

With rise in lifestyle diseases, leading doctors suggest the best way to recover fast is to give up our sedentary routine

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(From left) Dr Harsh Mahajan, Dr Deepak Aggarwal and Dr Gopal Lamgora at the Mail Today Healthcare Conclave.

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PEOPLE nowadays are suffering from diseases that are either very unusual for their age or were not considered epidemic till now, and this is perturbing doctors greatly. For these new alterations in diseases that usually affected the old, doctors are blaming sedentary lifestyles, bad eating habits and the lack of exercise.

“There is a growing problem of diabetes, respiratory disorders and cancers nowadays. Dengue almost becomes an epidemic every year,” said Manish Trivedi, Chief Operating Officer of Jaypee Hospital. He was speaking at the MAIL TODAY Healthcare Conclave held on Friday.

Various kinds of cancers are being registered every year in the cancer registry maintained by the All India Institute of Medical Sciences (AIIMS). “Cancer is becoming a major lifestyle disease. Cases of breast cancer have gone up in past few years which is a source of major concern. There can be various reasons for this rise. Several things such as late marriages and delay in child birth are some of those reasons,” said one of the panellist in the discussion on healthcare issues at the conclave, Dr Harsh Mahajan of Mahajan Imaging Centre.

Dr Deepak Aggarwal, an emi-

‘COMBINE TREATMENT WITH DAILY WORKOUT’



nent doctor from AIIMS, pointed out that India should have a separate discipline that focuses on the elderly. “Although we are a young country, we also have a significant growing number of elderly. They need special care so we need special doctors. We should have specific study disciplines in geriatrics which deals with elderly patients only,” Dr Aggarwal said.

Dr Gopal Lamgora, technical advisor from Fenfuro, who represented the herbal industry, highlighted how apart from

technology, herbal extracts are becoming popular among patients. “We deal in diabetes management. I have seen that patients are greatly benefiting from the power of nature, herbal extracts are proving to be major medicines for treatment and management of various diseases ranging from diabetes to hypertension. The best way to recover fast from such diseases is to combine these treatments with a 30-minute daily exercise.”

Doctors also discussed the role of technology in healthcare during the panel discussion and said that technology has a major role to play in any proposed healthcare reform. “Technology can curtail costs, improve access to doctors and hospitals and that can save lives. In comparison to earlier days, health facili-

ties in the current generation have improved and also the life span of humans has increased tremendously,” said Dr Mahajan.

“Technology has brought in a sea change in healthcare with cure of several diseases now available with lesser pain. Now we can diagnose more and more diseases with greater ease. With advancements in technology we can now easily see the MRI and other related scans on computers. The old big films that were difficult to carry are now no longer in use,” he said.

Dr Mahajan emphasised on the fact that India is ahead the technological advancement road, the treatments are becoming cheaper in the country and people are coming from various countries to India for treatments.

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AIIMS