

Fortis Hospital, Vashi, Conducts Multi-Specialty Health Check-up Camp for Navi Mumbai Fire Brigade

~ Over 400 Navi Mumbai Fire Brigade employees and their families get screened for BP, BMI, Gyneac, Ortho, RBS and provide Diet, Physio & General Consultations ~

Mumbai, April 16th, 2016: Fortis Hospital, Vashi, celebrated this year's **Fire Safety Week** by conducting a multi-specialty health check-up camp for the employees of **Navi Mumbai Fire Brigade** and their families at Airoli on Saturday. The medical experts from Fortis Hospital, Vashi, offered general consultation and helped the Fire Brigade employees and their families understand ways to take better care of their health. The multi-specialty camp, conducted at the Fire Brigade Employees colony at Airoli, included a number of essential health check-ups that benefitted over 400 individuals.

Fire Brigade employees play a vital role in the administration of Navi Mumbai and the state of their health has a bearing on life of the residents. Fire Brigade employees are required to remain fit, alert and in optimum health at all times. However, their challenging work profile puts them at risk of a number of health problems. Interestingly, most of individuals who were screened indicated concern for better health and sought doctors' advice in leading a healthier life. Doctors from Fortis Hospital, Vashi, were happy to offer advice on physiological and diet related issues, which are reasons behind most lifestyle issues.

Dr Bipin Chevale, Facility Director, Fortis Hospital, Vashi, said, *"Given their challenging work conditions, the Fire Brigade employees are exposed to health hazards. Traditional problems like BP, uneven Body Mass Index (BMI), poor Bone Mineral Density (BMD), etc. still persist, but they are controllable to a certain extent – regular health screenings will help curb these. Getting health problems diagnosed is the first step in ensuring the overall health. Through this multi-specialty health check-up camp, we are aiming to help the Fire Brigade employees and their families identify the problems for timely resolution. Adequate physical activity and nutritional diet is an important aspect to manage health".*

Mr Prabhakar Gade, Senior Fire Officer of Navi Mumbai Fire Station, present at the health check-up camp, shared his views on health of Fire Brigade employees and their well-being. He said, *"We are happy that this camp was conducted for us. We serve the city of Navi Mumbai, for which, we have to be in good physical, emotional and psychological condition for serving the residents better. We are thankful to Fortis Hospital, Vashi, for this initiative and are hopeful that the camp will have a positive impact on my colleagues and their families".*



As part of the **Fire Safety Week**, experts at Fortis Hospital, Vashi, will also conduct **Basic Life Support (BLS) training** for the Fire Brigade employees on 19 April, through a day long activity, starting 11:00 AM. The programme will also comprise of a session on **Cardio Pulmonary Resuscitation (CPR)** technique, which will be hosted by Dr. Rahul Gupta (Interventional Cardiologist, Fortis Hospital, Vashi) CPR, a lifesaving technique will be useful for Fire Fighters to manage medical emergencies.

The **Fire Safety Week** is held from 14 to 20 April every year, in honour of the 66 fire-fighters who lost their lives in the Bombay Explosion (or Bombay Docks Explosion) that occurred on 14 April 1944, at the Victoria Dock of Mumbai (then Bombay).

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About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 306 diagnostic centres.

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