



Noncommunicable Diseases



President's Message

Dear FOGSIans

Greetings and wishing you a very Happy Holi. Holi is a festival of all colors, friendship and exchange of good wishes and blessings and FOGSI is all about this. Our health is important and taking care

on a regular basis is important, but more than this, the focus should also be on prevention. Noncommunicable diseases are on the rise and are a major cause of death and need urgent attention. Best is that they are preventable to some extent and in some of them the foundation is laid in utero and to take care of this our unique initiative *Adbhut Matrutva* is being initiated this month with a TOT being conducted at Manesar. Also keeping 'prevention is better than cure' TOT on Immunization Schedule from Womb to Tomb is being planned after which an immunization calendar and countrywide CME will be rolled out.

Please do take care of yourself and your near and dear ones. Family values, ethical practices, and healthy lifestyle is the only mantra to remain as stress-free as possible, as there is no other profession as divine as ours and there is no one as close to God for our patients as us.

"The best way to find yourself is to lose yourself in the service of others."



Warm regards

Lots of Love

Om Shanti

Jaideep Malhotra

Your Tarot for March !!

Aries: Celebrations this month, right time to propose, marriage on the cards, if wanting to have a baby, the stork will be visiting shortly. Celebration time for victory, promotion, it is a great month for people born under this Sun sign.

Taurus: If looking to change your job, this is the right time, change of residence also indicated. If wanting to buy a house, the time is right. If small health issues are bothering you for a while, time to get a thorough checkup.

Gemini: Your finances will improve this month and so will your personal relationships, work life will also improve, some new work/project coming your way, health will also be favorable.

Cancer: Some unexpected events indicated this month, which might cause you some anxious moments. You might not share the best of relationship with your partner this month, difference of opinions within the family indicated.

Leo: You seem to have bitten more than what you can chew, lots of hard work, things not going your way, you need to stay calm and have control on the words you speak. You might be under the weather also with minor health issues.

Virgo: After a stressful month, this month promises some relief, your hard work will pay rich dividends, work-wise this is a good month but you need to be careful with your relationships.

Libra: This month will be a little tough on you, things might not work out the way you want them to. Some work-related issues might be a cause of concern. Look after your health.

Scorpio: Another tough month for you, lots of hard work, colleagues will be noncooperative, someone you depend on might let you down. Some difference of opinion with near and dear ones indicated.

Sagittarius: Some new accomplishments are indicated this month, children or younger sibling will be a source of pleasure. Good health is indicated.

Capricorn: Things might not turn out as good as they look, think carefully before taking decisions relating to work. Health might be a cause of concern. Try to keep your mental state positive and try to make the best of what life has to offer.

Aquarius: Good month, lady luck smiles on you, some differences within the family indicated, try not to overreact and be patient with youngsters. You will enjoy good health this month.

Pisces: Good and relaxed month, merriment, celebrations, and good health. Expect favors from females. If you have a lady boss, then increment and out of turn promotion indicated. Rest is in God's hands, have a blessed March.

—Deepa Kochhar (Noida)

✉: kochhar.deepa@gmail.com



A New Beginning.....

FOGSI For Fraternity Conclave, Varanasi, February 3–4, 2018

Dr Selvapriya Saravanan



No matter whoever however tries to teach you lessons about life, you won't understand it until you go through it on your own.

"Everything Is Energy, Your Thoughts Begin It, Your Emotions Amplify It, & Your Action Increases Its Momentum."

FOGSI for Fraternity Conclave Varanasi, February 2018, was such a delightful, one of its kind, out of the box attempt by our FOGSI President Madam, Dr Jaideep Malhotra. She believes so much in positivity and humanity and love in life that she opened her tenure with this fantabulous program where she attempted to bring in like-minded people with concern not only for academics but also for the members of the organization.

It all started like how a regular conference would be hyped up ! Welcome all !! Register fast !!! Book your stay !!! Mindblowing experience waiting ahead, etc. etc..... Little did we know that the last word "mindblowing" was gonna stay for with us the week after the conclave. VOGS (Varanasi Obstetric & Gynaec Society) hosted this program.

