



The Green Scene

FOR PRIVATE
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NEWSLETTER OF
THE DELHI GOLF CLUB
JUNE/JULY 2019
ISSUE NO. 101



**MONSOONS ARE HERE
LET'S SAVE RAIN WATER**

Dear Members,

Summer is seriously upon us with all the usual ingredients – heat and dust. Giving the devil its due, May has been reasonably kind to us with some intermittent rain bringing relief -albeit short-lived.

Temperatures have been rising not only in the physical sense but also metaphorically. We have had to deal with some sensitive and serious issues caused by some malevolent elements (erroneously referred to as 'Caddy Pros'). Pressure has been brought to bear on us from various quarters to "sort out matters". We are dealing with the situation to the best of our abilities.

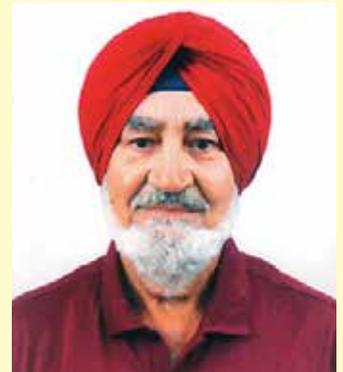
A word about our finances. Not looking good. By the time, you receive this, you would perhaps have received my letter on the subject. The increased liabilities on account of back taxes / fees coupled with revised rates have reached back-breaking proportions. The impact of our salaries and wages bill has only compounded the situation. We have to deal with the crises pragmatically - meaning that there is bound to be additional burden on each one of us. I am not sure if there is any other way out.

You all must have seen some major repairs happening in the Annexe area. The metal columns have rusted completely and why the roof did not collapse will be a mystery. Perhaps He is watching over us. On completion of the structure strengthening, work in the Gents Changing Room will commence (only on the shoes / toilets area). The objective is to provide access to the toilets directly from the Annexe. Also a toilet will be provided for our ladies who presently do not have a facility in the Annexe area. The toilet will also cater to our members who may be handicapped. This will be followed by an upgradation of the toilets in the main building - long overdue. We have also placed an order for replacing our poles and netting at the PDR/PCR which has been long overdue as well.

Yes, I concede that all this is causing inconvenience, what with the simultaneous closure of the course. The good news, however, is that most of this work will be over during the summer months and those of us who are normally away during this period will miss the action (discomfort) and come back to better facilities.

With the grace of God, the Greens project is moving ahead at the desired pace, thanks to the Core Committee and the Project Management Team. By the time, this goes to print, we should have finished greening / grassing of 10 to 12 greens. The back 9 temporary greens should be in play and work on the first 9 should be in full swing. Fund raising is moving well and the intention is to keep cost to Club to a minimum level.

Changes have also happened in the Secretariat, Mr. Rajiv Hora has retired after a total of 11 years' service to the Club. He will have much more time for his golf now. His place is taken by Commander Anil Rattan who was a Naval Aviator and has come to us after 10 years with Tech Mahindra. Anil has settled down to the onerous task and responsibilities and he will have his task cut out for him. Best of luck Anil.



The 14th – all "Sprigged up"

BILLY BEDI
President



Dear Members,

This month has brought with it the heat and as a bonus, great growing weather for the grass on the new greens!

Mr. Jeff Lawrence of Gary Player Design visited us recently to review the work on the Lodhi Course.

This was followed by an excellent meeting with the GC and a Q&A session with the GC members present.

I am happy to say that Jeff was pleased with the work and the untiring efforts of Theo, Slade, Calvin and Col. Nirupam.

As we go into print, we have grassed ten greens and by end June, this number will be 13 or 14!!! Hats off to my senior colleagues of the Core committee for their work, inputs, knowledge and experience in overseeing this project.

During the excavation process, the project team found a lot of inconsistencies in the greens in terms of construction, drainage, root zone and sand/gravel mix. Perhaps this was because the greens were constructed over different years and this is a vindication, in a sense, of the decision to construct all greens in one season. This has ensured consistency through all the greens.

