Most people in sub-continent suffer heart disease, back pain for having bad-gene: Experts

Dhaka, Jan 31 (UNB) - Two medical experts from Singapore Saturday said that most of the people in this sub-continent suffered from heart disease and back pain for having bad-gene.

"Bad-gene is one of the major causes of heart disease and back pain in this sub-continent. Though disciplinary life style and exercise help control the disease but no possibility of healing the disease", they told at an arranged interview at a hotel here.

The interview on "Heart Diseases and Neck and Back Pain" organised by Parkway Health, Singapore, which owns and operates Mount Elizabeth Hospital, Gleneagles Hospital and East Shore Hospital.

Dr. Saw Huat Seong, senior consultant of cardiothoracic surgeon of Mount Elizabeth Hospital, and **Dr. Timothy Lee**, senior consultant of Neuro-Spinal Surgeon of Gleneagles Hospital, delivered their lecture on heart disease and neck and back pain at the programme.

Dr Lee said that about 95 percent people are not aware of the disease of neck and low back pain, which are mainly caused by excessive movement of their neck and degeneration.

Some exercises relating to movement of neck or back portion excessively like swimming or throwing are not good for health, he observed.

About the reason of heart diseases, Dr Seong said life style or bad food habit are not only reason of heart disease. The main reason of the people of this sub-continent is bad-gene.

Asked about the medical facilities of heart disease in Bangladesh, Dr Seong said Bangladesh lack of specialized and skilled physicians and their helping hands like nurses.

"You have vast population. So, one or slightly more than that might go abroad for better treatment in such critical cases," Seong said.

He informed that patients even from Singapore often go to other developed countries for better treatment.

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