It was February '3' 2018, a beautiful Saturday morning, when we landed in the holy city of Varanasi. As we headed towards the hotel Industan, many of us were having glimpse of Varanasi for the first time.

Yaaaa it was like any regular city in the North. Not really well developed. Highways work was on the go. Roads were dusty. But here and there could see the history popping out.

The program started sharp on time and the dignitaries were honored with traditional *Shawl & Rudraksh Maala*. Going through the broucher I clearly understood that our president wanted to pay attention to small simple yet very important details which would first make the organization strong. Whatever we used to discuss and argue during the coffee breaks, lunch breaks and banquets which would end up half-way were the topics chosen! Well that was really interesting. Safe motherhood, QED, medical laws, etiquettes of social media, how to treat fraternity and colleagues were a few of the out of the box topics with lateral thinking.

Team Varanasi had paid attention to everything. They made sure we listened to the traditional Shank ceremony on the venue. They made sure the regular morning breakfast in the hotel had Varanasi special food in the menu. They got the Banarasi people to display their traditional textiles and finally they gave us a spellbouding experience of Ganga aarti (WOWWW).

After a delightful whole day of active discussions and heart to heart deliberations, we headed towards the Ganges together by four very comfortable buses. From there, we were shifted to two boats. So almost fifty in each boat. From the banks, we were little disappointed by the spoiled riverbed. But as we started moving from shore Maa Ganga took power and started revealing her magnificence. She made us feel we human beings are a threat to her but she is much more powerful and divine. We watched the Ganga aarti—a feast for the eyes, mind, body and soul.

"Benaras is older than history, Older than tradition, Older even than legends and looks twice as old as all of them put together."

As Mahatma Gandhi says, "The Ganga flows in man's heart, yet man is unable to bathe in it and remains unaffected". One should actually feel the Ganga.

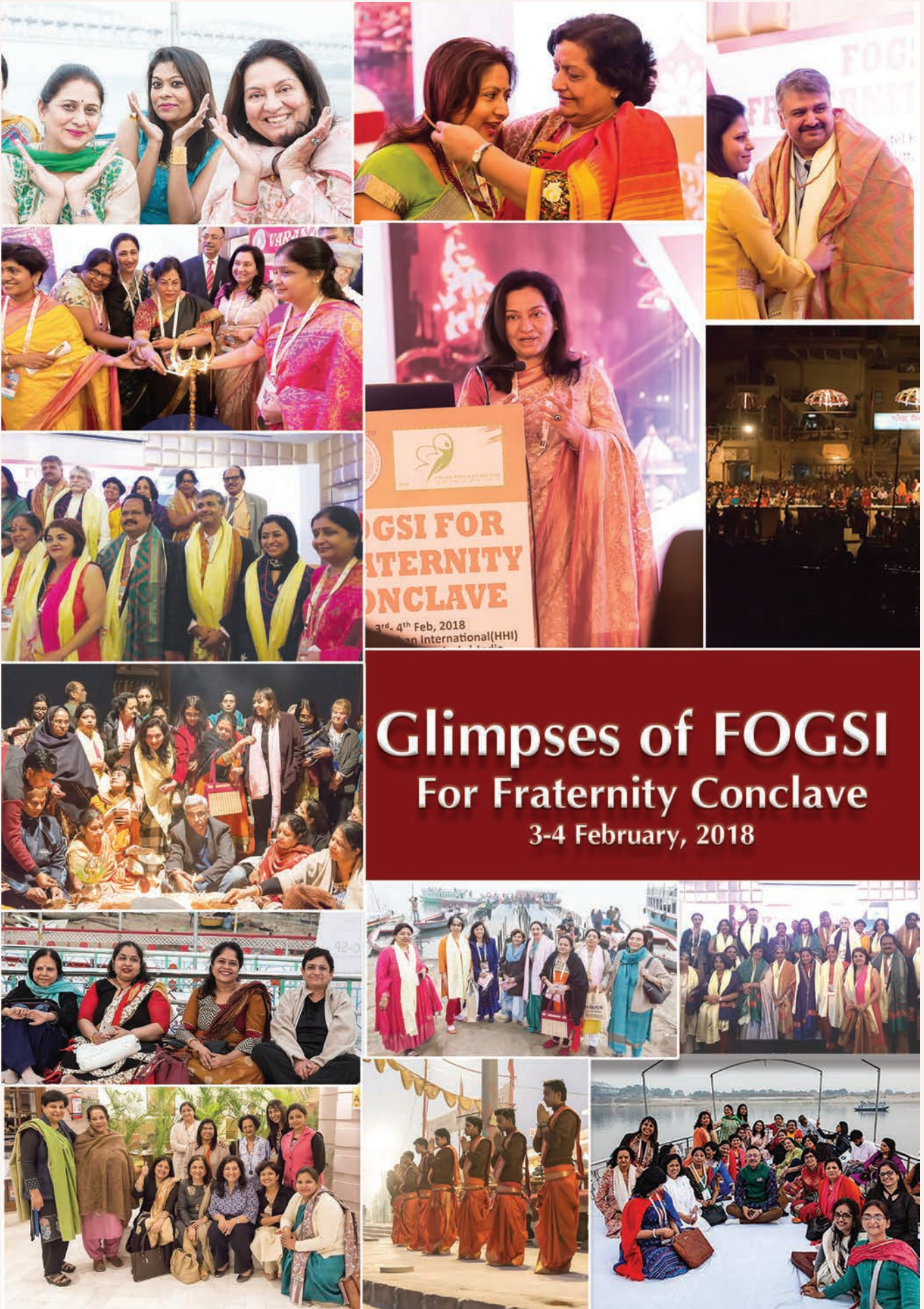
The Ganga aarti started at around 7 pm. As the poojas and aarti took over I could see all our members becoming unconsciously calm, with wide open eyes. Their delightful faces expressed every bit of magic that was happening to their soul. We even saw a flock of swans, may be few hundreds which crossed the beautiful river when the beautiful lights were floated. On the contrary, we also witnessed the fires which were burning the corpses to ashes in the cremation ground nearby. It was a moment we all discussed about the fragile and unpredictable human life. We also made sure we visited the historic Kashi Vishwanath temple.