Going forward, we are putting in a well-structured system for the maintenance program for the course and the greens. We are adopting a new standard in bunker construction – water in the bunkers and contamination of the sand with mud will be a thing of the past!

We have successfully completed the three out of four JTP camps sponsored by USHA. The children have been very enthusiastic and enjoyed the experience despite the heat! This is the first time that we have had a physical fitness program for the JTP. Over 200 children have enrolled, and we are proud to provide this cradle of golf development.

The Strive for Excellence program has also been kicked off

with intensive coaching to about 30 young and promising golfers. This will be a dynamic program and we are very excited to be training future champions!

We have a 7-year-old Rockstar in Chaitanya Pandey amongst these budding champions – he won the European Leg of the US Kids tournament in Scotland held in May 2019, by two shots and now heads to the US to play the next tournament.

A lot of work is going on around the club and I apologise for the inconvenience! The timing or 'best fit' for this work are the summer months.

The PDR needed repairs and we expect to have this renovated by end July.

The Annexe was in dire need of repair and I must thank Mr. Ikram Singh for his efforts and getting all the work done.

A word of thanks to Kanwaljit Johar or "KJ" as everyone knows him, for being the driving force of the "Club Nites". Loads of great food, fun and very well attended. We have made this a regular feature.

We said farewell to Mr. Rajiv Hora who completed his second tenure as Secretary of the Club. We wish him well in his future endeavours.

We welcome Cdr Anil Rattan as the new Chief Executive/Secretary. Anil joined us in January 2019 as the Director Admin. He has been a naval aviator for over 22 years and then spent 10 years with Tech Mahindra. We wish him all the best!!

As always, please do write in with your comments and suggestions, please drop in for a chat anytime.

Happy Golfing and best wishes!!

ROHIT SABHERWAL

Captain

WORK IN PROGRESS AT VARIOUS STAGES



LOOKING AROUND...



The hottest June in the history of Delhi ! It was sizzling at 48 degrees celsius as an angry Sun scorched the earth, bereft of trees-which had been ruthlessly cut down by uncaring humans.



The golfing fraternity, which cares for the environment needs to seriously ponder over how to spearhead a movement to spread awareness and plant more trees. Else our young golfers will pay a heavy price in the future.

With the main course closed, the club has other pastimes to offer. The swimming pool, the gym and the card rooms are havens. I wish there was a library where we could go through magazines and books in air conditioned comfort while feasting our eyes on the lush greens outside the windows. Anyone listening?

The children who are oblivious to the heat, are busy using their holidays to up their golfing skills and jostling for slots with the senior golfers on the Peacock course as the Lodi course is being upgraded. There is good news on that front as it should be as good as new in a couple of weeks.

We will miss Rajiv Hora to whom we went running

for information, photographs and material from the archives. Green Scene welcomes his successor Anil Rattan who will now be at the receiving end of our queries and a barrage of requests for material. I must compliment the Ladies Section for always sending us pictures and material well in time.

I am also happy to know that the annexe is not going to fall on our head as measures have been taken in the nick of time and the pillars are being repaired!

The beverage favourites there this summer are 'Tadka Chach' and the ' Sattu and khas' drink which are nearly as popular as chilled beer. Worth a try if you are parched. Cold soup and chilled melon are also best sellers.

Coming up on the annexe menu is Granola with fresh cut fruits, Vegetable baked frittata and French toast with honey. Quite a treat. However the all time favourites with the children in the coaching camps and their parents are still chicken sandwiches as you can hear them being ordered all around you.

On a more serious note.....lets keep our fingers crossed for early rains. Golf in the monsoons has a charm of its own.

Cheers and do keep writing in.



GETTING THE RUST OUT

Chandni

CHANDNI LUTHRA

Editor

The **Annual Lady Captain's Night** was held early in April. The theme of Gold & Bold was a great success with the ladies shimmering in a sea of gold. Foot tapping music, and a wonderful spread by the F&B team had all the Ladies Section members & their spouses have a wonderful evening.



