

WORLD HEALTH DAY 2017

Speaking on the occasion of World Health Day, Dr. Prathap C Reddy, Chairman, Apollo Hospitals said,

“April 7 marks the founding day of the World Health Organization and this momentous day gives us with the opportunity to mobilize positive action towards a topic impacting people around the world. This year, the theme is “Depression – Let’s Talk” and it is very pertinent as depression affects people of all ages, across socio economic strata and all around the world. According to a recent study by WHO, over five crore Indians suffered from depression and over three crore others from anxiety disorders in 2015. This is a very worrying statistic and yet the silver lining is that depression can be prevented and treated. At Apollo Hospitals, we firmly believe that being cognizant of the disease is the first step towards addressing it and the World Health Day theme this year resonates wholly with our ethos.”

Dr. Reddy added, “Personally, I have been very concerned about the mounting prevalence of non-communicable disease in India and WHO has identified strong links between depression and other non-communicable disorders and diseases. Depression increases the risk of substance use disorders and diseases such as diabetes and heart disease. Also, individuals with these conditions too have a higher risk of depression and therefore controlling risk factors of NCDs is paramount.”

Mr. Gautam Khanna, Chief Executive Officer, P D Hinduja National Hospital & MRC

‘Depression is a mental illness that cannot be anticipated; it can happen to anybody, at any age. WHO states that there are more than 300 million people suffering from depression globally. This year’s World Health Day theme of Depression- Let’s Talk is absolutely apt, as individuals suffering from depression often are not even aware of it and the fact that they can overcome it by proper medical help. Time has come for all of us to support people who suffer from depression, help them face life and overcome any barriers or inhibitions they may have towards seeking appropriate medical help. This World Health Day, let’s do our best to support and help individuals work through this difficult phase of their lives.’

Mr. Varun Khanna, Managing Director, BD

“Depression is perhaps a difficult and unaddressed health challenge of our age that we have failed to recognize so far. It is a deep-seated thinking for us to observe “World Health Day 2017” with Depression: Let’s talk as the theme. Depression often goes undiagnosed and untreated; attributing to eroding the welfare of our nation. WHO predicts that by 2030, depression will be the leading cause of disease around the world. I pledge on behalf of my organization to talk about depression; a health issue that we as a society have instinctively avoided over the years.

In treating and accepting depression as an illness, we at NATHEALTH fraternity can help many people live more meaningful and fulfilling lives.”

Ms. Preetha Reddy, Vice Chairperson, Apollo Hospitals

“It is frightening that more than 300 million people are now living with depression. Sadly to compound the issue, there continues to be prejudice and even discrimination directed towards people grappling with depression. As responsible communities, we need to realise that being depressed and a fear of humiliation can prevent individuals from seeking timely treatment and could even result in suicides. This would be terribly unfortunate and therefore, I believe that “Depression – Let’s Talk is a commendable theme for World Health Day 2017. It is critical that India and nations all around the world set new goals and make it easier for people with depression to access timely care.”

Mr. Rajit Mehta, Managing Director and CEO of Max Healthcare

‘It is often said that the worst part about depression is that people who don’t undergo it, just don’t understand it. Worse, people tend to trivialize (often unintentionally) depression as a passing phase.

Unlike the developed world, India has only recently taken cognizance of depression as a health hazard. Every year over 50 million Indians suffer from depression and anxiety disorders, and many go untreated in the absence of quality healthcare. All key stakeholders such as the Government, Health Infrastructure (payers and providers) and Corporations have to come on the same page to tackle this challenge.

As an International healthcare service provider, we at Max Healthcare are committed to support initiatives and proactively help institutions and governments globally to ensure better mental health for citizens and employees.’

Mr. Antony Jacob, Chief Executive Officer & Whole Time Director, Apollo Munich Health Insurance Co. Ltd.

Depression is a mental condition that anyone, man or woman, of any age, may experience at some point in their life. A person’s mental well-being is just as important as his or her physical well-being. Lack of concentration, lack of interest in activities enjoyed earlier and change in sleep pattern are warning signs that one should not ignore. Often, people don’t realize that they are suffering from mental illnesses or even if they do, many are reluctant to seek help because of the social stigma attached to it. Untreated depression is a huge burden to our society and is responsible for a significant loss of years in one’s life due to disability. Depression is easily treatable and can often lead to complete recovery.