We came back to the boat calm and then started the feast for our taste buds. The chats were lined up one after the other and it was never endingsweet ones, tangy ones, spicy ones OMG it was a treat treat treat.

Stomach full and heart full we went back to the hotel. The next morning started with Yoga meditation and music on the ghats and inauguration and launch of all Unique FOGSI projects like Adbhut Matrutva, Digital FOGSI, Samarth, and Akshaya Jeevan. The Chief Guest of honor was Ms Anupriya Patel, Minister of State in the Ministry of Health & Family Welfare. In short, it was just a 36 hrs program. But those 36 hrs will be in our memories forever.

Dr Jaideep Malhotra through her uniqueness made us realise that 'A leader is one who knows the way, goes the way and also shows the way. She is in the mission of not creating followers but she is creating more leaders'. We are very much waiting for more and more exhilarating experiences for the rest of the year.

Wishing you all a happy FOGSI Time ahead!



Glimpses of FOGSI For Fraternity Conclave

3-4 February, 2018



Noncommunicable Diseases: Trends & Outcomes Expected

Dr Ruchi Pathak



Life expectancy at birth improved from 59.7 years in 1990 to 70.3 years in 2016 for females and 58.3 in 1990 to 66.9 in 2016 for males in India.

Significant change is being witnessed in terms of drivers of health loss.

India had 61%, 31% and 9% Disability Adjusted Life Years from CMNND (Communicable Maternal Neonatal and Nutritional Disease),

NCD (Noncommunicable Disease) and Injuries respectively in 1990. The scenario of DALY in 2016 for the above is 33%, 55% and 12% respectively.

Tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets, all increase the risk of dying from an NCD.

(Source: India Health of Nation's state)

Noncommunicable diseases (NCDs) refer to chronic diseases which progress slowly and are noninfectious or nontransmissible. They are characterized by complex etiology, multiple risk factors, long latency period, noncontagious origin, prolonged course of illness, functional impairment or disability, incurability and insidious onset.