(Lady Captain with Club President on Dance Floor)



(Lady Captain's Night)

With the end of the Competition Calendar the ladies held their **Annual Prize Distribution** on the 30th of April. Prizes were given out for various tournaments held throughout the year. The prestigious "Ladder of Laurels" was won by Aashana Monga. The Annual Eclectic Competitions both Nett and Gross were won by Sonaal Chaudhri. This was a testimony to the consistent golf played by both Aashana and Sonaal throughout the year. Gift Vouchers were given out to the Most Improved Golfers in all divisions - **Himadri Singh** (Gold Division), **Insha Siddique** (Silver Division) and **Payal Soni** (Bronze Division).

The Prize Distribution was followed by a session with Ridhi Bahl, celebrity Astrologer and Vastu Consultant. Her fascinating talk on planetary influences & Vaastu dispelled many myths.

Our Annual Group photograph and a sumptuous lunch followed the morning proceedings.

In a break from tradition the Prize Distribution and Annual Ladies Meet were held on separate days. The Ladies ALM was held on 1st of May 2019 the next day after the Prize Distribution.



(Ladies Section Members on Prize Distribution)



(Prize Winners 2018-2019)



(Annual Ladies Meet - ALM)

The **4th World Women's Golf Day** was held on 4th June 2019. This is an event held concurrently in over 485 countries. Interestingly golf is the only sport to have a Women's day. White & Red dotted the course and we saw the ladies turn up with great gusto and participate enthusiastically despite the high temperatures. The ladies played a fun format with something different to look forward to on every hole.

Fun putting and a quiz followed at the tea post. The tournament Prize Winners were :

Gia Lamba and Namrata Chawla - (Category 0 to -18 handicaps)

Veenu Sandhu and Neelam Sihota - (Category -19 & above)

Monica Tandon - (Age 70 yrs & above)



(Gia Lamba & Namrata Chawla - WWGD)



(High Tea - WWGD)



(Neelam Sihota)

One of the highlights of the event was the **Hole in one** by **Neelam Sihota** on the 7th hole, a feat replicated the very next day by **Hanisha Daryani**.

Our Juniors continue to make waves internationally – **Arshia Mahant** Talent promotion member lead her college (New York University) team to win the NCAA National Championship. Individually Arshia finished runners up in a field of 131 players.

Our young talented **Seher Atwal** represented India in the Asia Pacific Amateur Championship at the Royal Golf Club in Japan. She continues to play excellent golf for her College and is doing the DGC proud.

Golfing Girl Child Programme - The Ladies Section organised free air tickets for Ishita and Insha to participate in the BPGC Open 2019, where both of them qualified for the matchplay.

Himadari Singh came 4th in the Taiwan Juniors Golf Tournament. **Insha Siddique** won the IGU Juniors/ Sub-Juniors Feeder Tour, Nanital.

Chaitanya wins the US Kids Golf Euro Championship 2019:

Talent comes in all shapes and sizes irrespective of age. And here's the latest toast of the nation - 7-year-old Chaitanya Pandey- who's leaping ahead towards success. Not many know that the young gun who has racked up more 30 trophies in the last few months, can hit 500-600 balls at the driving range in a day! He has conquered new vistas by qualifying for the US Kids World Championship 2019. He won the European-leg of the US Kids Golf Championship that concluded in East Lothian, Scotland in May 2019 with a two-shot triumph over South Africa's Lee Foxcroft.



Raghav Chugh consolidated his No.1 position by winning the IGU Southern India at Clover Greens golf course. He played four great under par rounds of -1, -4, -2 and -3; a score of 10 under over four days is a rarity in junior golf. This was his seventh under par round in a row. As per latest WAGR rankings Raghav is 7th in Asia and 39th in the world in his age group.



JUNIOR TRAINING PROGRAMME 2019, sponsored by USHA was conducted at the Club from 13th May 2019 to 21st June 2019. As always, the four camps under Ajai Gupta, Nonita Lall Qureshi, Vikram Sethi and Jasjit Singh were immensely popular.



