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the vitals of patients in real time, and detect diseases at an early stage,” says Dr. Babina N.M, CMO, Jindal Naturecure Institute.

AILMENTS ON THE RISE

“We are witnessing rising trends in lifestyle diseases but also have significance prevalence of communicable diseases at the same time. Depending on the age group we see many patients with heart disease, diabetes and stress related disorders. There is also an increasing prevalence of cancer diseases supported by early detection which helps better outcomes. As average life expectancy is improving, there is growing incidence of age related joint problems, hypertension,

diabetes and eye problems. Among children, we witness all kinds of infections, congenital disorders like heart defects and some rare tumours,” says Dr. Ritu Garg, Zonal Director, Fortis Memorial Research Institute. Regular preventive health checks and close monitoring of health indicators along with maintaining stress free healthy lifestyle is the key to minimize ailments. A healthy diet, regular exercise, no alcohol or smoking and developing good hobbies help lead a stress free day and keep diseases at bay.

MEDICAL TOURISM

The talent pool that performs successful life-saving surgeries

and cost effectiveness are two of the biggest factors which have contributed to the rise of medical tourism in India. Foreigners who travel to India for medical tourism are given full support by the government as well as hospitals. The cost of surgery, living expenses for the accompanying family, post treatment medicines and support are provided at one-fifth the cost of what they would have to pay in American or European countries. Majority of patients visiting India for medical treatment are from the Middle East, Africa and CIS countries. Indian doctors have an excellent reputation all around the world for their accurate diagnosis, treatment