Public health scenario of NCDs in India: As per Global Status Report on NCDs, 2014, NCD contributes to 60% of all deaths in India, i.e. around 5.87 million deaths. It is more than two-thirds of the total deaths in the Southeast Asia region. NCDs have been emerging as an alarming challenge to development, economic growth and health of the people, ahead of the threat caused by communicable diseases, maternal, prenatal and nutritional conditions. They also account for 40% of all hospital stays.

Four major NCDs, cardiovascular disease, cancer, diabetes and chronic respiratory diseases are responsible for majority of deaths due to NCD globally and also in India.

1. Diabetes: According to ICMR-INDIAB (2014) study, diabetes is emerging as one of the largest noncommunicable epidemics with about 6.24 crore people with diabetes in 2014 and an additional 7.7 crore with prediabetes. Raised blood sugar is present in one out of 10 individual above 18 year of age with age standardized prevalence rate of 9% for both sexes. Diabetes is responsible for 2% of total deaths in India.

2. Cardiovascular disease: Accounted for 26% of all deaths in India in 2008 as per WHO, 2011a. Hypertension is a leading metabolic risk factor for cardiovascular deaths. The estimated prevalence of high blood pressure amongst India's adult population in 2008 was 32.5% (33.2 males and 31.7 for females) (WHO, 2011a).

3. Cancers: Cancers account for 7% of total deaths in India. Cancers of the breast, uterine cervix and lip/oral cavity together account for approximately 34% of all cancers in India, and constitute a public health priority. The GLOBOCAN project has predicted that by 2035, India will have 1.5 million new cases of cancer which was nearly one million in 2012. Breast cancer is the leading cause of cancer among women (14.3%) in India with 1,44,937 new cases and 70,218 deaths reported in 2012 (GLOBOCAN 2012). Second most common cancer is cervical cancer (12.1%) with around 1.23 lakh new women being diagnosed with cervical cancer and 67,500 of these women dying of the disease (GLOBOCAN 2012). Oral cancer accounts for around 7.2% of all cancers in India with 77,003 new cases and 52,067 deaths reported in 2012 (GLOBOCAN 2012).

4. Chronic respiratory disease: It is the second most common

cause of death due to NCDs and accounts for 13% of total deaths, next to cardiovascular diseases.

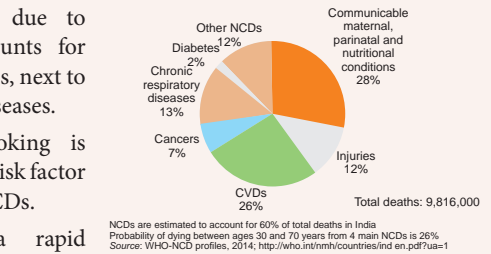
Tobacco smoking is the single largest risk factor attributable to NCDs.

There is a rapid increase in trends of obesity (BMI ≥ 30) and overweight.

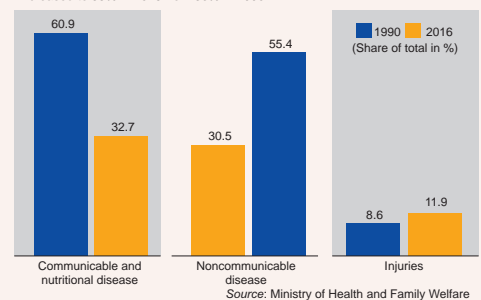
In the span of four years (2010-2014), age standardized prevalence of obesity has increased by 22%.

