

Editor's Desk



Dr. A. Muruganathan
Chief Editor

Dear Brothers and Sisters, Greetings!

Life style modification needs more attention.

“Being healthy and fit isn't a fad or a trend. Instead, it's a lifestyle”

The Lack lustre aspect of our medical practice and needing intense resuscitation is our patients not giving adequate attention to healthy lifestyle. The trepidation about the thought of tsunami of Obesity and Diabesity waiting in the wings to strike our population is real and not to be sneezed at. Social media and entertainment gizmos have added their dividends to the proliferation of Obesity and heart disease in young people in the prime of their life. It is a wakeup call to stay vigilant to intensely focus on our efforts to address this issue. Our prime duty as physicians is to preach, practice and educate the public about smoking cessation, alcohol moderation, giving importance to plant based diet, regular exercise, avoid Sedentary lifestyle, Dietary indulgences, Sleep deprivation, Stress prone activities and hedonistic life style with a view to stopping the ill health epidemic on its tracks. We can also intensify our efforts to encourage local government establishments to the developments of Public parks, leisure centres and sport facilities including swimming pools to promote cost effective exercises. Not to ignore to include, for stress busters, laughing therapy and mood elevating and happifying exercises. We also have to consciously go about it before other interested people with only profit motives beat us to it.

“A healthy lifestyle not only changes our body, it changes our mind, our attitude and our mood”

Best wishes

DR. A. MURUGANATHAN
CHIEF EDITOR