CAMP 2



CAMP 4 COACH: JASJIT SINGH



DGC NITES AND FOOD FESTIVALS

The F&B Committee successfully conducted Club Nites in February, March & April. This initiative taken by Mr. KS Johar and his colleagues received an overwhelming response from members. The festivals are now being organised twice a month.

There was huge attendance during all these events; the highest was on 23rd March when there were 1100 plus members/guests.

The following food festivals have been organised:

Date	Food Festivals
7th June to 9th June	Dilli6 wale laziz paranthas
14th June to 16th June	Tandoori food festival
21st June to 23rd June	Biryani festival
28th June to 30th June	Arabian food festival
5th July to 7th July	Dim Sum food festival
12th July to 14th July	Mexican food festival
19th July to 21st July	Pan Asian food festival



APPOINTMENT OF THE NEW SECRETARY / CHIEF EXECUTIVE



This is for the information of all members that Mr. Rajiv Hora, Secretary has laid down the office on completion of his contract on 5th June, 2019. We would take the opportunity of conveying thanks for his unstinted support. We wish him all the very best.

Cdr (Retd.) Anil Kumar Rattan has taken over the reins of the Club in the capacity of Chief Executive/Secretary w.e.f. 6th June, 2019.

Cdr. Anil Rattan has been the Director Administration since 15th January, 2019 and brings with him, 22 years as an Aviator in the Indian Navy and another 10 years of handling logistics and Administration with Tech Mahindra.

We wish him a very successful and rewarding tenure.

MR. RAJIV HORA'S FAREWELL



Rajiv Hora was given a fond farewell by the General Committee of the Club on completing his 3 year term as Secretary of the Club on 5th June, 2019. Rajiv had earlier served as Secretary from 07-02-2005 to 28-02-2013. Happily, we will continue to have him amongst us as he is a part of the Delhi Golf Club golfing fraternity.

Members of the staff also gave him a farewell party on 5th June.

GYNAE CAMP & TALK

Dr Rahul Manchanda of PSRI Hospital held an interactive talk followed by a Gynaecological camp at the Delhi Golf Club. He was assisted by 3 senior Gynaecologists, a Pathologist and ancillary staff. Basic physical together with a detailed gynaecological evaluation was carried out and appropriate advice was provided. Despite the searing heat of the afternoon, it was well attended and appreciated.



**QUADRANGULAR INTER CLUB TOURNAMENT
KGA/RCGC/DGC/BPGC Quadrangular**

The brainchild of golf captains from KGA (M Vinod Chinnappa) and BPGC (Kuldeep Sandhu), the inaugural KGA/RCGC/DGC/BPGC Quadrangular Inter Club Tournament was held at the Karnataka Golf Association on May 3 and 4. Each club was represented by 24 golfers, 12 forming the main championship team who played on gross (without handicaps) and 12 played the fellowship section off their handicaps.

The tournament will be hosted annually in rotation by these four Premier Golf Clubs of India – Royal Calcutta Golf Club, Bombay Presidency Golf Club, Delhi Golf Club and Karnataka Golf Association.



AMAIRA BAJAJ WINS GOVERNOR’S CUP IN NAINITAL

Amaira Bajaj, dependent member, daughter of Aman and Simran Bajaj, received the trophy from the Governor of Uttarakhand, Smt. Baby Rani in Nainital. Amaira was adjudged the most promising golfer of the year, in the tournament held in the Raj Bhawan golf course recently”



BALLANTINE CUP (FINAL)

Winner	Mr Gagan Verma (V-115) Mr Amit Luthra (L-085)	Nett 23.75
Runner Up	Mr A N Bhatia (B-189) Mr Shiv Nath (N-234)	Nett 26.85
3rd	Mr. Raghav Nanda (N-190) Mr. Paulastya Sachdev (SL-122)	Nett 27.45
4th	Brig B. Virmani (V-064) Mrs. Banmala Singh (SS-173)	Nett 29.65

RFID CARDS

New membership RFID cards / swipe cards will be mandatory for use of Club facilities w.e.f. 15 Jul 2019. Members who have not collected the RFID Cards, are requested to collect their own / spouses RFID cards from Mr. Chandgi Ram in the Main Club Office between 10 AM to 12 Noon & 2 PM to 4 PM - Monday to Saturday.

