

P.E.A.S World Health Day was Celebrated with Free medical Check-Up at HELP Library, CST, Mumbai on 6th Apr'08

P.E.A.S (Patient Education Awareness Series) is a pioneering initiative in patient and health education by Infoseek (India) Pvt. Ltd. had organised World Health Day Celebrations at Help Library on 6th Apr'08, a prequel to World Health Day which is on 7th Apr'08.

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The event was inaugurated by Dr. Aniruddh Malpani, Founder HELP along with eminent guests. **On the occasion, Mr. Parag Vora, Director, Infoseek (India) Pvt. Ltd. said that, 'The objective of organising this event is to promote and propagate the message of Patient Self Education and also to develop Health Literacy amongst the common public and to do this we have launched P.E.A.S (Patient Education Awareness Series) CDs which has a multi media presentation and information on 45 diseases.**

The day long event had interactive talks & Question-answer sessions by eminent doctors from leading hospitals. Doctors will spoke on critical lifestyle diseases and conditions like Diabetes, Cardiac Health, Diet & Nutrition, Surviving Cancer, Stress-induced addictions, Cosmetology and Trichology. Dr. Aniruddha Malpani, practising IVF specialist & Founder and Medical Director, HELP spoke on **'Patient Education and HELP'**.

P.E.A.S Health Station was launched with the official release of **'HEALTHWISE HANDBOOK'** (Indian Print)

Dr. Rajesh Parikh, Renowned Psychiatrist, Jaslok Hospital spoke on **'Alarming rise in stress levels: Consequent medical repercussions on young hypertensive CEOs.'** Dr. Ashish Contractor, Head of Department Preventive Cardiology and Rehabilitation, Asian Heart Institute gave a lecture on **'Preventive Cardiology'**. Dr. Ajay Kantharia, Eminent Cardiologist, Saifee Hospital, Dr. Bacha's and Sir Hurkisondas Hospital spoke on **'Early Diagnosis, Treatment Modalities and Recent Advances in Cardiology'**; where as Dr. Vijay Panikar, Renowned Diabetologist, Lilavati Hospital gave a lecture on **'Diabetic diets, obesity, living with diabetes and early signs of organ damage'**

This was followed by SURVIVORS' STORIES; the patients who braved diseases like Cancers, Massive Heart attacks and Bypass Surgery, Diabetes Amputations shared their experiences with others.

Apart from these a lot of interesting activities like Health Food Stalls; Healing through Acting Workshops, Yoga sessions and Spot quiz contests for visitors were held throughout the day with **free Medical check-up:** covering random tests like Blood Sugar, Blood Pressure, BMI and Fundoscopy test for Diabetic Retinopathy were conducted throughout the day..

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