

### Editor's Desk



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### **A WEDDING ANNIVERSARY SHOULD BE THE FITTING AMBIENCE FOR FAMILY-DIRECTED HEALTH APPRAISAL.**

We all remember and celebrate our wedding anniversaries, cutting cakes, visiting religious places, and be with family, and digging into feasts. Some even spend their day with poor orphaned, deaf and dumb schools and physically challenged persons providing them with good food, gifts, and books, arousing and intensifying their happiness. We many times push it into cold storage and fail to ponder about our own health and of the immediate family. It is deeply hidden in our thoughts and we ignore it.

It's arousal that it is an apt, appropriate, and relevant time to revisit and evaluate our own health and identify any inadequacies and gaps that need filling. It is not an exaggeration that many of our professional compatriots have failed to do basic health checks like B.P, HbA1C, waist circumference, PSA, cancer screening etc. One of my close confidante continues to regret about his delayed diagnosis of a very simple diagnosis of his own hypertension due to apathy when he was deeply buried in his professional commitments allowing it to be complicated by LVH. He now spreads the lessons learned to raise awareness in the medical community and others. The ideal gift to be given to someone celebrating a wedding anniversary is a home blood pressure monitor. Some even memorialize the day their illnesses were first identified. So folks let us all celebrate our wedding anniversaries in the traditional ways but also include as an addendum the important health appraisal to identify any gaps and roughness in the management and also to purify, and smoothen. It is a good idea to do a family health checkup before every wedding anniversary.

A study by the London School of Economics found that health was one of the biggest factors when determining how happy someone is. Being healthy promotes happiness. Being happy promotes a healthy lifestyle. It may also help combat stress, Boost Your immune system, protect your heart and reduce pain. What's more, it may even increase your life expectancy. Wishing you all pleasant, happy, healthy wedding anniversaries as and when they arise.

***Best wishes***

**DR. A. MURUGANATHAN**  
**CHIEF EDITOR**