CLINICS FOR GOLF RULES CHANGED IN 2019

Rules clinics are being organised for members by two eminent golf referees Ms. Shalini Malik & Ms. Neha Majithia at the Main Bar as per details below. Interested members may confirm their presence by Email to Golf Operations (golfoperation@delhigolfclub.org). You may also share your queries pertaining to any golf rules for further clarification during the clinic. There will be Video Presentation and Question/Answer session.

The rules clinics are planned as follows:

13.07.2019 (Sat)	4:00 pm to 6:00 pm	Ms. Shalini Malik
20.07.2019 (Sat)	4:00 pm to 6:00 pm	Ms. Shalini Malik
27.07.2019 (Sat)	*9:00 am to 10:30 am	Ms. Shalini Malik & Ms. Neha Majithia

Dear All

We are very happy to share that our daughter Arshia Mahant has led her college (New York University) team to win the NCAA National Championship.

NYU won over 25 colleges that participated in Bay Oaks Country Club in Houston, Texas, from Tuesday, May 14 through Friday, May 17.

Arshia played extremely well with a total score of 6 over Par in the 4 day tournament.

Individually, Arshia finished runners up in a field of 131 players. On the last day she shot five birdies in a row from holes 6 through 10, and had an outstanding score of 69.

Mahant went on to finish her round with a three-under par 69, one stroke off the Championship record. Her performance resulted in a second-place individual finish (297, 82-75-71-69) behind only William's Cordelia Chan (296)

"I started off well with the four birdies, and I knew after that I was going to do the best I could," Mahant said.

"We worked hard as a team throughout the season, and I knew we had the potential to do great things." - Arshia

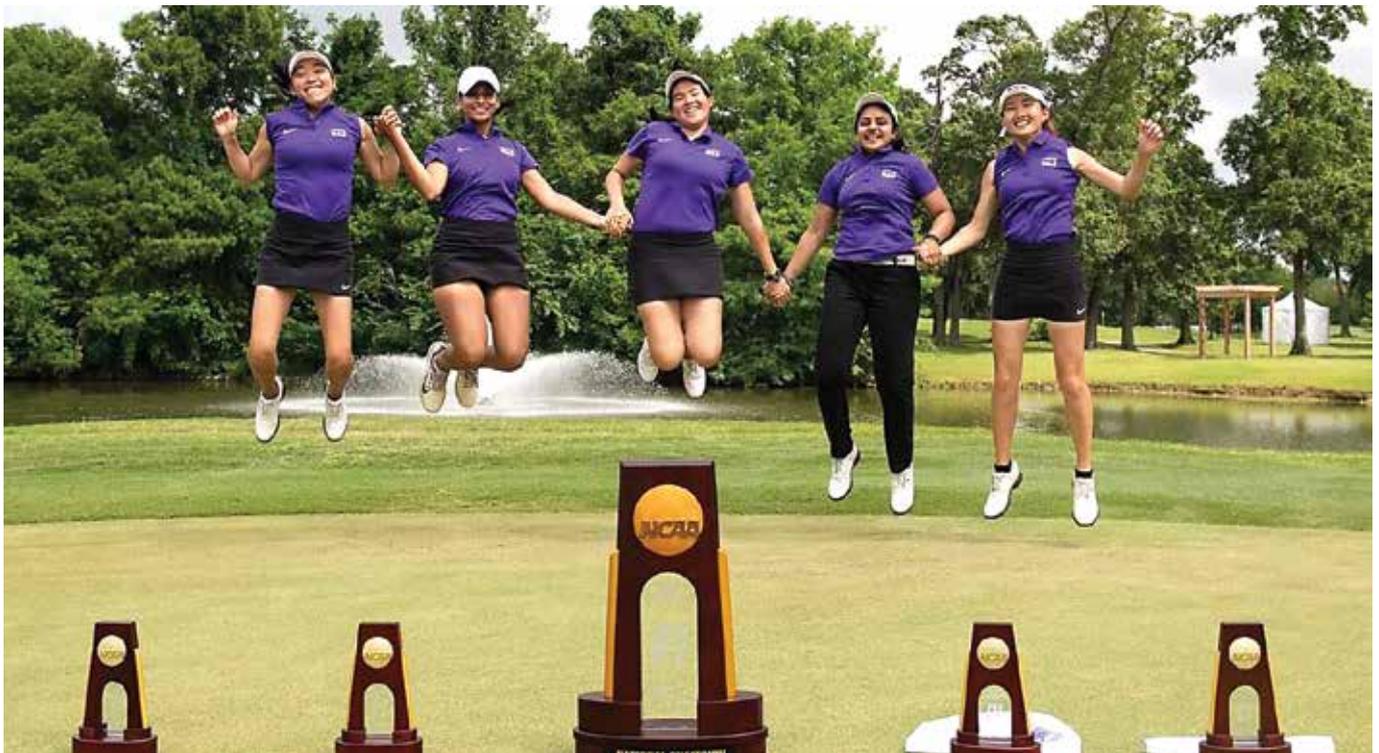
It is the biggest tournament for any college and the very first that NYU has won in golf.

