

Non-communicable diseases discussed

AMRITSAR: Fortis Escorts Hospital, Amritsar; Chronic Care Foundation and Impact Senior Living Estates organised a round-table meet in the city aimed at involving all stakeholders - including those from outside the health sector - to identify the disease burden, risk factors and prevention of chronic non-communicable diseases (NCDs) among the ageing population, young adults and women.

Dr Ratna Devi, chief executive officer, Chronic Care Foundation, said, "NCDs impoverish both individuals and societies. The immediate need is to create awareness about best practices in preventing and managing these diseases."

Speaking on vulnerability of senior citizens and the associated geriatric care, Dr HP Singh, medical superintendent, and Dr Arun Chopra, principal cardiac

consultant, Fortis Escorts, said, "The aim of geriatric care is to reduce or postpone the onset of age-related illness so that an elderly person suffers ill health only for a short period and is able to lead a healthy life. Elderly patients need a more broad based, interdisciplinary approach to manage their health as problems are often multi-dimensional - biological, social, emotional, psychological and financial."

Prateem Tamboli, director, Fortis Escorts Hospital, emphasised the need for such a programme due to the increasing number of people above the age of 60 (the percentage of senior citizens is 8% and is expected to go up to 25% by 2050).

The round-table meet focused on accessibility, availability and affordability of clinical and diagnostic services for treatment and prevention of NCDs. **HTC**