India is a global hub of infectious disorders which claim a high burden of morbidity and mortality. Most of these diseases are preventable using vigilant immunisation.

As such diseases put a great burden on the healthcare and economic setting of India, raising awareness about preventive vaccinations available for children and adults is important.

New Delhi, 9th Nov, 2016: Infectious diseases constitute about 30% of the country’s total disease burden. Diseases like Tuberculosis, malaria, viral hepatitis and influenza remain a major cause of illness, disability, and death. In India, vaccine-preventable infections kill more individuals annually than any other health conditions. Approximately 1.5 million people die each year from vaccine-preventable diseases in India.

It therefore becomes highly important to educate the general masses about immunization options available to avoid such diseases that significantly affect health, wellbeing and quality of life. Immunization is a process by which a person is made resistant to an infectious disease, typically by the administration of a vaccine.

Padma Shri Awardee Dr. KK Aggarwal - President HCFI and National President Elect IMA, said that, “it is recommended to get vaccinations from birth through adulthood to provide a lifetime of protection against many diseases and infections, such as influenza, pneumococcal disease, human papillomavirus, and hepatitis A and B. Soon after birth, BCG, HepB and poliovirus vaccines are mandatory to protect against diseases like TB, bladder cancer, hepatitis and polio. Other vaccines that are given at 4 weeks are DTP for Diptheria, Tetanus and Pertussis while vaccines for Typhoid, mumps and chicken pox should be given in 9 months to a year following birth. From 7-9 years onwards, Tdap and HPV vaccination should be administered. Rotavirus kills nearly 150,000 individuals in India annually, the preventive vaccine for rotavirus can be given after the age of 6 weeks- 2 doses at 10 weeks and 14 weeks.”.

Talking further about preventive vaccinations available for adults, Dr. K.K Aggarwal added, “Vaccines recommended for all healthy adults include DPT, MMR, HPV (9-26 years), Influenza (50 yaers), Pneumococcal (>65 years) and Zoster (>60 years). Inhigh risk individuals like those with percutaneous or mucosal exposure to blood and patients with sexual exposure should be vaccinated if not immunized in childhood. Vaccination options for such individuals include Hepatitis B and A, Meningococcal, Varicella and Typhoid shots.”

Vaccines stimulate the body’s own immune system to protect the person against subsequent infection or disease. It is extremely important to follow a vigilant immunization schedule in childhood and adult life.

- Ends -

About Heart Care Foundation of India
Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing
solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India

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