A 30-year-old

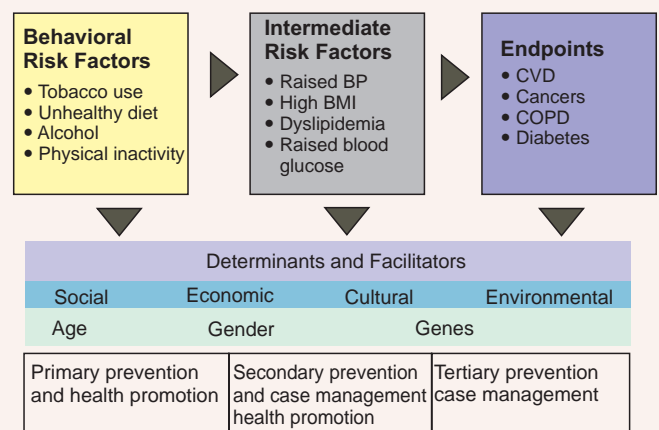
Indian has one-fourth chance of dying from these diseases before the age of 70 years, i.e. probability of dying between 30 and 70 years from four major NCDs is 26%.



The share of noncommunicable diseases in the total burden of disease increased to 55% in 2016 from 30% in 1990.



India is the first country to develop specific national targets and indicators, which are aimed at reducing the number of global premature deaths from NCDs by 25% by the year 2025.



Source: Training Module for Medical Officers for Prevention, Control and Population Level Screening of Hypertension, Diabetes and Common Cancer (Oral, Breast & Cervical), 2017.

Outcomes expected: Strategically planned efforts with proper monitoring should result in inculcation of healthy lifestyle, thus reduction in exposure to risk factors and improved quality of life. Implementation of population-based screening programs for timely diagnosis and treatment should lead to increase detection of disease before the onset of symptoms and ensure better cure rate/control and survival. Facilities for timely referral and palliative care should ensure proper case management and thus overall decrease in disease morbidity and mortality. It will have a positive implication on social and economic status of the country by avoiding premature death and disability.

Rising Trend of Obesity in India and Its Impact on Women's Health

Dr Diksha Goswami Sharma



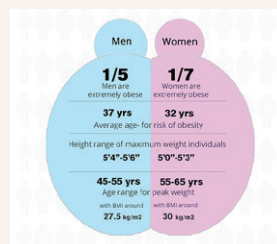
Ironically in a country with 270 million people below the poverty line, we are facing an epidemic of obesity today. According to the latest study published by Lancet in 2015, India is on third position behind only the US and China in the global ranking of countries with the highest number of obese people. Currently there are about

30 million people living with obesity in India which is defined as BMI > 30 kg/m². According to the NFHS 2015–16, there has been a 60% jump in the overweight women between 15 and 49 years from the last survey in 2005–06.

This rising trend is attributable to a number of factors like urbanization, improved socioeconomic status, sedentary lifestyle and unhealthy eating habits.

Obesity has its greatest impact on women's health across all ages and especially in the reproductive age group. Starting from obese girls who may experience precocious puberty, menstrual disturbances and image issues and are five times more likely to grow into obese adults.

In the reproductive age group, not only does obesity affect a women's fertility due to ovulatory dysfunction and altered oocyte and endometrial functions, but also leads to multitude of problems in pregnancy increasing the financial burden on the healthcare system. Pregnant women who are obese face a higher risk of miscarriages, pregnancy-



induced hypertension, preeclampsia, gestational diabetes, shoulder dystocia, stillbirth, C-section, fetal anomalies, neonatal death, lactation problems and even battle with postpartum depression.

As these women grow older, they have an increased propensity for obesity linked medical disorders such as hypertension, diabetes, sleep apnea, osteoarthritis apart from increased risk of several major cancers, especially postmenopausal breast cancer and endometrial cancer. Overweight and obesity are also associated with elevated mortality from all causes in both men and women.

We need to tackle this epidemic at all fronts firstly advocate for strong measures to prevent adolescent obesity like school-based campaigns educating kids about healthy eating habits, bring legislation to ban advertizing of junk food focusing on children and integration of sports in the curriculum.

There is a need to emphasize on improving the knowledge, attitude and practices regarding healthy nutrition and physical activity amongst our women who can then not only focus on their health, but also the entire family. Mass media campaigns can increase awareness about adequate fruit and vegetable intake in diet. Women should be counseled in the preconceptional period about the importance of optimizing weight and the possible complications of obesity when pregnant. Obese women should be managed in high-risk clinics with special attention to their care.

To conclude, we must all ensure children have the best possible start in life and parents and families are enabled and encouraged to make healthy food choices.

