

Rise In Cardiovascular Disease In Young Adults

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Apex Multispeciality Hospital Blog

Rise in cardiovascular disease in young adults

Is Your Heart Safe in Your 30s? Discover the Alarming **Rise in Cardiovascular Disease in Young Adults!** Cardiovascular disease (CVD) was once considered a concern mainly for older adults. But now, there is a shocking rise in heart disease in young adults, especially in urban areas like Pune. People in their 20s, 30s, and even early 40s are suffering from heart attacks, high blood pressure, and other heart-related issues—often with no warning signs. Lifestyle changes, long working hours, stress, poor diet, and lack of physical activity are key reasons behind this growing crisis. Many young individuals delay health check-ups, ignoring early symptoms, which leads to serious complications. At **Apex Hospital**, a trusted multispeciality **heart hospital in PCMC, Pune**, we are witnessing more young patients with heart problems than ever before. If you're looking for the **best hospital in PCMC, Pune** for expert cardiology care, early diagnosis, and prevention—your heart deserves nothing less.

Why Are Heart Problems Rising in Young Adults?

- **Changing Lifestyle Habits:** Modern life in India has become more sedentary. Long hours at the desk, binge-watching, and excessive screen time have replaced outdoor play and physical activity. Fast food, processed snacks, and sugary drinks are now common, leading to obesity and high cholesterol—even in teenagers and young professionals.
- **Unmanaged Stress and Mental Health:** Chronic stress from work, studies, and social pressures is a major trigger. Stress hormones can raise blood pressure and cause inflammation in blood vessels, increasing heart disease risks.

Genetic Predisposition: Indians are genetically more prone to heart disease, often developing problems a decade earlier than people in Western countries. Family history of diabetes, high blood

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pressure, or early heart attacks increases risk.

- **Early Onset of Diabetes and Hypertension:** High blood pressure and **diabetes** are no longer diseases of the elderly. Recent studies show that 25–35% of Indian teenagers and young adults have high BP, and many are pre-diabetic or diabetic by their 30s.
- **Smoking, Vaping, and Substance Abuse:** Tobacco use, vaping, and even recreational drug use are rising among Indian youth, directly damaging heart health and blood vessels.
- **Lack of Regular Health Screening:** Most young adults skip annual health check-ups. As a result, risk factors like high cholesterol or blood pressure go unnoticed until a major event like a heart attack occurs.

Consult a **cardiologists Surgeon at Apex Hospital in PCMC, Pune** for expert advice, early screening, and safe heart care tailored to young adults.

Cardiovascular Disease in Young Adults: Key Statistics:

The rise in heart diseases among young adults is a growing public health issue. Here are some key statistics:

- 1 in 5 heart attack patients in India is under 40 years old.
- Cardiovascular diseases (CVDs) cause 25% of all deaths in India.
- Heart attacks are responsible for up to 45% of deaths in the 40–69 age group.
- High blood pressure affects 25–35% of Indian youth.
- 6–10% of global heart attacks occur in people under 40, with India showing higher rates than Western countries.
- Obesity and type 2 diabetes have doubled among Indian teens and young adults in the last two decades.
- India accounts for nearly one-fifth of the 17.9 million global CVD deaths (WHO).
- India's CVD death rate is 272 per 100,000, higher than the global average of 235.
- Urban areas like Pune are witnessing a sharp rise in risk factors like obesity, diabetes, and sedentary habits, contributing to early heart disease.

Heart Problems in Young Adults: Symptoms to Watch For:

Heart attack symptoms are not always dramatic. In India, many ignore or misinterpret early signs such as acidity, gas, or muscle pain. Here's what to look out for:

- **Chest pain or discomfort:** Pressure, heaviness, or tightness in the centre or left side of the chest.
- **Pain radiating to arm, neck, jaw, or back:** Especially on the left side.
- **Shortness of breath:** Even without physical activity.
- **Unusual fatigue:** Feeling tired without reason, sometimes days before a heart event.
- **Nausea, dizziness, or cold sweats:** Especially if paired with other symptoms.