On the occasion of World Health Day, I urge everyone to be mindful of the early signs and deal with these conditions without any stereotypes and pre-conceived notions in the society. For

someone living with depression, talking to a person they trust is often the first step towards treatment and recovery.

Dr. H. Sudarshan Ballal , Chairman - Manipal Hospitals

Depression eminently treatable please seeks help. Depression is a disease not taboo Please seek assistance

Mr. Harish pillai, COO, Indus Health Plus Pvt. Ltd

"This year W. H.O has declared 'depression' as the theme of World Health day. This is a great acknowledgement of the scourge of mental diseases affecting the state of mental health across the world. In India more than 150 million people suffer from mental health problems. At the basic level itself factors like depression, suicidal tendencies, substance abuse are not even considered as our large parts of Indian society do not even talk about this due to social stigma attached to it. Needless to say situation for greater mental diseases like Parkinson, Dementia, Alzheimer's etc are not getting the much needed attention from all the stakeholders including Government, families and social groups. All of us Government, private sector healthcare providers , civil society etc on this world health day need to take a strong pledge to work in this area with greater focus and renewed vigour "

Mr. Praveen Gupta, MD & Co-Founder, Premas Lifesciences Pvt. Ltd.

"Depression needs much needed attention & compassion so let's put some serotonin in our educational & diagnostic efforts to elevate transmission of the message all across....."

Mr. Prashant Mishra, MD, BMJ Group India Pvt. Ltd

In India, providing comprehensive mental health care is a challenge. Around 4.5% of India's population - or around 56 million Indians - suffer from depression - another 38 million Indians suffer from anxiety disorders. According to the latest World Health Organisation report on depression, almost 7.5% of Indians suffer from major or minor mental disorders that require expert intervention Of around the 322 million people with depression in the world, nearly half of these people live in the South-East Asia Region and Western Pacific Region. The new Mental Healthcare Bill focuses on community-based treatment and also provisions for special treatment for women and seeks to ensure healthcare, treatment and rehabilitation of persons with mental illness. Through our collaborations with organizations such as Royal College of Psychiatrists & The British Psychological Society, we aim to bring specialist content in the area of mental health to clinicians in the subcontinent. We hope that through these collaborations we are able to improve the information available to clinicians in the area of mental health research and

treatment. In addition to this, through products such as BMJ Learning (online CME), BMJ Best Practice (clinical decision support tool), and BMJ Case Reports we seek to provide educational support to healthcare professionals working in mental health

Dr Udaya Kumar Maiya, Medical Director, Portea Medical

"Depression can strike anyone: children, youth, the middle-aged as well the elderly and the condition is not confined to those from any one specific social or economic strata. There are also strong links between depression and other non-communicable disorders and diseases. With about 1 in 20 Indians said to be living with depression, many of those affected suffer silently in the confines of their homes or in asylums.

"In such a scenario, it is imperative that depression is treated with the same sense of urgency and intensity as perhaps a disease that is more "visible" in terms of impact.

"WHO has chosen to focus on Depression for this year's World Health Day and there is a need to educate people that depression is a serious challenge for India as well as the world at large. Depression can have a debilitating impact on a person's life style if it is not treated in a timely manner, and if the person suffering does not have the right support system.

With NATHEALTH's vision to 'be the voice that shapes Indian healthcare,' all of us have a collective responsibility to facilitate a shift in mindset with regard to depression, recognise the malady, pursue creative approaches to bring about effective and scalable solutions to create large-scale transformation towards the reduction of the disease burden and help those in need."

Mr. Vikram Vuppala, Founder & CEO NephroPlus

"As India's largest dialysis network, we see Depression being a serious health issue in our dialysis patients across the country. Challenge is that the key stakeholders in our eco-system do not treat Depression as a serious health issue in comparison to other Physiological issues that are easily diagnosed. Quality of life among our patients can only improve if we acknowledge that this is a material issue and have tangible activities to help address Depression among patients."