

## “Score Card is not in dollars earned but in the number of lives saved”



On Sunday September 27th at the Metro Convention Center in Mississauga, the room was packed with over 400 people mostly doctors and dentists and their families who had come out to enjoy the evening and make it count for some less fortunate. The gala was a stunner filled with surprise entertainment, light hearted humour, and a live auction bid for beautiful paintings and Etihad Airways sponsored tickets. The MC, Angie Seth, of OMNI fame, introduced the evening's keynote speakers after a brief speech by the ever gracious Dr. Asha Seth, CEO and founder of NIMDAC Foundation. Dr. Seth spoke briefly about the evening and how it was special as it was the first time the association was addressing the serious issue of heart disease and donating all the evening's proceeds to the Heart and

Stroke Foundation. CEO of the Heart and Stroke Foundation, Mr. David Sculthorpe in his speech said that he was saddened and shocked to see the number of people in North America dying of heart disease. He said that the "scorecard for NGOs is not in dollars earned but in the number of lives saved" He also stated that it was "easier to get rid of a virus than to change a lifestyle" referring to the prevention of heart disease lay in changes of lifestyle. The show-stopper of the evening was the exotic carnival dancers who raised the heart rates and blood pressures of all present! It was followed by a fantastic modern ballet performance by the dance trio A2D2. The evening had a carefully planned heart-friendly 5 course dinner The evening took on a more serious note with the presentation of

heart facts and statistics by Dr. Milan Gupta, cardiologist, who minced no words as he pointed out how serious the disease was amongst South Asian community here in North America. He explained that childhood obesity and early onset of diabetes as well as stress led to heart disease in the young adult population of the community. It was not uncommon in today's world to see adults in their mid -30's and 40's lose their lives to a massive stroke. Education in the early stages by overworked and overstressed parents was key to preparing for a better future with lower incidence of heart disease. The crowd left with the sweet taste of *masala chai* and satisfaction after time and money well spent. Kudos to "angels of hope" like Dr. Asha Seth and her team! May we see more of her kind in society.