Overall, this is the third NCAA National Championship for New York University, as the women's basketball team won the title in 1997 and the men's cross country team finished #1 in 2007.

We are sincerely thankful to the Delhi Golf Club and the Ladies Section who have always supported Arshia and have been instrumental in making her path to college Golf a success.



Pooja & Muneesh Mahant



<https://gonyuathletics.com/news/2019/5/17/nyu-womens-golf.aspx>

GOLFING TALES

PLAY GOLF AND HIT A CENTURY

I was 75 when I sent an email to God saying that since there was no golf course in heaven I was not coming. God replied that he has ordered a perfect heavenly golf course but it would take another 25 years to complete. God would be getting the expertise from the Delhi Golf Club.

I tell my golfing friends that they would have to suffer me longer. So many years have passed in the meantime. I am over 90 and still playing golf 6 days a week.

DEAR MOON

I start playing golf when the Sun is setting and finish when the moon is rising. When I look at the rising moon she tells me "Murli meet me soon". I tell her, "I have no time. I have to play golf."

But Moon tempts me. "I have a perfect heavenly course for you. It is called DGC-- Divine Golf Course."

However I do not give in. " Dear Moon I like to play at my DGC--- Delhi Golf Club."

LOOSEN YOUR EYE MUSCLE

Two Gs give me the greatest joy. My three grand daughters and the game of Golf.

When I place the ball on the first tee I see the face of my eldest grand daughter, Shreya. " Baba hit the ball straight and long," she says. On the second hole, I see the face of Teesta, my second grand daughter. She smiles and tells me not to hit the ball in the bush. When I reach the Green the youngest, Ananya, tells me " Baba please look to the right, centre and left of the hole and putt the ball into it."

Murlidhar C Bhandare

OBITUARY



We are grieved to record the sad demise of the following members:
The Club extends its heartfelt condolences to their families.



Dr Harmit Singh
(H-114)



Mr Hamidullah Khan
(K-433)



Mrs Usha Kapur
(K-015)



Mr. Girish Bhagat
(B-601)



Mr Seshadri Ratnam
(R-137)



Lt.Col. D Mamtani
(M-432)



Mr Prabhindar Singh
(P-094)



Mr Sushil Kumar
Vohra (V-117)



Mrs Himani Khanna
(WS-109)

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The Green Scene can be accessed on the
Club website delhigolfclub.org



LODHI COURSE		
AMAR SINGH 7th Hole	(A-018) 09.04.19	
MANO RANJAN 5th Hole	(SS-260) 10.04.19	
ROHIT MEHRA 5th Hole	(M-570) 07.04.19	
HARMEET SINGH BEDI 7th Hole	(B-418) 04.04.19	
SIKANDER MOHAN DEWAN 5th Hole	(D-305) 03.04.19	
ARUN BAKHSHI 5th Hole	(B-187) 21.03.19	
N C MEHTA 7th Hole	(M-482) 19.03.19	
BRIG D S JAGGI (RETD) 7th Hole	(J-135) 14.03.19	
S I S AHMED 7th Hole	(CPB-129) 09.03.19	
BRIG. MADAN JIT SINGH BAINS 7th Hole	(B-256) 07.03.19	

