

Kohinoor Hospital organizes 'Health Day Out' for golden-agers

A first-of-its-kind health initiative by a hospital for senior citizens

Mumbai, March 17, 2013: In a bid to change the common notion that medicines are the only answer to age-related health issues, Kohinoor Hospital in Kurla in association with Shivrushti senior citizen club, organized a 'Health Day Out' for senior citizens. Around 70 people in the age group of 60 to 80 years were a part of this three-step event, including healthy breakfast and sports competitions, health seminar, and health camp.

Explaining this unique attempt Dr. Narayan Gadkar, Cardiologist, Kohinoor Hospital said, "The idea behind this initiative is to educate the elderly people as to how along with regular health check-ups and appropriate medication it is important to engage in outdoor physical activity like sports. It not only makes them feel fresh and rejuvenated, but also increases life expectancy by improving heart health."

Idleness is one of the major risk factors for heart disease. However, physical activity like sports helps in improving heart health and can even reverse some heart disease risk factors. Physical activity makes the heart stronger and helps the heart to pump more blood. Resting heart rate of those who engage in physical activity is also slower, because less effort is required to pump blood. Early diagnosis of potential heart diseases is possible through physical activity. Senior citizens are most vulnerable to develop heart ailments. With the help of regular physical activity, they can monitor their health and thereby take immediate action if they find anything amiss.

After serving breakfast, the golden-agers participated in interesting sports activities like running and ball-through-the-basket to give a kick-start to the day. They were divided among two age groups – 60-70 years and 70-80 years. Each age group had separate competitions for males and females. For the running competition, under each category first and second prizes were given, while for the ball game the best male and female player were given a prize each.

This was followed by a health seminar addressed by doctors from Kohinoor. Dr. Vikas Agashe, Consultant Orthopedic and Joint Replacement Surgeon, Dr. Siddharth Kelkar, Physiotherapist, and Dr. Rashmi Madgaonkar, Dietician spoke about various medical problems and remedies for the elderly.

The event was concluded with an elaborate health camp. There was a health check-up for each senior citizen. The check-up included bone-mass density, height, weight, body-mass index, blood sugar, blood pressure, and consultation by physician.

Dr. Vikas Agashe, Consultant Orthopedic and Joint Replacement Surgeon, said, "Senior citizens don't not get adequate sunlight, a natural source of Vitamin D, which is essential for retaining calcium and maintaining bone health. Their body parts like hands, upper-limbs and face need to be exposed to sunlight for minimum of half hour each day. With the help of activities like sports, these people will move out in the open and get exposed to sunlight. Also, regular exercise helps in prevention of severe bone-related diseases like Rickets, Osteoarthritis and Osteoporosis."

About Kohinoor Hospital

Kohinoor Hospital is part of the well-known and fast growing Mumbai-based Kohinoor Group. Kohinoor Hospital is Asia's first and the world's second LEED Platinum-rated hospital building under the Leadership in Energy and Environmental Design (LEED) Green Building Rating System. It is a 175-bed capacity multi-specialty hospital, located at Kohinoor City, Kurla-Vidyavihar. The hospital is equipped with world-class medical equipment and technology.

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