Don't take chest pain lightly—early action can save your life. Visit Apex Hospital, the Best Heart Hospital in Pune, for expert heart care and timely diagnosis.

Why Are So Many Young Adults Dying of Heart Attack?

- **Delayed recognition:** Young adults often ignore early warning signs.
- **Late diagnosis:** Lack of regular health checks means high BP, diabetes, and cholesterol go unnoticed.
- **Aggressive disease:** Heart disease in young Indians tends to progress faster, with smaller arteries and more severe blockages.
- **Lifestyle factors:** Smoking, poor diet, and lack of exercise accelerate plaque buildup in arteries.

Behavioural Cardiovascular Risk Factors:

- **Unhealthy eating:** High intake of fried foods, sweets, and processed snacks.
- **Physical inactivity:** Less than 30 minutes of exercise daily.
- **Obesity:** Especially abdominal fat, which is more dangerous for heart health.
- **Smoking and alcohol:** Even "social" use increases risk.
- **Poor sleep:** Less than 7 hours per night increases blood pressure and stress.
- **Unmanaged stress:** Work, studies, and social media pressure.



Healthy Practices to Prevent Heart Disease – Apex Hospital
ps:

At Apex Hospital, our heart surgeon in PCMC, Pune will guide you on easy heart-healthy habits. Follow these simple tips to protect your heart and live a healthier life.

- **Regular Health Screening:** Start annual check-ups from your early 30s, especially if you have a family history of heart disease or diabetes. Screen for blood pressure, blood sugar, and cholesterol.
- **Adopt a Heart-Healthy Diet**
 - Eat more fruits, vegetables, whole grains, and nuts.
 - Cut down on fried foods, red meat, and sugary snacks.
 - Use less salt—try herbs and spices for flavour.
- **Exercise Every Day:** Aim for at least 30 minutes of brisk walking, cycling, or yoga most days of the week.
- **Maintain a Healthy Weight:** Keep your BMI in check. Focus on reducing belly fat, which is more dangerous for the heart.
- **Quit Smoking and Limit Alcohol:** Both directly damage your heart and blood vessels. Seek help if you find it hard to quit.
- **Manage Stress:** Practice meditation, yoga, or hobbies that help you relax. Good sleep is equally important.
- **Monitor Your Numbers:** Track your blood pressure, blood sugar, and cholesterol—even if you feel healthy.

Heart Specialists at Apex Hospital in PCMC, Pune offer expert care and personalised advice for heart health. Visit us for guidance, checkups, and advanced heart care.

Healthy Practices at Apex Hospital - Heart Hospital in Pune:

In PCMC, Pune, Apex Hospital is a trusted multispecialty hospital offering advanced cardiology care. Established in 2005, it provides:

- **Heart Screenings:** Tests like ECG, stress tests, and echocardiograms to detect issues early.
- **Emergency Care:** ICU and advanced facilities for heart attack treatment.
- **Expert Cardiologists:** Skilled doctors to guide you on heart-healthy living.

Apex Hospital's facilities, including **pathology**, X-ray, and **sonography**, ensure **accurate diagnosis and affordable care**, making it a go-to choice for young adults in Pune.

Takeaway: Heart-Healthy Living for Young Indians:

The rise in cardiovascular disease in young adults is a growing health concern in India. What was once seen as a problem of old age is now affecting people in their 20s and 30s. But the positive news is—heart disease is largely preventable. By eating healthy, staying active, reducing stress, and going for regular health screenings, young people can avoid major heart problems. At **Apex Hospital**, a trusted **cardiology hospital in PCMC, Pune**, we focus on early detection, prevention, and expert care. As a leading **multispecialty hospital in PCMC, Pune**, we urge young adults to take their heart health seriously. Call us today at **+91 98341 50838** – Your heart deserves expert care, your life deserves a strong heartbeat.

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