart Day

Your Heart Is Your Best Friend

Your heart, your trusty rhythm-keeper, deserves the very best care. Here are the top tips for a healthy heart, starting with what you can do right now:

Diet Delights
Begin with a rainbow on your plate. Load up on fruits, vegetables, whole grains, and lean proteins. These foods are packed with essential nutrients and fiber that support heart health. Be mindful of portion sizes and limit salt and sugar intake. Opt for heart-healthy fats like those found in avocados, nuts, and olive oil.

Move to Groove
Physical activity is the heart's best workout partner. Regular exercise keeps your heart strong and your blood vessels flexible. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise every week. Activities like brisk walking, swimming, or dancing can do wonders for your cardiovascular system.

Stress Less
Chronic stress can take a toll on your heart. Incorporate stress-reduction techniques into your daily routine. Deep breathing exercises, meditation, and yoga can help calm

your mind and lower your stress levels.

Love Your Sleep
Quality sleep is essential for heart health. Aim for 7-9 hours of uninterrupted sleep each night. Poor sleep can increase your risk of heart disease, so prioritize getting sound sleep.

Your heart is precious; treat it with love and care. By following these comprehensive tips, you'll be well on your way to a healthier, happier heart. Remember, your heart deserves nothing less than the best care.

Anirvana

by Dr. Anirban Ghosh

Aesthetic, Plastic & Laser Clinic

Cosmetic surgery is a personal journey for each patient and strives hard to achieve the best outcome with techniques tailored to meet their needs. In this perception Anirvana will be your right choice. It is the new attraction of Kolkata and the dream project of Dr. Anirban Ghosh, well regarded plastic, cosmetic & aesthetic surgeon of the country.

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6289 159 667 | 81094 54866 | 62899 67522Knee Pain:
Causes, Symptoms, and Relief

Knee pain is a prevalent issue affecting people of all ages, often stemming from various causes. Common triggers include injury, overuse, muscle imbalances, arthritis, or underlying medical conditions. Symptoms encompass pain, swelling, stiffness, and reduced mobility, impacting daily activities and quality of life.

Injuries like ligament tears, tendinitis, or meniscus damage can result from sports accidents, or sudden lifestyle changes, such

as maintaining a healthy weight and avoiding high-impact activities, can prevent future pain.

Consulting a healthcare professional for an accurate diagnosis and tailored treatment plan is crucial for managing knee pain effectively.

Free Knee Check-Up Camp on 2/10/2023

Dr. Manoj K. Kherani

Senior Orthopaedic Surgeon

Hindoo Touch Clinic,

Kolkata-700055

Ph: 8887449191,

E: 8830250803



**IT'S WORLD HEART DAY.
NO BETTER TIME TO
GIVE WINGS TO YOUR HEART.**

Let's pledge to break free from the chains of heart ailments and embrace a future where your heart is your strongest ally.

BM Birla Heart Research Centre
wishes you a Happy World Heart Day.

FOR APPOINTMENTS | 24X7 HELPLINE NUMBER
90076 66895 | 033 4088 4088

BM Birla Heart Research Centre
1/1, National Library Ave, Alipore, Kolkata 700027
www.bmhbhospitals.com/whd

Group Hospitals

CMRI RBH

ROBOTIC TOTAL
KNEE REPLACEMENT

Dr. Santosh Kumar

Joint replacement is aimed to restore painless and stable movement and should be done whenever needed, irrespective of age.

A well done joint replacement is supposed to last for more than 25 years and if needed a can be done second time also, which is equally successful and is known as revision joint replacement. Dr. Santosh Kumar and his team are regularly doing revision joint replacements in Kolkata.

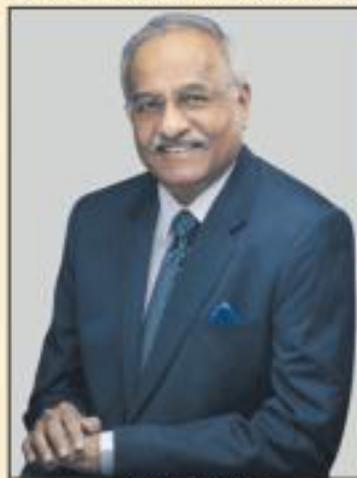


Dr. Santosh says it was always painful to see people from East India rushing to north or south or west for treatment and the whole purpose of Dr. Santosh Kumar hip and knee foundation and momentum ortho-care is to bring the very best of joint replacement surgeries in Eastern India at the most affordable rates. One can do most activities of normal life after joint replacement like brisk walking cycling swimming trekking etc.



CUVIS ROBOTIC SYSTEM

To contact Dr. Santosh Kumar you can write to : Dr. Santosh Kumar,
plot number 332, lake town Block A, Kolkata 700089
or mail to sandr@gmail.com, or WhatsApp or call to
6289962271 / 6292250842 / 9831911584 / 9831266633



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