

**PRESS RELEASE**

**Date: 29.10.2018**

**ADDRESS BY THIRU BANWARILAL PUROHIT, HON'BLE GOVERNOR OF TAMIL NADU  
AT THE INAUGURATION OF EXPANDED FACILITY OF VGM GASTRO CENTRE &  
MULTISPECIALITY HOSPITAL AT VGM HOSPITAL CAMPUS, TRICHY ROAD,  
RAJALAKSHMI MILL STOP, COIMBATORE ON 29.10.2018 AT 1200 NOON**

Thiru. Banwarilal Purohit, Hon'ble Governor of Tamil Nadu inaugurated Expanded facility, released the book at VGM Gastro Centre and Multi Speciality Hospital and addressed the gathering.

Hon'ble Governor said "I am happy to be participating in this function that has been organised at VGM Hospital Coimbatore, for inaugurating the Advanced Third Space Endoscopy Centre and Advanced Arthroscopy and Reconstruction Centre as well as the additional blocks for providing expanded facilities.

Coimbatore or Kovai as it is known is one of the fastest growing tier-II cities in India and a major industrial hub in South India. It was part of the Kongu Nadu during the Sangam Period and was ruled by the Cheras. In recent times the city started experiencing economic prosperity after the textile boom in the early 19th century. Coimbatore is also referred to as the "Pump City" since it supplies nearly half of India's requirements of motors and pumps. The city is one of the largest exporters of jewellery, wet grinders, poultry and auto components. The "Coimbatore Wet Grinder" and the "Kovai Cora Cotton" are recognised as Geographical Indicators by the Government of India.

The first health care centre in the city was started in 1909. There are around 750 hospitals in the city now, with large capacities to house inpatients. The VGM Gastro Centre which was inaugurated on September 13<sup>th</sup> 2009 with a bed strength of 40, has been constantly upgrading its technology to match world standards and today the bed strength of the hospital has grown to a 100. Taking into account the need for expanding the specialities provided and

keeping in mind the increasing number of patients the hospital is now venturing into more advanced technologies for endoscopy along with facilities for advanced Orthopedic treatment.

You are all aware that the Capabilities of endoscopy have increased over the past few years. The technique is no more only diagnostic, but also therapeutic.

'Third Space Endoscopy' envisages creation of a sub mucosal tunnel and cutting the muscle layer and removing early cancers in toto. Third Space procedures have obviated the need for surgery for several conditions. Such a facility being provided in the hospital will, I am sure, be of benefit to residents of 'Coimbatore'.

Orthopaedic surgery has evolved and advanced technologically over the years. The most recent advancement in Orthopaedics is key-hole surgery of joints/Arthroscopy, wherein a 4 mm scope with camera is introduced into joints like knee, shoulder, ankle, elbow, wrist and hip to identify and treat any injury to the ligaments/muscles and cartilage. Adequate early repair of the ligaments avoids future Osteoarthritis and future Joint Replacement Surgery.

Osteoarthritis is a very disabling disease with a high incidence of 28% in Indian adults above 50 years age. Adequate exercises, healthy food habits, avoiding obesity etc are several means available for reducing the incidence of primary Osteoarthritis.

Arthroscopy is a rare sub-speciality for Orthopaedic surgeons and Cartilage reconstruction procedures are in the nascent stage with only a handful of surgeons capable of performing this in India. The availability of such rare medical innovations in the centre being inaugurated today in this hospital will not only benefit the local residents but also patients from other states.

Obesity is growing not only in the western hemisphere, but also in our own country. Obesity in India has reached epidemic proportions in the 21st century, with morbid obesity affecting 5% of the country's population. Unhealthy, processed food has become much more accessible following India's continued integration in global food markets. This, combined with

rising middle class incomes, is increasing the average caloric intake per individual among the middle class and above income households.

Obesity is a major risk factor for cardiovascular disease. It also goes hand in glove with diabetes, hypertension, high cholesterol and triglycerides, fatty liver and heart problems, thus shortening one's life span.

The treatment for obesity, is mainly possible only through modification of life styles.

It is important that Obesity is fought right from childhood in order to promote healthy living. Mothers should encourage children to learn yoga, sports and to avoid junk foods and prevent them from getting addicted to sedentary life of watching electronic gadgets.

While the diseases of the have -nots are due to malnutrition and unhygienic surroundings, the affluent in India face a different problem altogether by way of increased incidence of metabolic syndrome comprising of obesity, diabetes, systemic hypertension, and fatty liver. A combination of yoga combined with dhyana, and the right kind of diet would probably be the best way forward to save huge medical bills.

Considering the relevance of the subject, Dr. V.G. Mohan Prasad has authored a book titled "You can also lose weight" which I am happy to release at today's function.

The United Nations and the World Health Organisation have emphasized the need for universal healthcare coverage. But statistics reveal that access to health care varies across countries. Even among the OECD Countries, universal health coverage is not available in US and Mexico. With a view towards ensuring the availability of Universal health care, the Government of India has recently launched the Ayushman Bharat - National Health Protection Mission. The scheme has the benefit of health cover for Rs. 5 lakh per family per year. The target beneficiaries of the scheme will be the poor and vulnerable groups and nearly 50 crore people will get the benefit of health insurance. This is expected to make a big impact on raising the quality of life, since it will lead to increased access to health care and medication. In addition, the unmet needs of the population which remained hidden due to lack of financial

resources will be catered to. It will lead to timely treatments, improvements in health outcomes, patient satisfaction, improvement in productivity and efficiency, job creation thus leading to improvement in quality of life.

Tamil Nadu has always been an important centre for medical diagnosis and treatment. The State is well known all over the world as the hub of medical tourism, providing affordable health care without compromising on quality.

The expansion of medical facilities through the initiatives of doctors such as Dr. Mohan Prasad will contribute towards greater movement of patients in search of specialized medical care to Tamil Nadu. Such efforts deserve our encouragement and support. I extend my best wishes to him and the other doctors of the hospital who are working hard to improve the quality of health care and wish them well. May success greet them in all their endeavours”.

On this Occasion Thiru. Pollachi. V. Jayaraman, Hon'ble Deputy Speaker, Tamil Nadu Legislative Assembly, Dr. B.K. Krishnaraj Vanavarayar, Chairman, Bharatiya Vidhya Bhavan, Dr. G. Bakthavatsalam, Chairman, K.G. Hospital, Thiru. C. Mahendran, Member of Parliament, Thiru. H. Raja, National Secretary, Bharatiya Janata Party, Dr. V.G. Mohan Prasad, Chairman, VGM Hospital and Dr. C.P.S. Suman participated.

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Joint Director(PR)