Make changes at the personal level to ensure ‘freedom’ from diseases

Independence Day should also be an occasion to pledge making healthy changes at the personal level and commitment towards eradicating the burden of lifestyle diseases

New Delhi, 14 August 2017: As per statistics, India ranks very high among the nations affected by the rising wave of premature deaths due to non-communicable diseases (NCDs), which account for 60% of all deaths in India. About 5.8 million Indians die due to diabetes, cancer, stroke, heart, and lung diseases each year and 1 out of 4 Indians is at a risk of dying from an NCD before the age of 70. As per the IMA, this Independence Day, one should pledge to make lifestyle changes and take preventive healthcare measures at a personal level, to ensure freedom from the burden of NCDs. A healthy diet, regular physical activity, avoiding the use of tobacco and alcohol, and preventive screening can prevent at least 80% of premature deaths from heart diseases and strokes and 40% of cancer related deaths.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Every year, 15th of August is celebrated as the day India got independence from the British rule. However, it is time that we work towards that day when we celebrate independence from diseases. The 15th of August should not just be a reminder of independence from the British but also a commitment on a yearly basis to eradicate one more disease or other problems faced by our country. And change begins at the personal level. It is important to keep a check on the body’s functioning by going for regular health checkups. This will help in assessing risk factors and diagnosing diseases at the right time which will further enable effective treatment and better management of the condition.”

Although healthcare in India has undergone massive changes, there is a lot more that needs to be done. The challenge lies in enabling both the private and public sectors to work together and enable a healthy and disease-free India.

Adding further, Dr Aggarwal, said, “The Father of Nation, Mahatma Gandhi was absolutely right when he said, ‘be the change you want to see in the world’. This change also applies to our lifestyle patterns, which will encourage others to follow suit and adopt a healthier lifestyle and in turn obtain freedom from diseases and ailments.”
One can follow the Formula of 80 to prevent NCDs and live up the ripe age of 80.

- It is important to keep your fasting sugar lower than 80 mg %
- It is best to refrain from consuming alcohol. For those who still wish to drink, they should restrict it to not more than 80 ml of alcohol in a day or 80 grams in a week
- To not consume more than 80 grams of caloric solid or liquid food in one meal, rather eat frequent but small meals
- Restrict your soft drink consumption to 80 ml in one go. The tip is to add soda and dilute it to make it 200 ml
- Do not consume tobacco products otherwise you will end up with a surgery bill of over Rs 80,000
- It is important to keep one’s blood pressure lower than 80 mm Hg and heart rate lower than 80 per minute.
- Do aerobic exercises for 80 minutes a week.
- Do stretching exercises for 80 minutes in a week.
- Consume at least 80 fruits and vegetables servings in a week.
- Do not consume more than 80 ml/gram of ghee, oil and butter in a week.

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About IMA:  Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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