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PREVENTION IS BETTER THAN CURE



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Women's health concerns cover a wide spectrum. While many health conditions are more prevalent in women, they may have different symptoms and require different treatment or prevention protocols. Besides conditions such as pregnancy, menopause, ovarian and cervical cancer, which are unique to women, there are other medical conditions like breast cancer and osteoporosis which are women's top health threats.

A HEALTHY WOMAN MEANS A HEALTHY FAMILY

The modern lifestyle of the new age woman shows excessive signs of stress resulting from factors like long working hours, erratic eating habits, late nights and a desire to excel in everything. In this quest to become a superwoman, today's woman has ignored her health completely. It is essential for every woman to take care of her health, get regular health check-ups and screenings to rule out any developing symptoms and take preventive measures, under the guidance of her doctor at the earliest.

PREVENTIVE HEALTH CHECK-UPS (PHCs)

Our lives have undergone a sea change in recent years. Be it our dietary patterns, daily routine, working hours, deadlines, nuclear families or stress. All of these factors have been detrimental to our health. Many diseases occur largely due to these lifestyle changes. It is essential that we preserve and protect our health before it gets too late. Preventive health screenings are a cost-effective way of identifying and treating potential health problems before they develop or worsen.

WOMEN'S HEALTH INITIATIVE

Nowadays, PHCs are done routinely across all hospitals, not fully appreciating vital factors like lifestyle, age, occupation and heredity. 'One size fits all' is not the best policy for your health. Running a battery of similar tests on everyone, being the usual practice across many hospitals, is not in the best interest of the population whose health concerns they are attempting to address.

Keeping this in mind, Fortis Hospital Vasant Kunj (FHVK) has come up with the concept of customised PHCs which aims to preserve and promote good health in women. The PHC plan is designed to undertake periodic, tailor-made health



evaluations to arrest the development of any serious complications in the initial stages. FHVK has a suite of health checkup packages customised to the needs of individuals, based on their individual profiles.

For example if you are a woman in your mid-30s, drive daily to work, are mother to a school going child and have a high-profile job, your PHC test has to accommodate these factors and you should not only get screened for regular tests but also be offered psychological counselling, dietary tests, screening for spine health also. Only then PHCs are going to be an effective way of improving health or detecting illnesses that you are most prone to.

The doctors aim to address all your issues, from heart disease to breast cancer, from diet and nutrition to vitamins and supplements, from hormone therapy to exercise and counselling. All diagnostic services under-one-roof help us streamline your tests, to give a comprehensive and complete report. FHVK, focuses on health, holistically, from a woman's perspective.

KEY POINTS TO REMEMBER

- Women should undergo a general check-up every year.
- If you have high risk factors, talk to your doctor about your medical history, your family's disease history, your lifestyle habits such as smoking or drinking alcohol.
- If you are at high risk of a particular disease, get tested regularly, regardless of your age.
- How often you need them: Assessing your overall health and medical reports along with the previous medical history, your doctor can guide you the best regarding this. Keep in touch with your regular healthcare practitioner for any advice.

(March 8 is International Women's Day! On this occasion, FHVK plans to conduct health camps to highlight the importance of women's health. Women can avail special PHCs and screenings by calling 011-42776222)