PEACOCK COURSE		
SHIMPEI ASADA 7th Hole	(SP-1201) 10.03.19	
KUL BHUSHAN SACHDEV 7th Hole	(S-644) 10.03.19	
NAOKI IZUMI 3rd Hole	(SP-1197) 17.03.19	
MASTER ANGADVEER SINGH DUGAL 5th Hole	(K-677D) 22.03.19	
MASTER VEER BHATIA 6th Hole	(SP-1214D) 31.03.19	
AMEET GUPTA 5th Hole	(CPB-161) 30.03.19	
RAJIV GUPTA 6th Hole	(CPA-193) 04.04.19	
RAHUL RAINA 3rd Hole	(SF-005) 07.04.19	
B S CHANDIRAMANI 3rd Hole	(C-149) 10.04.19	
VARUN SINGH BHALLA 5th Hole	(B-459D) 30.03.19	
DIVYA KOHLI NAGPAL 6th Hole	(SL-179) 13.04.19	

PEACOCK COURSE		
ROMESH CHANDRA BHIMSEN GUPTA 5th Hole	(SP-1135) 19.04.19	
JAGTESHWAR SINGH BEDI 5th Hole	(B-275D) 21.04.19	
GURPREET KAUR SOBTI 7th Hole	(CPB-175) 18.04.19	
UPPINDER NATH KASHYAP 6th Hole	(K-673) 24.04.19	
CHARANJIT SINGH PANTAL 6th Hole	(P-239) 25.01.19	
ALI SHER 1st Hole	(A-173) 25.04.19	
ASHOK SINGH MALIK 7th Hole	(M-031) 27.04.19	
RAVI KHANNA 6th Hole	(CPA-197) 30.04.19	
KENKO SONE 5th Hole	(SP-1194) 04.05.19	
V K TOPA 9th Hole	(T-112) 08.05.19	
FATEH SINGH 1st Hole	(SD-1428) 11.05.19	
S REGUNATHAN 5th Hole	(R-193) 15.05.19	
RAJAT DHANDA 3rd Hole	(D-244) 08.05.19	
PARAMBIR SINGH CHHABRA 1st Hole	(C-329) 15.05.19	
MONICA TANDON 6th Hole	(T-131) 16.05.19	
P V KUMAR 3rd Hole	(K-640) 19.05.19	
ATSUSHI SUZUKI 5th Hole	(SP-1245) 18.05.19	
JASPREET SINGH 5th Hole	(J-092) 25.05.19	
KULDIP SARNA 5th Hole	(S-493) 25.05.19	
BALBIR SINGH KAKAR 1st Hole	(SP-1199) 25.05.19	
VICE ADMIRAL SATISH SONI 5th Hole	(S-660) 28.05.19	
SUDHIR SETH 5th Hole	(CPA-140) 29.05.19	
HANISHA ASHOK DARYANI 7th Hole	(SP-1180) 05.06.19	
JAGDISH SHARMA 7th Hole	(S-840) 01.06.19	
NEELAM SIHOTA 7th Hole	(SD-080) 04.06.19	

Heart Beat and Rhythm Differences between Women and Men



Dr. Vanita Arora

Director & Head – Cardiac Electrophysiology Lab & Arrhythmia Services,
Senior Consultant – Cardiac Electrophysiologist & Interventional Cardiologist
Max Super Speciality Hospital, Saket

WHAT IS A HEART BEAT?

The human heart beats roughly 100,000 times a day, pumping blood through its chambers to the rest of the body. Over a lifetime, that corresponds to more than 2.5 billion heartbeats. A heartbeat is triggered by an electrical impulse that signals the heart's chambers to contract at the proper time. Many people, however, have abnormal heart rhythms resulting in abnormally fast or abnormally slow heartbeats called arrhythmias. Fortunately, due to treatment advances, we are able to effectively treat most cardiac rhythm disturbances.

