

FOCUS ON CHILDREN HEALTH

Parents today are anxious about their kids' health. "Special gyms and exclusive academies that cater to this challenge will bloom. They will aim to boost physical activity levels for youngsters," says Sahni. "Positive Nutrition is key to being healthy on a sustainable level. A positive relationship with food is the answer for the years to come. Focusing on a holistic picture and perception will bond the conscious and the subconscious to help make healthier choices," avers Payal Kothari, Integrative & Functional Nutritionist.

MIND MATTERS

Mental wellness needs to be integrated along with physical wellness and the feel good factor is going to be given more priority

than size zero. "The importance of hormones, meditation, and nature workshops will trend heavily in 2019. Emotional baggage will be worked upon, tolerances towards lack of inhumanity will be lower and voices will be raised, clean eating will be encouraged and will change at the cellular and DNA level of the individual," says Kothari. Vijay Kumar Karai, CEO, AyurUniverse adds, "Yoga has always been a practice of mental development and an effective stress reduction tool. It helps improve mental health issues, including anxiety, depression and post-traumatic stress disorder, among others."

TECH TALK

In 2019, the healthcare sector is going to witness the adoption of more technology. The year is expected

BENGALURU SHOWS THE WAY

According to one estimate, the Indian healthcare market is likely to grow at 23% CAGR to reach \$280 bn by 2020. A key incubator for healthcare startups, Bengaluru is taking huge strides in the development of technologies that are poised to change the face of healthcare in the country. Take for instance Niramai that is using Artificial Intelligence to fight breast cancer by helping detect cancer in its early stages. Practo, another Bengaluru-based organization is a one-stop healthcare platform that has expanded to cover many cities and countries and is today a single source of appointments, consultations, health records, insurance and ordering medicines online. Likewise Portea ensures that patients have access to doctors, nurses, physiotherapists and technicians at home through home visits. Making primary pediatric healthcare service to school children affordable and holistic is what AddressHealth, another Bengaluru startup does. With a culture that promotes healthcare, Bengaluru is certainly at the forefront when it comes to path-breaking medical innovations.

AN INTERNATIONAL EXPERT AT NU HOSPITALS



Dr. Pramod Krishnappa, Andrologist & Prosthetic Urologist, NU Hospitals – Bengaluru, has brought in his international expertise after having trained in centres of excellence in Madrid, Belgrade and Chicago.

The following services are provided:

- 1.** Evaluation and treatment of Erectile Dysfunction (ED) and Ejaculation issues.
- 2.** Centre of excellence for Penile Implant Surgery.
- 3.** Penis cosmetic procedures such as buried penis correction, pubic fat reduction, straightening of penis, scrotoplasty, frenuloplasty, circumcision.
- 4.** Low testosterone hormone levels (Hypogonadism) and testosterone replacement therapy.
- 5.** Semen abnormalities: Retrieval of sperms using penile vibrators or surgically.
- 6.** Microscopic surgeries : Varicocelectomy, micro-TESE and surgical repair of obstruction in vas (semen carrying channel).
- 7.** Sperm cryopreservation: If decreasing sperm quality over a period of time or if planning to postpone having a child
- 8.** Onco-fertility: Fertility counselling and cryopreservation of sperms prior to radiotherapy or chemotherapy in patients with cancer who haven't completed family

NU Hospitals is known to cater to all patients with utmost compassion, maintains strict confidentiality and provides ethical treatment.