

SAAOL Safety Circle

The circle contains 16 spokes in a wheel – each spoke representing a risk factor for heart disease. The circle is primarily divided into 3 pillars of heart health-‘Habits and Behaviours, Diet & Medical Parameters’. The list of sub-parameters includes factors like the levels of cholesterol, triglycerides, cholesterol/HDL ratio, BP, sugar, BMI, tobacco consumption, walking, intake of fats/ oils, consumption of fruits and vegetables, intake of animal foods, Yoga and exercises, meditation and stress management.

The Safety Circle has identified 14 parameters, or spokes, across 3 categories that help cardiac patients measure heart attack risk factors and the effects of their treatment over time. These are grouped as follows -

Patient Habits and Behaviors

1. Yoga and Meditation
2. Regular Walks
3. Tobacco and Smoking
4. Stress Management

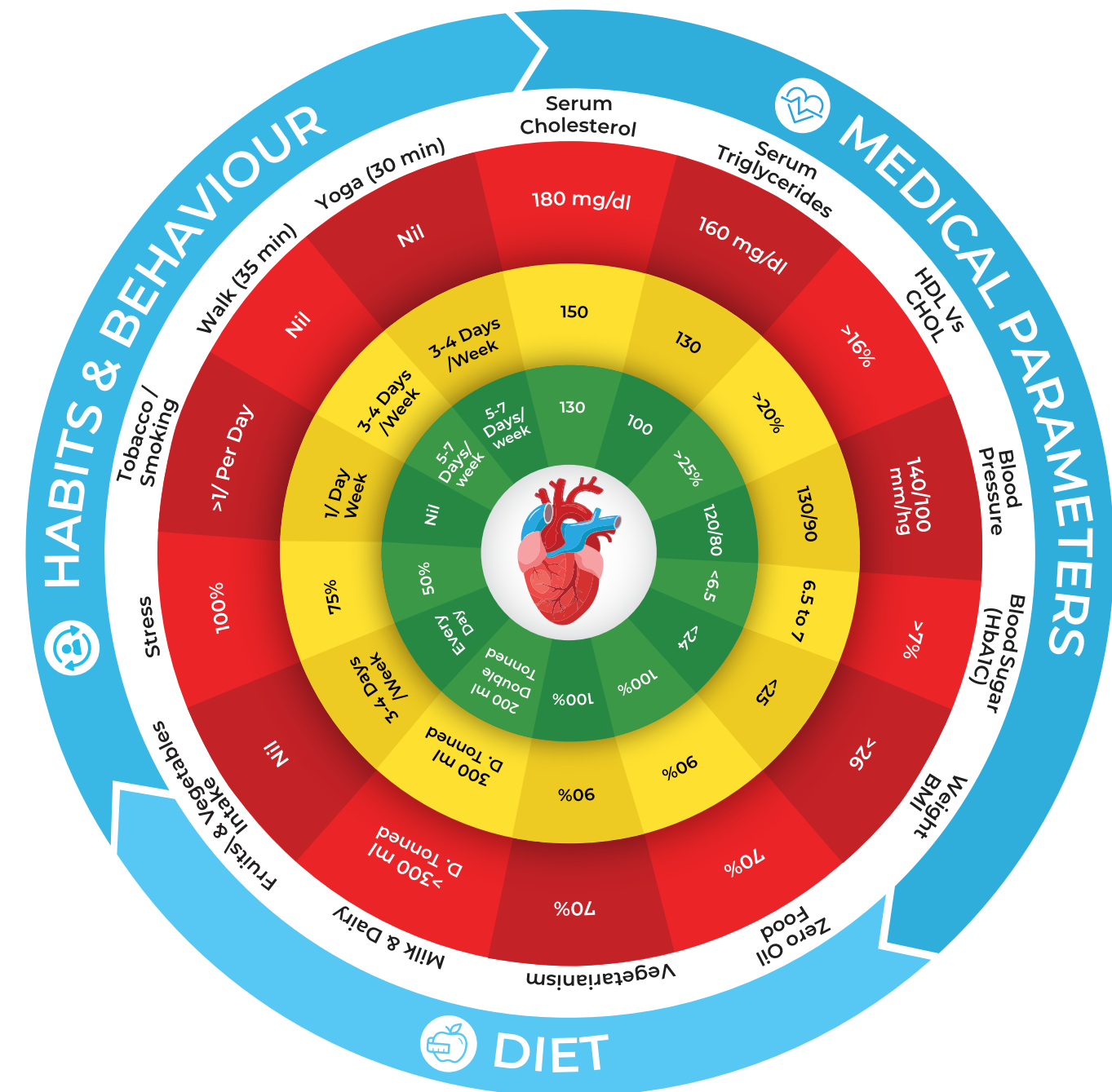
Diet

5. Yoga and Meditation
6. Regular Walks
7. Tobacco and Smoking
8. Stress Management

Medical Parameters

9. Serum Cholesterol
10. Serum Triglycerides
11. HDL vs Cholesterol
12. Blood Pressure
13. Blood Sugar
14. Weight / BMI

It takes a few minutes to assess the risk of heart ailments using this innovative chart which has been tried by lakhs of heart patients to achieve optimum heart health.



Once the patient selects their sub parameters, the result is obtained under three zones in this chart:



Red

If your result falls under the red zone, you are at a high risk of getting a heart attack and need to consult a cardiologist immediately.



Yellow

If your result falls under the yellow zone, you are at medium risk for a heart attack and should incorporate ways to improve your heart health before it turns risky.



Green

If your result falls under the green zone, you are at low risk of getting a heart attack and must maintain a healthy lifestyle to continue being at a lower risk for heart attack or coronary artery disease.