Pradhan Mantri Surakshit Matritva Abhiyan

Carrying forward the vision of our Hon'ble Prime Minister of India, Shri Narendra Modi, the Pradhan Mantri Surakshit Matritva Abhiyan has been launched by the Ministry of Health & Family Welfare (MoHFW), Government of India, to provide fixed-day assured, comprehensive and quality antenatal care universally to all pregnant women on the 9th of every month.

The program is timely in view of the fact that while India has made considerable progress in the reduction of maternal mortality, many pregnant women still die due to preventable pregnancy-related causes.

OBGY specialists/Radiologists/Physicians working in the private sector are encouraged to volunteer for the campaign and can register for the campaign through any of the following mechanisms:

- Toll Free Number - Doctors can call 18001801104 to register

- SMS- Doctors can SMS 'PMSMA <Name>' to 5616115
- PMSMA Portal- Register at www.pmsma.nhp.gov.in
- Register using the 'Volunteer Registration' Section of the Mobile Application

Several states such as Madhya Pradesh, Chhattisgarh, Manipur, etc. have already held state level Award functions to recognize the contribution of private sector volunteers.



Several private sector doctors have come forward to serve in vulnerable and hard-to-reach areas. We appeal to all members of FOGSI and IMA to come forward, 'Pledge for 9' and register for PMSMA. Your voluntary contribution in high priority districts and hard-to-reach areas can help save lives of pregnant women and neonates across the country.



वो इह वो तकर

Society and Committee Work in Jan-Feb 2018

Agra, 27 January



Dhanbad, 18 February



Thrissur, 9 February



AMOGS Pune, 11 February



Muzaffarnagar, 28 January



Society and Committee Work in Jan-Feb 2018

Vizag, 17-18 February



Mau, February 2018



Endoscopy Committee, 3 February



Perinatology Committee, 11 February



Young Talent Promotion Committee, 14 February





Role of Exercise in Noncommunicable Diseases

Dr Maninder Ahuja



Your Body is Your First Temple Worship It!

It has been proved by many studies that decreasing occupational and leisure time activity has led to increased obesity all over world in the last 30 years.

Noncommunicable diseases (NCDs) are on the rise and so is the cost of treating them. Prevention of NCD is possible by lifestyle measures, exercise and diet.

Clinic-based physical activity promotion strategies are promising population-wide approaches that can be integrated within existing healthcare systems 23.

Exercises can be divided into:

- Aerobic for cardiorespiratory function
- Resistance training and weight training for building stamina, bone mass and preventing sarcopenia
- Yoga and taichi for balance and toning up and range of movement
- Meditation is required to counteract stress in NCD
- A balance of all these exercises is required for a healthy life.

First study to show decreased physical activity was responsible for heart attacks was published in 1953 by Morris et al and he proved that in double decker buses drivers who were sedentary had more heart attacks than conductors who were moving up and down in double decker buses.

We would enumerate some salient features of relationship of physical activity (PA) as exercise training (ET) and cardio respiratory function (CRF) and weight loss:

1. Even a modest weight loss of 5% of body weight gives favorable metabolic change, cardiometabolic risk factors such as prevalence of the metabolic syndrome, insulin resistance, type 2 diabetes (T2DM), dyslipidemia,

hypertension, pulmonary disease, CV disease, and inflammation.

2. Intensity and duration of exercise is inversely related to weight gain in perimenopause and in adults. It should be 50–70% of your Targeted Heart rate
3. Physical activity and caloric restriction give more weight loss than either alone
4. Resistance training confers added advantage of muscle mass building and saving calories but not weight loss with weight training alone
5. When we combine two together that means caloric restriction and ET, regain of weight is much less



Conclusion

Current recommendations for amounts of physical activity based on goals for maintaining health, prevention of weight gain, promoting clinically significant weight loss, and prevention of weight gain after successful weight loss. Recommendations are based on the American College of Sports Medicine position stand of Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults.

