

Post-pandemic, focus on preventive healthcare up



TOI

Pune: The two years of the Covid-19 pandemic have highlighted preventive healthcare. Today, from private players to the government, focus on physical and mental health has increased enormously.

Doctors and medical experts told TOI that a large number of patients are now visiting hospitals and clinics for preventive healthcare, and more are also seeking mental health help. Taking their cue, city hospitals are also upgrading from just treatment-oriented facilities to holistic healthcare hubs.

Dr Devashish Desai, infectious disease consultant at Ruby Hall Clinic, said, "During the pandemic, most casualties occurred in people with co-morbidities, like uncontrolled diabetes mellitus, high blood pressure and obesity. Lifestyle changes are important in their management. A healthy diet, regular exercise and controlling weight are the final solution. Regular check-ups can help detect co-morbidities at an early stage, when there are no symptoms. The pandemic has re-emphasized the importance of preventive healthcare to the public."

Dr Kirti Chadha, chief scientific officer, Metropolis Healthcare Ltd, said, "The pandemic has made people realize the importance of caring for their well-being, and they must take proactive measures to stay healthy. This eventually gave rise to a new category of preventive healthcare, allowing people to ensure their health through timely diagnosis and treatment. Furthermore, the increased adoption of technology in the industry has boosted the preventive healthcare category, opening up a new segment of home diagnostics. This has greatly aided the paediatric and geriatric populations, who can now undergo screening and diagnosis in the comfort of their own homes, rather than having to go to laboratories