

SRU centre for life style diseases modification and prevention



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Objectives:

- Study of prevalence of risk factors conducive to endovascular diseases in three strata of society namely urban, Semi-urban and Rural.
- To study the sub-clinical vascular diseases by biomarkers and provocative tests.
- To identify high risk people for acute vascular events who are asymptomatic at present.
- Incidence of overt Coronary artery disease, post surgical and post PCI patients, past cerebo vascular accidents & subjects who have advanced Peripheral vascular diseases.
- After identification of risk factors, to intervene the risk factors in a holistic manner (both non pharmacological & pharmacological techniques) on risk factors to keep at the target levels as a trend towards primary prevention.
- The intervention with drugs has 2 components
- **Purely Allopathic:**
 - Metformin, Glibenclamide for Diabetes
 - Amlodipine, Enalapril, Atenolol, Metoprolol, Nitrates for Hypertension
 - Atorvastatin for Dyslipidemia
 - Ecospirin as antiplatelet drug
- **Purely Siddha:**
 - Madhu Megha Chooranam for Diabetes
 - Venthamarai Chooranam for Hypertension