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HEALTH DIGEST

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EXCLUSIVE NEWS

SOCHARA SILVER JUBILEE

Routine health check-ups - A boon or a burden?

- The National Medical Journal of India, Vol. 29, No. 1, Jan./Feb. 2016. p18-21. Honnekeri, Bianca et al

This review article discusses the threats that modern health care service packages can pose when many of the tests and procedures endorsed in these packages are unwarranted, particularly in asymptomatic adults. The review also details recommendations when carrying out routine health check-ups and screening programmes.

http://www.nmji.in/temp/NatIMedIndia29118-1797921_045939.pdf

In the long run: "Individual choices with regard to health can make the difference between life and death." Joggers in Visakhapatnam. File photo: K.R. Deepak



What is the lesson for the environmental movement which has to deal with the cancer of climate change, apart from a host of equally debilitating environmental ills? The first is that supply-side economics is not the solution. There have to be changes in lifestyle at a societal level that are preventive in nature. While it has been widely argued that one cannot expect a return to a Gandhian lifestyle, my argument here is more about collectivising the focus on prevention.

This issue of **Health Round-Up** brings together latest articles that all seem to focus on the bane of an over-medicalised health care system, model and approach and seeks to urge readers to question such a model while considering the healthier alternative. The articles here discuss how corporate structured health care packages can cause more harm than good, with these picking up as a modern healthcare trend. Two articles draw attention to the growing problem of microbial drug resistance in India and two other articles focus on the limitations that still exist in the country's public health system despite the efforts being made towards improvement. Other issues discussed include healthcare politics, corruption and inequity in health care and development.

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Losing ground in the war on superbugs



– The Hindu, August 10, 2016. ROLI SRIVASTAVA

<http://www.thehindu.com/sci-tech/health/policy-and-issues/losing-ground-in-the-war-on-superbugs/article8965534.ece>

This article puts into perspective the rapidly growing extensiveness of microbial drug resistance and brings to the forefront the wider social determinants that have caused and are worsening the issue. Drug resistance is highlighted to no longer be limited to a few specific infectious organisms but can now be seen to impact a wide spectrum of medical conditions and also render a wide range of patients vulnerable to its effects.

Antimicrobial resistance: clear and present danger

– The Hindu, August 10, 2016. RAMYA KANNAN
This article details the alarming spread of microbial drug resistance in India owing to the extensive use of antimicrobials not only in the medical sector but also across other industries like the food industry. The article further discusses India's efforts to reverse or limit drug resistance and additional measures that need to be considered.

India awoke late to risks of antibiotic overuse and is scrambling to contain the surge in drug resistance.

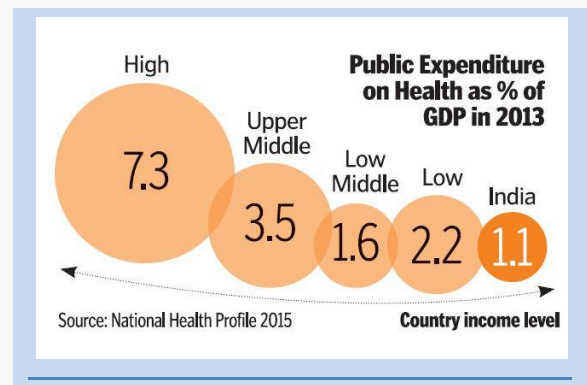
<http://www.thehindu.com/sci-tech/health/policy-and-issues/antimicrobial-resistance-clear-and-present-danger/article8965401.ece>

Remedying India's healthcare colossus

– The Hindu, August 8, 2016. NARAYAN LAKSHMAN

The article discusses the challenges that India's Public Healthcare System faces resulting in its relatively poor utilisation by the public. Various strategies are suggested to address existing problems while an equal emphasis is made on recognising efforts within the country's Public Healthcare System that have contributed to its successes.

<http://www.thehindu.com/sci-tech/health/policy-and-issues/malady-nation-remedying-indias-healthcare-colossus/article8956304.ece>



New plans instead of new pills

– The Hindu, August 15, 2016. Kartik Shanker.
This article focuses on the parallels that exist between environmental health and human health and the interdependency that exists between the two. The article further highlights the Cuban model of healthcare that can serve as an example for success in addressing health issues that are of pertinence in this new era, one that focuses efforts on preventive and social-based solutions.
<http://www.thehindu.com/opinion/op-ed/change-in-lifestyle-for-better-health-environment-new-plans-instead-of-new-pills/article8988828.ece>

How to be a model State again

– The Hindu, August 15, 2016. Jayan Jose Thomas
Kerala has made significant progress in education and health. However the state's progress has been disproportionate leaving insufficient development in other sectors that would potentially provide jobs to the growing number of graduates in the state. The article highlights this problem in Kerala's economic development plan and explores possible solutions to address the same.
<http://www.thehindu.com/opinion/op-ed/how-can-kerala-be-a-model-state-again/article8988827.ece>

Labour pain: Sitapur's maternity racket

– The Hindu, August 9, 2016. VIDYA KRISHNAN
The article reviews maternal and infant mortality rates in the country in relation to the MDGs and sheds light on areas that still pose challenges to the efficiency of the Indian public health system.
<http://www.thehindu.com/sci-tech/health/policy-and-issues/malady-nation-labour-pain-maternity-racket-of-sitapur-in-uttar-pradesh/article8961122.ece>

Not all are equal: Where health coverage lags behind

– The Hindu, August 9, 2016. RAMYA KANNAN
This article speaks of the inequities that result from inefficient allocation and utilisation of public healthcare funds. Despite efforts made through the NRHM, several gaps still exist in the public health system that particularly hinders the first line of public health care: primary health centre services.
http://www.thehindu.com/sci-tech/health/policy-and-issues/malady-nation-rural-healthcare-not-all-are-equal-where-health-coverage-lags-behind/article8961062.ece?utm_source=InternalRef&utm_medium=relatedNews&utm_campaign=Rel...

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