

Hon'ble Governor of Tamil Nadu, Thiru. Banwarilal Purohit participated as Chief Guest at the launch of India's First Flex Arm Hybrid Cath Lab OT at Kauvery Hospital

Hon'ble Governor of Tamil Nadu, Thiru Banwarilal Purohit participated as Chief Guest at the launch of India's First Flex Arm Hybrid Cath Lab OT at Kauvery Hospital at Hotel Crowne Plaza, Alwarpet, Chennai today (12.02.2020) and addressed the gathering.

Hon'ble Governor said, "It is a pleasure to be here today for the launch of India's First Flex Arm Hybrid Cath Lab at Kauvery Hospital, a one of its kind facility which will greatly improve clinical outcomes.

'Health is Wealth' is a famous saying. The importance of health care has never been so well understood as it is in the present time.

'It is health that is real wealth and not pieces of gold and silver', said Mahatma Gandhi.

Unfortunately, the prevalence of heart diseases among the people of India is on the rise and is a huge cause of concern for the nation. Heart disease is one of the leading causes of disease that is a burden both to the families concerned and to the nation.

In the last 25 years, the prevalence of heart diseases and stroke has increased at an alarming rate by 50%. Today, 1 in 4 deaths are because of Cardiovascular Diseases. These diseases tend to affect people in the most productive years of their lives and result in catastrophic social and economic consequences, for the family as well as the nation.

For instance, imagine a person in his 40s suffers from a heart disease. There is a high probability that he is the only earning member of the family and the family's entire livelihood depends upon him. In case of a medical emergency, the family has nobody to fall back on and it will take him at least 3-6 months to return to normal. Imagine the amount of burden the family will have to bear. This is true for a large number of families in India.

What is more alarming is the high prevalence of heart diseases among the youth of the country. The youth are the future of our great nation and imagine that future riddled with heart diseases. It will lead to a dire scenario.

In 2016, around 17.9 million people died from Cardiovascular diseases, representing 31% of all global deaths. Of these deaths, 85% are due to heart attack and stroke. In India, 55 million people, that is, around 6 people for every 100 people suffer from heart diseases. The likelihood of heart diseases in young Indians is 15-18% higher than any other group globally and heart attacks are 3-4 times higher than in the West.

The major risk factors when it comes to heart diseases are smoking, obesity, leading a sedentary lifestyle, high blood pressure and high cholesterol. The lifestyle of young Indians today is driven by stress, and bad food habits. Highly stressful and competitive jobs have a serious impact on a person's overall health, both physically and mentally. For most part of the day, they sit at their desks and work, and hardly have any physical activity at all. This kind of inactiveness over the time, leads to obesity and associated complications.

We live in the 'Fast Food Era' now and most of the fast food consumed by youngsters has a high concentration of salt, which gradually increases their blood pressure and leads to heart disease in the long run.

However, it is still in our hands to take control of ourselves. Lifestyle modifications can go a long way in preventing heart diseases. I encourage everyone, particularly the youth, to step out and exercise for at least 1 hour every day. It could be cycling, swimming, walking, jogging, running, gyming or any other form of exercise.

We should also become aware of what we consume and switch to healthier choices. Fruits and vegetables need to become an inevitable part of the daily diet.

Living a stress-free life is of prime importance. It is essential to deal with stress in a healthy manner. Meditating for 10-15 minutes every morning helps alleviate stress and declutter the mind.

With a view towards ensuring the availability of universal health care, the Government of India has launched the Ayushman Bharat - National Health Protection Mission in 2018. 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.

The Government of Tamil Nadu along with the support of the Central Government has also launched reforms to combat the menace of heart diseases. The Tamil Nadu Urban Healthcare Project will lay focus on providing advanced treatment for non-communicable diseases such as Cardio-vascular diseases, Cancer, Chronic respiratory diseases and Diabetes and improving existing hospital infrastructure.

India, over the years, has grown into a hub for medical tourism. In my opinion, this is the result of the healthy relationship between the government and private sector when it comes to healthcare. Our country comprises state-of-the-art medical facilities, top experts across multiple specialities and quality nursing professionals. Ranking 5th Globally and 2nd in Asia in the Medical Tourism Index, I believe investments such as this done by Kauvery Hospital is a welcome step towards the influx of more medical tourists seeking high-end surgical interventions.

I am happy to inform you all that the Hybrid Operating Theatre at Kauvery Hospital is India's first flex arm hybrid operating system and Tamil Nadu's first-ever hybrid operating theatre. Upon my discussion with the experts at Kauvery Hospital regarding the features, I was informed that this facility offers best imaging to aid complex cardiac procedures in a safe environment and when there is a need for surgery, it can be done in the same room. This will result in enhanced precision and improvement in the clinical outcomes for patients.

What is more important is that the hybrid operating room is the safest facility to perform complex surgical procedures, without the need for open surgery, thereby greatly reducing surgery time and recovery time while enhancing the quality of life.

The medical profession is a noble profession. The members of the medical profession are not merely doctors. To the patient, they are his saviours and the pain relieving Messiahs. In the words of the famous French philosopher Voltaire "Those who are occupied in the restoration of health to others, by the joint exertion of skill and humanity, are above all the great of the earth. They even partake of divinity, since to preserve and renew is almost as noble as to create".

It is important for us to work together in a constructive manner to make healthcare comprehensive, universal, affordable and to fight the common enemy i.e. diseases. In this mission, I request everyone from public and private sector, allopathy and traditional

systems, to work together in urban areas, rural areas and also tribal areas and provide quality health services. We should all join hand in hand and march together so that we achieve success.

I appreciate the management team and the expert doctors at Kauvery Hospital, who constantly strive to invest in advanced medical technology. I am certain that this will greatly benefit patients all over the world seeking advanced cardiac care and also make Namma Chennai the new cardiac health capital. God Bless.”

On this occasion. Dr. S. Chandrakumar, Executive Chairman, Kauvery Hospital, Dr. Manivannan Selvaraj, Managing Director, Kauvery Hospital, Dr. T. Senthil Kumar, Executive Director, Kauvery Hospital, Heart city, Dr. Aravindan Selvaraj, Executive Director, Kauvery Hospital and other dignitaries participated.

Raj Bhavan, Chennai – 22

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Date : 12.02.2020

Addl. Director (PR)