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Cops to be on healthy heart scheme soon

DC CORRESPONDENT

CHENNAI

Sept. 24: Police personnel in the city will soon have to submit their 'heart report' and sit through rigorous diet counseling sessions to correct unhealthy habits that weaken their hearts.

Nearly 14,000 policemen and women will undergo an online health check-up on www.goodmorningheart.com over the next six months, a partnership programme of the Chennai city police and cola company Pepsico's nutrition brand Quaker Oats.

With seven-day work schedules, there is no time for health issues, especially at the constable level, said city police commissioner T. Rajendran. "We do not eat on time, sleep enough, or spend quality time with family. We cannot change our work con-

health report

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ditions, but we should take steps to prevent heart problems," he said.

A number of law enforcers approach the commissioner for monetary assistance for bypass surgeries, and several of them develop stress-induced diabetes once they step into their 40's, the commissioner said. "Though IPS officers wouldn't admit it to each other, they all become hypertensive after their 30s," Mr Rajendran said.

Judging by a recent city based study, there is ample

cause of worry for the men and women in khaki. Dr Madan Mohan, consultant cardiologist at Fortis Malar hospital subjected 3,500 city cops to ECGs and other tests and found that nearly 30 per cent of them had heart disease. "While talking with them, we found out that they exercise only on Fridays, and eat junk food during their free time. They claimed they did not have time to eat proper meals, and so, munched on samosas and vadas whenever they had time," explained Dr Madan Mohan.

"However, policemen on the Special Task Force were fit and healthy, and I could make out from the test results, if they were from the STF or not," he says, suggesting that all cops should serve at least 3-months stints on the STF on a rotational basis.