WHAT ARE THE SYMPTOMS OF ARRHYTHMIAS?

Some of the more noticeable symptoms include fainting, dizziness, sensation of light-headedness, sensation of heart –uttering, sensation of a missed or extra heartbeat, weakness, fatigue, shortness-of-breath, chest pain, fainting episodes and intolerance for activity.

It is important to note that not all arrhythmias have symptoms.

WHY WOMEN ARE DIFFERENT FROM MEN AT HEART – EVEN ELECTRICALLY ELECTRICAL EXPLANATION FOR GENDER DIFFERENCES

The fact that heart of a woman is electrically wired differently from men should come as no surprise. The development of every part of the body is determined genetically, and modified by the sex hormones. The heart works through an electrical system that we can measure on the surface with the ECG.

WOMEN HAVE A FASTER BASELINE HEART RATE THAN MEN

On an average; women tend to have a faster baseline heart rate than men. This difference is seen in girls, as young as five years old.

WOMEN'S ECG READINGS MAY BE DIFFERENT

Women are more likely than men to be seriously affected by either congenital or acquired QT (a segment in ECG) prolongation which puts them at an increased risk for drug-induced torsades de pointes (a life threatening arrhythmia).

The hormone (androgen and estrogen) levels may explain the gender differences in QT interval.

Physicians should use caution in women when prescribing any drug including antibiotics, antifungals, antidepressants, and anti-arrhythmics that can further prolong or precipitate QT prolongation as a side effect. It is not unusual to find congenital long QT syndrome as a cause of syncope and sudden death in young women.

DIFFERENCES IN ABNORMAL HEART RHYTHMS IN MEN AND WOMEN

Atrial Fibrillation (AF)– One of the most common irregular heart rhythms. Women are more likely to have AF associated with valvular heart disease and an increased risk for stroke and cardiovascular death as compared to men

in older than age 75. However, women are less likely to receive anticoagulation and ablation procedures compared to men.

Sudden Cardiac Death (SCD)– As the name suggests, it is a sudden, unexpected death caused by loss of heart function. SCD occurs less frequently in women, but is still related to about 400,000 deaths per year in women

worldwide.

It has been seen that while the majority of women who had SCD had no prior history of cardiovascular disease before death, they had at least one cardiac risk factor (smoking, hypertension or diabetes). Family history also plays a role in increased risk if one parent died of heart disease before age 60. The majority of SCD in women is related to an abnormality of the heart rhythm (88%). This reinforces the need for careful screening of heart disease risk factors in women and managing these concerns even without symptoms being present.

Delayed or missed diagnosis of an arrhythmia is a significant problem for women. Often, symptoms can be mistaken for other conditions including panic, stress, and anxiety and are usually not evaluated as cardiac problems.

Electrophysiologists are cardiologists with extensive specialized training in the diagnosis and treatment of heart rhythm problems.

Max Super Speciality Hospital (East Block), Saket, (A unit of Devki Devi Foundation)
2, Press Enclave Road, Saket, New Delhi-110 017, Ph: +91-11-2651 5050

For appointment, call: 8860 444 888 or visit: www.maxhealthcare.in



BROOKS KOEPKA



TIGER WOODS



JUSTIN THOMAS



BRYSON DECHAMBEAU



THE BIG THREE 1962



HIDEKI MATSUYAMA



JON RAHM



JASON DAY



RICKIE FOWLER

ROLEX AND GOLF

The world of Rolex is filled with stories of perpetual excellence. For Rolex and golf, the relationship began with the 'Big Three', and has spanned more than 50 years. With each new decade, the commitment deepens, supporting the champions of the game at the greatest events, who rewrite the record books and elevate the competition for all. As the sport continues to grow, Rolex will be a part of golf and the legendary moments that continue to inspire the next generation of players. This is a story of perpetual excellence, the story of Rolex.

#Perpetual



OYSTER PERPETUAL DAY-DATE 40

