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## Development of “SAAOL Safety Circle” – A unique, simple, user friendly chart for the heart patient to prevent and reverse coronary heart disease

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Patient of Coronary Artery Disease (CAD) need simple, effective and user friendly guidance to prevent and/or reverse their heart conditions. With our experience of treating about 100 thousand CAD patients with lifestyle based treatments in our 48 centers across India, Bangladesh and Nepal in the last 20 years we developed a chart named “SAAOL Safety Circle”. This chart is scientifically proven and can be used by the heart patients to judge the effect of their holistic treatment and status of disease control. It contains 16 spokes in a wheel – each spoke representing a risk factor of CAD. This list of items/parameters are cholesterol, triglycerides, cholesterol/HDL ratio, BP, sugar control, BMI, tobacco consumption, walking, intake of fats/oils, consumption of fruits and vegetables, intake of animal foods, Yoga based exercises, meditation and stress management. Patients need a training of 10 hours to learn a holistic program –developed by SAAOL to practice and follow this chart. This training includes heart care education, complete knowledge of lipids, BP and diabetes control, zero oil cooking, class on “Do’s and Don’ts”, and Yoga. It takes 10 minutes to fill the chart and have been tried by tens of thousands of heart patients. There are three zones in this chart – Red (means high risk), Yellow (medium risk or prevention range) and Green (lowest risk or reversal range). We plan to use this chart for our future program – “Heart Attack Eradication program” which will cover 10 million people.

### Biography

Bimal Chhajjer, MBBS, MD is the Founder of SAAOL Heart Center – the largest chain of Non Invasive Cardiology clinics in India. He is an Ex-consultant at All India Institute of Medical Sciences. He has authored about 70 books and among them a book on reversing heart disease has been published in 10 different languages. He has delivered more than 5000 public lectures all over the world to educate heart patients in the last 25 years. A crusader against use of invasive treatments he has helped more than 100 thousand heart patients to avoid Bypass Surgery or Angioplasty.

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