Recommendations for Physical Activity

- **Maintaining and improving health:** 150 minutes per week
- **Prevention of weight gain:** 150–250 minutes per week
- **Promote clinically significant weight loss:** 225–420 minutes per week
- **Prevention of weight gain after weight loss:** 200–300 minutes per week

Few Important Links

- https://en.wikipedia.org/wiki/Non-communicable_disease
- www.who.int/features/factfiles/noncommunicable_diseases/en/
- [www.who.int/nmh/en/\(Noncommunicable_diseases_and_mental_health\)](http://www.who.int/nmh/en/(Noncommunicable_diseases_and_mental_health))
- [www.who.int/nmh/events/moscow_ncds_2011/conference_documents/en/\(First_global_ministerial_conference_on_healthy_lifestyles_and_noncommunicable_disease_control\)](http://www.who.int/nmh/events/moscow_ncds_2011/conference_documents/en/(First_global_ministerial_conference_on_healthy_lifestyles_and_noncommunicable_disease_control))
- <http://www.psi.org/health-area/non-communicable-diseases/#about>
- <http://www.psi.org/cervical-cancer-is-most-deadly-in-india-this-program-is-trying-to-change-that/>
- <https://www.sciencedirect.com/science/article/pii/S1521693414001606>
- <https://www.livestrong.com/article/88312-list-noncommunicable-diseases/>

diseases/(List of Noncommunicable diseases by NORENE ANDERSON, Last Updated: August 14, 2017)

- <https://www.livestrong.com/article/426524-wheat-intolerance-alopecia-areata/>
- <http://www.news18.com/news/india/india-has-moved-towards-lethal-non-communicable-diseases-from-infectious-ones-report-1577341.htm> (Noncommunicable diseases a bigger threat in India than infectious ones: Report Aradhna Wal, News18.com, Updated: November 15, 2017)
- Premature deaths by non-communicable disease high in India (www.thehindu.com/)



Professor Dr S Sampathkumari

UPCOMING EVENTS

Adbhut Matrutva

17-18 March, 2018
Manesar, Haryana, India

Training of Trainers (TOT)- ADHBHUT MATRUTVA

17th-18th March, 2018

Om Shanti Retreat Centre (ORC), Manesar | Delhi NCR, India

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For
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to
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• Delegate Registration
• Accommodation on Twin Sharing Basis
• Breakfast, Lunch and Dinner on 17 March and
Breakfast and Lunch on 18 March.

Register Now

Visit : www.fogsitot.com

fogsitot@gmail.com | +91-9560493999

TOT in Neonatal Resuscitation

25 March, 2018
Mumbai, India

Webinar on Noncommunicable Diseases

IMA Headquarter
Delhi, India

North Zone Yuva FOGSI

27-29 April, 2018
Dehradun, Uttarakhand, India

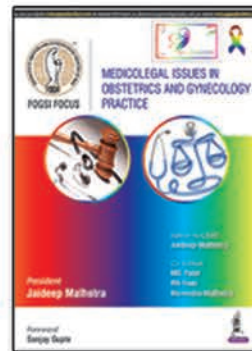
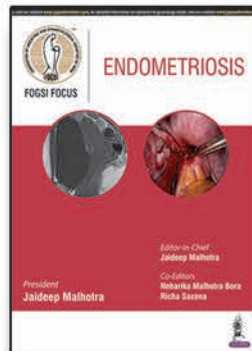
North Zone Yuva FOGSI
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Dehradun, Uttarakhand | India

4S Surgical Rendezvous
Safe Stepwise Surgical Skills from Stalwarts

Block Your Dates
27th - 29th April, 2018

www.nzyf2018.com

Monthly Releases





वो इह वो त्करे



8 March Lets Celebrate Women's Day



Dear FOGSIans,
Greetings and wishing you a very Happy and Colorful Holi. March is our month of noncommunicable diseases and we bring out the newsletter on the same. We also have some reports of work done by our committees/societies in the month of February projected

here. It's great to see such active work done by all and its highly appreciated. We look forward to seeing you all on 17/18th March at Manesar, Haryana, India.

Best Wishes!

Neharika

Dr Neharika Malhotra Bora
Joint Secretary
FOGSI

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