



It's the time of the year to crystal gaze and look at some of the new trends that will rule the healthcare industry in 2019. And we have experts in the field to guide us.

## PREVENTIVE HEALTHCARE

A significant change will be ready adoption of a proactive approach towards health. Though the seeds were planted in 2018 itself 2019 looks to be the year when masses will openly embrace proactive screening and preventive healthcare. "The 'sickness industry' will surely though slowly shift to 'wellness industry'. Because of accessible, affordable and convenient healthcare services, the market will grow. Eight to 10 per cent people will favour preventive over curative," says Deepak Sahni, CEO & Co-Founder, Healthians. Block-chain based assessment, chatbots and digital assistants driven on Artificial Intelligence, 3D printing and Machine Intelligence will drive better compliance through alerts, reminders and insights — in the process ensuring that the high costs of late stage disease management are lowered.

## HEALTHY WORKPLACES

Corporates now realise that healthy employees are and will be their biggest assets. There is already an increased awareness within corporates about this. 2019 will see corporates implement larger initiatives promoting good health and in making the workplace healthier. "The current healthcare trends are focused towards curing work stress and getting rejuvenated from daily hustle bustle of corporate life. A slight shift towards preventive healthcare can also be seen these

days. People have become more aware about their health nowadays and have started taking respective steps towards ensuring a healthier lifestyle," says Dr. Rukamani Nair, Naturopath and Founder, BNCHY Wellness Medispa. The demand for wellness breaks, online wellness coaching and holistic living is on the rise to help employees from the effects of long working hours, stress, anxiety and other negative emotions.

## BALANCED NUTRITION

Even as doctors, specialists, and nutritionists advise a low-fat diet, there is a clear shift towards the good and essential healthy fats. This is because the hormones that regulate the functions in our body and the brain require healthy fats, more than the protein and carbohydrates. "Fats have several different functions in the body and offer various benefits. It is important to add good fats to your diet for it to function to its optimum capacity. Fats have amazing healing capacity: they improve gut health; improve metabolism; liberate fat from the fat cells; improve insulin sensitivity; and even turn off the brain's addiction centres. Consumption of saturated fats may help in the prevention of heart diseases. This is because they reduce the levels of lipoprotein A, which has a very strong correlation to heart disease. It is also important to note that there are no drugs to reduce the level of lipoprotein A," says nutritionist Saanchi Nayak. Again remember one size does not fit all. Bio-individuality means different bodies require different recommendations, treatments and diets.